

Dedicated to the Preservation and



Enjoyment of our Wildwaters

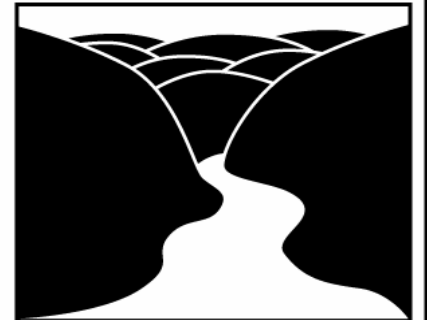
Blue Ridge River Runner

FEBRUARY 2005

START 2005 OFF RIGHT—COME TO THE FEBRUARY 2005 BRRR CLUB MEETING!

February 16th at 6:30 is the time, Big Lick Tropical Grill (4001 Murray Place, Lynchburg) is the place...now all we need is YOU! This time we will be meeting in Big Lick's game room (the result of an unavoidable scheduling conflict), but there should still be plenty of room to eat and gab. Discussion topics will include the club's planned attendance (first ever!) at the upcoming 2005 National Paddling Film Festival, the usual spring events including the Highland County Maple Syrup Festival and Cheat Fest, and possible destinations for the club's annual Western Excursion. The meeting will also provide the perfect opportunity to catch up on your club dues, so we'll see you

BLUE RIDGE



RIVER RUNNERS

**Journal of the
Blue Ridge River Runners**

c/o Jim Glidewell
342 Old Pocket Road
Lynch Station, VA 24571
ON THE INTERNET: www.brrr.ws

Newsletter Editor

Jeff Oxley
108 Valleywood Dr.
Forest, VA 24551
43
4-525-5434
wildh2pro@aol.com

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President

David Morgan
146 Hill n Dale Dr.
Lynchburg, VA 24504
434-993-3288
buchux@hotmail.com

Vice-President

Danny Booker
Rt. 2, Box 30-A-5
Gladstone, VA 24553
434-933-8078

Secretary/Treasurer

Jim Glidewell
342 Old Pocket Rd.
Lynch Station, VA
24571
434-369-7104
BFULISH@aol.com

Webmaster/ Raft Custodian

Howard Kirkland
499 Suburban Rd.
Lynchburg, VA
24501
VA1CANOE@aol.com

Cruise Chairman

Justin Farrar
6100 Pawnee Dr.
Lynchburg, VA 24502
434-221-4978
VakayakinDude@aol.com



IMPORTANT NOTICE:

YOUR CLUB DUES ARE DUE!

Attention all BRRR members...or will it be **former** members? Yes, it's getting down to crunch time again, and unfortunately a high percentage of folks have thus far neglected to pay their dues for 2005. The benefits of membership are many, and the \$10 per year dues fee (individual membership, \$15 for family) is a steal, especially compared to membership in similar organizations such as:

- Coastal Canoeists (\$20 for individual membership)
- American Whitewater (\$25 for individual membership)
- Carolina Canoe Club (\$15 for individual membership)

While the failure of so many to pay dues is no doubt the result of simple oversight, it would be a shame to miss out on the many benefits of club membership. However, if we do not hear from you by the end of February, this will be your **final** newsletter—no exceptions! Come on, write that check now and mail it to:

Blue Ridge River Runners
342 Old Pocket Road
Lynch Station, VA 24571

Also, please be sure to include on the payment check your current mailing address, telephone number and email address so that the club can keep its records up to date and the newsletter coming to your mailbox without interruption.

NEW LOCATION FOR ESKIMO ROLL SESSIONS

This year BRRR will not be holding Eskimo Roll Practice Sessions at Sweetbrier College as in years past. They are now asking us to pay a \$300 fee to use their pool for three sessions, and we would still have to pay a Lifeguard.

However, the Bedford YMCA will be opening their indoor swimming pool for Eskimo Roll Practice Sessions as an accommodation to local paddlers, on Tuesday evenings from 7:00 PM to 8:30 PM, beginning Tuesday, February 8, 2005, and will continue to do so as long as there is sustained interest. The fee for each session is \$7.00 per person, which pays for the use of the YMCA facilities as well as the Lifeguard's wages.

Scottie Edwards (email swedwards4@netzero.com) and Steve Robertson will be hosting these sessions. They will have several kayaks available for those who do not have boats yet, or those who just want to find out what it's all about.

**A TRADITION IN THE MAKING:
THE 2005 NATIONAL PADDLING FILM FESTIVAL**

*Come to the National Paddling Film Festival! It's Saturday, February 26, 2005, at the Lexington Convention Center:
430 West Vine Street
Lexington, Kentucky*

Raising money for river conservation and access for over 20 years, the **NPF** is an all-volunteer run competition which showcases paddlesports related film, video and still photography. Run by paddlers, we have divisions for film makers who are amateurs, professionals, and something in-between. Motion entries accepted until January 21, and still photos until February 18. Log on to www.surfbwa.org/npff for details on entering or attending.

The Film Festival, Silent Auction and Awards Party all will take place this year in the newly renovated convention center. Our special guest is Kent Ford, world champion kayaker, paddlesports commentator from the Summer Olympics, and prolific producer of instructional books and videos. Check our website for more details; tickets will be available on-line.

See Page 4 for some of the many boating opportunities central Kentucky has to offer!

See Page 8 (Back Page) to learn more about 2005 NPF special guest Kent Ford.

BRRR DIRECTORY UPDATES

Address Changes

Carl and Donnalynn Davis
760 Down Creek Rd.
Brookneal, VA 24528

Email Changes

Justin Farrar:
VaKayakinDude@aol.com

Joseph Schuppe:
joeschuppe@earthlink.net
(work) jfs@handp.com

CLUB RAFTS, AVAILABLE FOR YOUR USE!

Our trusty old 14' Momentum self-bailer raft has been patched together enough for another season or two, and our new 12-1/2' NRS Sprite self-bailer now has three thwarts, and foot cups for the passengers in front, and is ready to boogie. Our old 16' Riken Nez Perce Bucket Boat (non-self-bailer) will soon be put in the shop to have the foot cups replaced, and several small leaks repaired.

Dave Morgan, Howard Kirkland and Danny Booker have recently acquired a 16' Riken Nez Perce self-bailer, which they will gladly make available for club activities on an as-needed basis. To reserve a raft for your next adventure, contact **Howard Kirkland** at **434-332-4839** or **434-941-1225** (cell)

WHITEWATER BOATING IN AND AROUND CENTRAL KENTUCKY

by Barry Grimes

Kentucky is not usually a state famous for its whitewater paddling—but it should be. Within a driving time radius of 20 minutes to 3 hours a whitewater boater will find everything from scenic class II- to dramatic class V+. Here are some of the streams around Lexington, KY that are generally considered by the members of the Bluegrass Wildwater Association to be “day trips”. All of the streams listed are natural flow (with one exception) and are runnable year-round after a good rain of about 1” in 24 hours. Drive times are estimated from the center of Lexington. For more information refer to Bluegrass Wildwater Association founding member Bob Schlinger’s guidebook “A Canoeing and Kayaking Guide to the Streams of Kentucky” (<http://www.menasharidge.com/paddle.htm>) or visit the American Whitewater web site by visiting the web links included with the descriptions below.

20 MINUTE DRIVE

Boone Creek (class II). Named for the famous frontiersman and forming the border of Fayette and Clark Counties, Boone Creek is a stunningly beautiful class II stream. Flowing through a steep, narrow, and lush tree lined gorge this is a float for paddlers seeking serenity and multiple photo opportunities. Good boat control is a must for this run due to dangerous, sometimes stream-wide strainers which can frequently appear around blind, twisting turns.

<http://www.americanwhitewater.org/rivers/id/654/>

25 MINUTE DRIVE

Jouett Creek (class III-IV+) Parallel to Boone Creek in Clark County this is a short, newly discovered “slide ride” stream that offers the experienced paddler a steep quick drop into the Kentucky River. This is a creek that needs “flash flood” rains in order to be runnable. Similar to Boone in scenery it is also very prone to dangerous strainers that mandate expert boat control and strong safety measures.

<http://www.americanwhitewater.org/rivers/id/2558/>

30 MINUTE DRIVE

Elkhorn Creek (class II-III) Located near Frankfort, KY the gorge section, which begins at the Forks of the Elkhorn bridge is the “home stream” for the BWA. Full of mostly class II rapids with the occasional class III hydraulic, the Elkhorn is a stream with plenty to satisfy the novice or experienced whitewater paddler. Lots of dynamic play spots and wide enough to stay free of strainers, the Elkhorn has a large watershed allowing it to typically keep its water longer than other area streams. Fun and runnable from about 3 feet down to 6” (as measured by the Forks bridge gage available from CanoeKY’s web site: <http://www.canoeky.com>) it’s the creek to paddle when the others have become too low. Watch out for the dangerous dam about 1 mile into the run and portage only on the left. (Note that this dam is a very difficult portage at gage levels above 3 feet).

<http://www.americanwhitewater.org/rivers/id/661/>

Glenns Creek (class II-III) Running through Woodford Co. near Frankfort, Glenns is possibly the most playful stream in the north central KY area. Look for Glenns soon after a substantial rain when the Elkhorn is running over 3’.

<http://www.americanwhitewater.org/rivers/id/2559/>

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East Fork (Prong) of Otter Creek (class III-IV) The East Prong is the steepest of the three sections of Otter Creek in Madison County, KY near Fort Boonesboro State Park. Depending on the water level, the E. Prong can offer solid class IV rapids with numerous play spots. Short and sweet it's a creek for more experienced paddlers and one that is often run in combination with other Madison Co. streams. Look here first after a good rain.

<http://www.americanwhitewater.org/rivers/id/2534/>

West fork (Prong) of the Otter (class II-III) This creek starts you surfing right away - and doesn't let up. Numerous holes and waves provide plenty of surfing spots even for the largest of groups. The W. Prong tends to hold water longer than the E. Prong and joins up with the Main Otter about 3/4 mile from its start.

<http://www.americanwhitewater.org/rivers/id/2505/>

Main Stem of the Otter (class II-III) With the largest water volume of the three Otters, the Main Stem may be broken into several different sections - or run in its entirety. Continuing the non-stop surfing characteristics of its shorter tributaries it tends to contain huge glassy green surfing waves when the Rain Gods have been bountiful.

<http://www.americanwhitewater.org/rivers/id/2505/>

Tates Creek (class II-III) Running along the road, Tates is a favorite "everything else is too high" kinda creek. Similar in the limestone shelf drop character of most of Madison County's streams it provides many surfing opportunities along its entire length.

<http://www.americanwhitewater.org/rivers/id/2507/>

Howard's Creek (class II-III+) Another Kentucky River drainage that provides outstanding surfing and interesting drops. Howard's is infrequently paddled, however, due to the numerous strainers.

<http://www.americanwhitewater.org/rivers/id/2557/>

Silver Creek (class II-III(IV))

Silver Creek boasts the largest watershed (112 square miles) of all of the Madison County whitewater streams and therefore will be most likely to hold its flow after a good rain. There are several sections of Silver Creek for paddlers to choose from but the most popular is the short (no shuttle needed), class II-III (IV) "Park N' Surf" section on KY 876.

<http://www.americanwhitewater.org/rivers/id/2555/>

45 MINUTE DRIVE

Muddy Creek (class II-III) Considered by many local paddlers to be the best play stream of Central Kentucky, Muddy is best run after a good rain of at least 1" in 24 hours. Littered with surfing holes and Waves, Muddy Creek's numerous rapids typically offer large whitewater paddling groups multiple play spots with no waiting in the eddies! Flowing near Union City, KY in Madison Co south of Lexington, Muddy is often run along with the Otter Creek sections to give a "triple play day" for energetic boaters.

<http://www.americanwhitewater.org/rivers/id/2506/>

Benson Creek (class II-III) Flowing into the KY River at Frankfort, Benson Creek is a playboater's heaven, with lots of surfing opportunities, plenty of access, and a 15' runnable waterfall. Look for the Benson after a good rain when the Elkhorn is 2'.

<http://www.americanwhitewater.org/rivers/id/2681/>

<http://www.americanwhitewater.org/rivers/id/653/>

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BRRR TRIP SCHEDULE

*To volunteer to be a trip coordinator, please contact **Justin Farrar** at 434-221-4978 or **Howard Kirkland** at 434-332-4839 (cell: 434-941-1225).*

TRIP/EVENT	DATE/LEVEL	COORDINATOR/PHONE
February 2005 Club Meeting —Big Lick Tropical Grill, Lynchburg, Virginia. Lots of plans to discuss...don't miss it!	February 16 at 6:30pm (ALL)	David Morgan 434-993-3288
2005 National Paddling Film Festival —Lexington, Kentucky. Check out the plethora of paddling porn on display and sample some prime Kentucky whitewater.	February 26-27 (ALL)	Howard Kirkland 434-332-4839 (home) 434-941-1225 (cell)
2005 Highland County Maple Syrup Festival —Williamsville, Virginia. Terrific pancakes, with possible paddling opportunities on the Bullpasture and/or Maury rivers.	March 12-13 and 19-20 (Novice-Interm.) rafts/guides will be available	Howard Kirkland 434-332-4839 (home) 434-941-1225 (cell)
North Branch Potomac —Barnum, WVA to Bloomington, MD section. This is a dam-controlled river, and there will be water!	April 16-17 (Novice-Interm.)	Justin Farrar 434-221-4978
April 2005 Club Meeting —Big Lick Tropical Grill, Lynchburg, Virginia. We'll see you there!	April 20 at 6:30pm (ALL)	David Morgan 434-993-3288
11th Annual Cheat Fiver Festival —Albright, WVA. A club favorite! Paddle the mighty Cheat River on Saturday, and attend the festival Saturday night for a rockin' great time.	May 7-8 (Inter.--Adv.) rafts/guides will be available	Lee Hart 434-332-4438
Whitewater in the Smokies -- <u>Nantahala</u> , <u>Tuckasegee</u> , etc. This trip is geared toward the newbie who wants to broaden his horizons.	June 17-19 (Beginner-Nov.)	Justin Farrar 434-221-4978

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90 MINUTE DRIVE

Laurel River (class II-III(IV)) A spectacular, short and tough to catch flowing at runnable levels the Laurel provides about 2 miles of fun rapids in very cold water. The putin is just below the Laurel Lake Dam whose very unpredictable releases control the flows for this scenic stretch. Takeout is at the Laurel's confluence with Lake Cumberland.

<http://www.americanwhitewater.org/rivers/id/3312/>

Cumberland Below the Falls (class II-III) Putin at the beautiful (but usually not considered runnable) Cumberland Falls and paddle to Lake Cumberland and the mouth of the Laurel river. The fluctuating levels of the lake may cover the final set of rapids of this scenic run. With it's huge watershed the Cumberland typically has runnable levels year round but is best run in the winter months when the Lake is at winter pool and the (up to 5 mile) flatwater paddle to the take out will be less.

<http://www.americanwhitewater.org/rivers/id/656/>

2-3 HOURS DRIVE

Russell Fork River (class II-III (IV); class V+; class II-III) Located east of Lexington via the Mountain Parkway on the KY/VA is the awesome Russell Fork River. Likely to be running year round this stream has 3 distinct sections that will delight any skill level. Be advised however that the Russell Fork through the Breaks Interstate Park or Gorge section is a solid class V+ stretch containing very difficult and steep world class rapids littered with deadly undercuts.

<http://www.americanwhitewater.org/rivers/id/2011/>

<http://www.americanwhitewater.org/rivers/id/2010/>

<http://www.americanwhitewater.org/rivers/id/3113/>

Big South Fork of the Cumberland (III-IV)

Formed at the confluence of the New and Clear Fork rivers of Tennessee, the Big South Fork of the Cumberland is truly a gem of a whitewater river. Near the town of Onieda, TN off US 27 the river can be accessed at several points within the BSF National River and Recreation Area maintained by the National Park Service. Offering outstanding rapids and plenty of play opportunities, the BSF is well worth the drive and can easily be done in a day trip by an early rising group of paddlers.

<http://www.americanwhitewater.org/rivers/id/1719/>

<http://www.americanwhitewater.org/rivers/id/1719/>

(Right) Promotional poster from the inaugural 1983 NPFF, penned by the late William Nealy.

A Star Is Born!

National Paddling Film Festival

Oct. 22-23
Kentucky Horse Park
Lexington, Ky.

Amateur categories:
(slide > 8mm)
* Safety/Instructional
* Racing
* Recreational/Scenic
* Hair Boating
* Humour

Amateur combined subjects:
* 16 mm
* Video

Professional exhibition:
* all media

For information write:
B.W.A.
P.O. Box 4231
Lexington, Ky.
40504

Sponsored by the Bluegrass Whitewater Association & Menasha Ridge Press

ABOUT KENT FORD

2005 NPFF Special Guest

Hear and meet **Kent Ford**, one of whitewater sports most accomplished athlete/artists, in person at the 2005 National Paddling Film Festival. Here's a description of Kent's commentary at the 2004 Olympics by Cathy Hearn, former member of the US Olympic Women's Team and current Italian Coach;

Forerunners blast down the course, doing their best to lay down a good run which they can later compare with that of the medalists. Kent Ford does his live-from-the-blue-C1-at-the-start report, in which he paddles the course, commenting on the course as he paddles it. He begins with his trademark "I am the only paddler out here today planning to go slowly and make mistakes". His performance is incredible-- educational and entertaining for the spectators, and an inspiration to many of the competitors. For some of the racers, Kent provides needed levity as well as valuable clues to the most basic nature of sections of the course.

Kent Ford's highly acclaimed books, videos and instruction have made him one of the most recognized paddlers in whitewater sport worldwide. Kent's unique background includes twenty years of international whitewater racing and coaching, combined with similar experience teaching recreational boating to all levels of paddlers. His sixteen videos and books on paddlesports have influenced the education of half a million paddlers. A veteran of over 330 rivers in 27 countries, Kent has been a member of expeditions to the Soviet Union, Costa Rica, Turkey, and Mexico.

Don't miss this rare opportunity to meet **Kent Ford**
in person at the 2005 National Paddling Film Festival!

Blue Ridge River Runners
342 Old Pocket Road
Lynch Station, VA 24571

