



The Canoe Club of Centre County

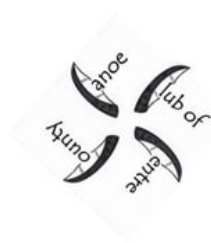
~ Currents ~

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Editor – JA Furfaro

Included in this issue:



- President's Notes
- Meet your new Safety & Training Committee!
- Cold Weather Paddling – *by the CCoCC Safety & Training Committee*
- Paddling videos for your enjoyment
- Fabrics & Garments for Cold Water Paddling – *by Joyce Furfaro*
- Announcement - Winter Pool Sessions for Paddling and Rolling
- Tentative paddling dates for the 2011 season
- Ads, Upcoming Paddling-Related Events, and Treasurer's Report

President's Notes

'Tis the season to start getting ready for those rain-filled spring waterways! It's a good time of year to take inventory, make necessary repairs, or buy new equipment. It won't be long before we find ourselves smack dab in the middle of an unseasonably warm, sunny day, with our fingers itching to wrap around the paddle shaft and head down stream.

With that in mind, I have set up some tentative dates so we have some paddles lined up for the new year. These are listed later in the newsletter, and we need some people to commit to be the contact person for these paddles. If you would like to sign up as that person, or would like to set up a different date and stream, please email me and let me know.

Also with the new year, we have a request for a new Club Secretary. This person would need to attend club meetings (about 5 or 6 each year) and take notes to share with others. Please let me know if you would be willing to fill this role for our still evolving club.

GREAT NEWS! We now have a TRAINING AND SAFETY COMMITTEE comprised of 3 of our members: Betsey Egger, Diane Henderson, & Barb Wendler. They have worked with Mach One to offer indoor rolling lessons during these cold months at the Natatorium. If you missed the email about this, please see the information near the end of this newsletter. Your cost for attending the session is to cover insurance and also help pay for the pool rental.

If you would like to volunteer for other committees, including a Publicity and Communications Committee or Activities Committee, please get in touch! This club is YOUR club, and member involvement in these committees is key to making it the best club it can be.

- Joyce A. Furfaro

Meet Your Training & Safety Committee!

Betsey Egglar, Diane Henderson, and Barbara Wendler

We admit we don't know a lot about paddling safety, and that's one of the reasons we volunteered to serve on this committee. We feel every paddler should have the knowledge that could save a life on the water - their own or someone else's. The Committee is also about improving skills. Who doesn't want to be a better, more efficient paddler!

The broad range of topics we would like to address that are not considered by the American Whitewater Safety Code and River Difficulty Rating (and many other safety issues), include but are not exclusive to:

1. Knowing how to read water gauges and applying that to your level of paddling expertise
2. Hypothermia/Cold water drowning
3. "Reading" the water
4. What to do when you unexpectedly swim in whitewater
5. Dressing for cold water paddling
6. Self rescue/other rescues
7. Use of safety equipment
8. Links to opportunities outside CCofCC for training (Please email us if you know of workshops/clinics in a drivable range.)

Our plan is to provide information via both the CCofCC website and hands-on training and safety education by certified instructors. We encourage topic suggestions and comments, and hope you find participation interesting, fun, and invaluable.



Betsey Egglar



Diane Henderson



Barbara Wendler

Cold Weather Paddling

by Betsey Egger, Diane Henderson, and Barbara Wendler

Okay, so it's getting colder. That doesn't mean it's time to put away your paddles! Being on the water during the fall and winter months can be exhilarating and unforgettably beautiful, as long as you're prepared! We want to pass along some tips to help keep you safe and comfortable.

First, plan. Check the air and water temperatures. If the sum of the two are less than 120 degrees, cold weather gear is a must. If the water temperature alone is less than 60 degrees, don your gear. The key is to protect yourself from heat loss, and the most efficient way to accomplish this is with layering.

Start with a "base" layer, which should be of a fabric that wicks moisture from your skin. These can be synthetics such as polyester, nylon and polypropylene. (Absolutely no cotton, which retains water and dries slowly.) The next layer(s) should help hold in your body heat but still allow you to move. Try synthetics, wool and/or neoprene. Your final "outer shell" layer is to protect your body from wind and water while still allowing for perspiration ventilation. This can be splash gear, a wet- or drysuit, or semi-dry wear. Remember – you're on the water and exposure to water WILL happen.

Don't forget about the other body areas, i.e. the head, feet and hands. Keep body heat in by wearing a neoprene or other synthetic-made helmet liner or fleece-lined hat. Neoprene is a common insulating material for gloves and socks, too. Put on liners first for even more protection. "Pogies" are terrific for keeping wind and water off your hands while still allowing for the skin-on-paddle grip. Neoprene booties complete your cold weather attire.

If you're unsure that you've put together the perfect cold weather apparel, get in the water with it! Dress for the worst. And keep your body fueled with liquids and high carb foods.

Now, go out and play!

References:

- Stuhaug, Dennis. *Kayaking Made Easy- 2nd ed.* Guilford, CN: The Globe Pequot Press, 1995.
- American Canoe Association. *Cold Water Survival.* www.americancanoe.org.
- Northwest River Supply. *Cold Water Layering.* www.nrsweb.com.
- American Whitewater. *Safety Code of American Whitewater.* www.americanwhitewater.org.

Paddling Videos for your enjoyment

(click on the URL to view the videos)



<http://www.youtube.com/watch?v=EeAJCwyDuXQ>

Dressing for kayaking in the waters off Iceland! Great demo of how to dress to stay warm for several hours of paddling in extreme cold.

<http://www.youtube.com/watch?v=q2PLEEmGaHE&feature=related>

Another good demo for what layers to wear when kayaking on cold water. Note that the advice for canoeing in cold water is basically the same, but without a skirt.



<http://www.dump.com/2010/11/30/highest-waterfall-in-a-kayak-189-ft-video/>

Highest Waterfall in a Kayak: 186 Ft – This video is dated Nov 30, 2010, but the actual event took place in the summer of 2009. Tyler Bradt broke the world record for this plunge over the Palouse Falls in Washington state. I would think that skill is a necessity, along with a little luck, or at least absence of bad luck.

Warning: do not attempt these actions at home.

Fabrics and Garments for Cold Water Paddling

by Joyce A. Furfaro

if you plan to paddle in water below 65°F, you need to think about protecting yourself from hypothermia and drowning. Cold water is much better/faster at lowering your body temperature than air of the same temperature, and your much-needed hand dexterity deteriorates quickly in cold water, lessening your ability to recover quickly from a capsized.

I am no expert on the topic of what to wear when paddling the icy streams in fall, winter and spring, but I wanted to share what I have uncovered while researching it. *Number one – don't wear cotton!* It takes on water quickly and keeps it against your skin, and it takes forever to dry. OK, number two – *dress with the idea that you will be in the water* at some point, even if you are sure you won't be. Consider also that there are fewer boaters in cold weather, so you are less likely to be found quickly if you capsize when paddling alone (a bad idea in any weather). And if you do capsize in cold water without proper protection, guess what disturbing reaction your body has in store for the event – a sudden reflexive gasp. Not good if your head is under water at that time.

Wow – why paddle at all in the colder temperatures? There are several reasons... The scenery is amazing, the waterways are uncrowded (no fishermen), snow-melt provides sufficient water levels to otherwise non-navigable shallow streams, AND, it is a relatively safe venture if you are properly prepared.

Right, its clear that we need to stay dry and warm to safely enjoy paddling in the cold. What sorts of fabrics are good for this? For underlying layers, Ed Bowman recommends synthetic fabrics are best for insulation, heat retention, and quick drying; these include silk, polypro, lycra , spandex, fleece, wool, and polyester. For single or outer layers? Well, there's the old standard, Gore-Tex, and the only slightly newer neoprene material. Then there are a few newer fabrics that are gaining popularity. Here are some overviews of these fabrics:

Gore-Tex is a *breathable* and hydrophobic (waterproof) material sandwiched between nylon or polyester and polyurethane (1). It is used for making garments of all kinds (gloves, shoes, jackets, etc.) for the outdoor adventurer who's not afraid of the elements. It is basically a stretched version of polytetrafluoroethylene (PTFE), otherwise known as Teflon, with pores that are too small for water molecules to pass, but sweat can escape.



Paddler donning cold-water paddling gear (dry suit) – after a particularly icy trip (note icicles on helmet).

Best known for outer layers and drysuits, but also wetsuits, jackets, shoes, and gloves.
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Neoprene is a flexible, durable, and buoyant material made of synthetic rubber. T'aint no water getting through this stuff. Sweat, on the other hand, can escape. It provides excellent insulation against the cold, especially cold water, due to a manufacturing process that combines the rubber with foam cells (hence the buoyancy). "Super-flex" neoprene garments add spandex into the mix, giving it even more flexibility and comfort. Commonly used for wetsuits and inner layers, socks, and gloves. \$\$ (2 & 3)



eVent – a newer waterproof fabric that keeps water out. This one claims to be better than the older fabrics, saying that sweat can escape twice as fast. \$\$\$\$ (4)

Epic – another new and waterproof fabric that, like the others, is also windproof, breathable, and washable. Their technology includes an encapsulation of a thin polymer in the fabric fibers. Found in jackets, shoes and boots (5)

The same paddler as pictured above, here making good use of all that gear, before the helmet icicles formed.

Wetsuit vs. drysuit – see <http://www.outdoors.org/publications/outdoors/2004/2004-wetsuits.cfm> as they explain it well. In brief, their information includes this handy differentiation: "A wetsuit traps a thin layer of water between your skin and the suit's insulating layer of neoprene, which the body then heats for warmth. A drysuit, on the other hand, is totally waterproof and has gaskets at the neck, wrists, and ankles to seal out water." The main idea is that you are more likely to stay dry in a drysuit, but more likely to stay warm in a wetsuit. In fact, wetsuits can get hot, so if you are paddling hard you will stay plenty warm, and perhaps too warm. Then again, if you end up in the water, you will not get too cold. Wetsuits also fit snugly, while drysuits do not. If you are wearing a drysuit, it is important to wear warm clothing underneath – synthetics are best, and almost anything but cotton will do (6).

There are also **semi-drysuits** which resemble wetsuits but with seals around the neck, ankles and wrists.

Don't forget your extremities

You can also buy dry and wet varieties of hoods, gloves, socks and booties for your head, hands, and feet. These are often made of the same materials discussed above - neoprene

and Gore-Tex. See http://www.mosslake-nc.com/Cold_Water_Kayaking_Tips.php for some excellent tips on these.

Some other cold weather gear tips I found in my research:

- It is important to keep your Gore-Tex and other breathable garments clean, as sweat and dirt can block the tiny pores that give it its breathability. Fabrics made of Gore-Tex can generally be washed in a regular washing machine (7).
- You've heard of electric blankets? REI sells a heated wetsuit! This guy runs on batteries and has three temperature settings. It is the Rip Curl H-Bomb suit, and runs about \$800. What a concept.
- Finally, paddle with at least one other person (preferably more), bring a dry set of clothes with you (and keep them dry on the trip), attach a whistle to your vest, and bring snacks for extra energy in the cold weather (to help fight hypothermia).

Sources:

1. <http://www.gore-tex.com/remote/Satellite/home>
2. <http://www.dupontelastomers.com/products/neoprene/neoprene.asp>
3. <http://en.wikipedia.org/wiki/Neoprene>
4. <http://www.eventfabrics.com/index.php>
5. <http://www.nextec.com/>
6. <http://www.kayakacademy.com/pages/drysuitfaq.html#ten>
7. <http://www.gore-tex.com/remote/Satellite/content/care-center/washing-instructions>

Advice from other sites found on the web:

- http://www.greatlakeskayak.com/GLK%20Newsletter%20004_10_12_08.pdf a site suggested by John Parrott (our VP), including a table of recommendations for combined air and water temperatures on the bottom of page 3. In brief:
 - Combined temp < 140° F Start taking precautions (The way John learned the rule)
 - Combined temp < 120° F Wet suit required
 - Combined temp < 110° F Dry suit required
 - Combined temp < 80° F Dry suit required & extreme caution

I would assume that depth of water plays a role in the final decision, as very shallow water might not be as worrisome in summer months (think Spring Creek).

- <http://www.kayakacademy.com/pages/drysuitfaq.html> - Kayak Academy - Dry Suit FAQ
- http://www.mosslake-nc.com/Cold_Water_Kayaking_Tips.php - Moss Lake, NC, Cold Water Kayaking Tips
- <http://www.enter.net/~skimmer/coldwater.html> - Off-Season Boating, Cold Shock and Hypothermia
- <http://www.outdoors.org/publications/outdoors/2004/2004-wetsuits.cfm> - Appalachian Mountain Club - Suited for Paddling, Staying Warm With the Right Wetsuit or Drysuit
- <http://gokayaknow.com/index.php/gear/drysuit-vs-wetsuit-for-kayaking/> - Drysuit vs. Wetsuit for Kayaking

WINTER POOL SESSIONS FOR PADDLING AND ROLLING

-- a great opportunity to learn Eskimo rolling and reinforce paddling skills!

Dave Kurtz, President of Mach1, has graciously offered CCoFCC members the opportunity to join his group at the PSU Natatorium this winter. The cost is \$20 for the first session attended, \$10 of which covers liability insurance through USACK for all sessions. (If already a member of USACK, the first session is \$10.) Sessions thereafter are \$10 each, payable at the beginning of each session. Season passes are available for \$55, \$45 for USACK members. Everyone is required to register on arrival, including instructors. Using your own boat is preferable. It would be appreciated if members owning boats suitable for rolling would be willing to loan them to those members who only have rec boats. Please let us know if you would be able to bring yours to use as loaners.

Sessions will be held on the following dates:

Jan. 16
Jan. 23
Jan. 30
Feb. 6
Feb. 13
Feb. 20

Each session has the following schedule:

8:30 – 9:00 a.m.	Pool is opened to clean boats and set up
9:00 a.m.	Pool open for gate work and rolling in the shallow end
10:00 a.m.	Open for rolling
11:00 a.m.	Open for young and new kids – probably too crowded for older paddlers unless sparsely attended
12:00 p.m.	Pool session ends

If possible, please sign up ahead of time for the desired session(s) and hour(s) of attendance by emailing Barb Wendler at: blbwendler1@aol.com.

Coaches/Instructors are needed. If you would like to volunteer, please let Barb know the session date(s) you are available to assist. Coaches and instructors do not have to pay the use fee unless spending part of the time in a boat.

**Parking is prohibited at the Natatorium. Please drop off your boat, then move your vehicle to another parking area.

TENTATIVE PADDLING DATES FOR THE 2011 SEASON

We need contact persons for each of the following *tentative* paddling dates for the upcoming season. None of the following dates are set in stone, and will depend on weather and whether or not we have a contact person for each one. Please choose one of these paddles that you would be willing to sign up for as the contact person. It is best to choose a paddle for which you have paddled before and have a good idea of the put-in and take-out points, at the least. If you are not familiar with the waterway, you might sign up as contact, and take a trip on the creek before the paddle date.

April 16 or 17 – Frankstown Branch of the Juniata (class 1 to 2)
April 23 or 24 – Red Moshannon (class 1)
April 30 or May 1 – Spring Creek/Bald Eagle Creek (class 1 to 2)
May 7 or 8 – West Branch of the Susquehanna (class 1 to 2)
May 14 or 15 – The Little Juniata – above Spruce Creek (class 2)
May 21 or 22 – Penns Creek (class 1 to 2)
June 4 or 5 – Pine Creek – Grand Canyon (class 1 to 2)
June 11 or 12 – The Little Juniata – below Spruce Creek (class 1)
June 18 or 19 – Frankstown Branch of the Juniata (class 1 to 2)
June 25 or 26 – Juniata River, Lewistown to Arch Rock Rd? (class 1)
July 9 or 10 – Red Moshannon (class 1)
July 16 or 17 – Juniata River (class 1)
July 23 or 24 – West Branch of the Juniata River, near Lock Haven? (class 1 to 2)
July 30 or 31 – Bald Eagle Creek, below the dam, class 1)
August 6 or 7 – Raystown Branch of the Juniata (dam to mouth, class 1)
August 13 or 14 – a Lake paddle (choose one)
August 20 or 21 – West Branch of the Susquehanna
August 27 or 28 – Bald Eagle Creek (below the dam, class 1)
September 10 or 11 – a Lake Paddle (choose one)

Spruce Creek is runnable (according to Gertler) in late winter or early spring, if anyone wants to take that one on spur of the moment.

This list is highly subject to change, and should not interfere with spur of the moment postings about a trip. It is meant to inspire, and get us thinking about the upcoming season. Your input about this idea is much appreciated!

ADVERTISEMENTS, UPCOMING EVENTS & TREASURER'S REPORT

For Sale:

- Get Ready for Spring!
Yakima Kayak Stackers (set of 2) (old style: bars, no straps) : \$10.00
Newer Yakima Multi-Mounts (set of 2) (designed to carry long narrow items like skis or kayak paddles): \$25.00
Older Yakima Multi-Mounts (set of 2): \$10.00
Yakima Raingutter1A towers with HiRise Option (set of 4): \$50.00
Thule Kayak Stackers model 520 (set of 2) with 2 straps: \$25.00
2 78" Yakima crossbars with 4 Raingutter Towers (includes two Yakima Multi-Mounts): \$160.00
Yakima 4H Mighty Mounts (allow the installation of Yakima accessories on Thule, Terzo and other racks with European Standard crossbar dimensions of 20x30mm: accessories include GT Bike Mount, TLC Saddles Tandem Mounts I/II, basket case, LightBar Bracket, Wheelfork, and Fairing): \$5:00
Please contact Deb at RAQSdance.scpa@yahoo.com for the above items
- 3 wet suits for sale, WM, farmer john-style, long legs but without sleeves. \$60.00 ea. Please email drd1@psu.edu if interested.
- - Two dry suits, one mens and one ladies, both in very good condition.
- A canoe mould for building a 16' woodstrip canoe, along with the Canoe craft book by Ted Moores and Marilyn Mohr.
- a single person ice boat too
contact Felix at fil1@psu.edu for more information

Upcoming Paddling-Related Events (see ccofcc.org for more details):

Jan 25 – Members meeting and cold weather gear demo at TMO

May 14 – River rafting trip on the Ohio pyle and Lower Youghiogheny (Details to follow in an email when we know more – expected cost is \$69/CCofCC member depending on how many people sign up, non-member price to be determined, age 12 and up eligible)

Treasurer's Report:

In 2010 the Club had income of \$1,810 and expenses of \$1,490, resulting in a net gain of \$320 and funds in the checking account on December 31 of \$1,185. Income was mostly from dues. Expenses included \$695 for Canoe Club of America dues and expenses of gaining tax-exempt status in Pennsylvania and at the Federal level, \$162 in staging public events, and \$397 for the website.



The Canoe Club of Centre County is a non-profit group of paddlers of all ages, paddling skills, and paddling preferences. Club benefits include the CCofCC listserv access, web page forums access, trip and event notifications, and a quarterly (October to March) or monthly (April to September) newsletter (Currents). Benefits we hope to add this year include several indoor and outdoor gatherings, picnics, and parties, as well as paddling safety and rolling sessions. Annual dues are \$20 per household. Applications are available from our website at www.CCofCC.org.

Currents is published for our members who are encouraged to contribute any noteworthy items prior to the next publication. If you've been on a paddling trip outside the area, or outside the norm, or even inside the area and inside the norm; if you have photos, or found a nice video to share; if you have news to pass on regarding paddling in PA, or of upcoming events; if you have poems or a few lines of wisdom or an advertisement – please email your *Currents* contributions to currents@ccofcc.org. We reserve the right to edit all articles submitted.

2011 Canoe Club of Centre County officers and board members:

President – Joyce Furfaro president@ccofcc.org

Vice President – John Parrott vicepresident@ccofcc.org

Secretary – open

Treasurer – David Egler treasurer@ccofcc.org

Board Members – Ed Bowman, Sarah Edge, Gary Thornbloom

