



The SPRAY

Newsletter for Colorado Whitewater

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UPCOMING EVENTS

- May 1
Spring Dinner
- May 10
CRUISE: Roaring Fork
- May 10-11
Flat Water/Moving Water
Weekend
- May 16-18
Training Camp
- June 6-8
Poudre River Weekend
- June 14
CRUISE: Lower Mish

Visit the Events page on the CW website for more information.

Training Camp

By: Elizabeth Austen & Editor

It's been another year in the making, and it's almost here. It's CW's biggest annual event. Training Camp! ...But what is "Training Camp"?

Training Camp is spring training for kayaking. It's preparation for an epic season of river running combined with an atmosphere of a fun camp weekend.

For the beginning kayakers, it's a weekend where all of the skills you've been learning in the pool are put into action on the river under guidance and reassurance by certified instructors. For the experienced paddler, Training Camp is a weekend to kick the dust off your gear and wake-up your paddling muscles, while even adding some new skills to your repertoire. And after a satisfying day of training on the river, you return to camp for some tasty chow, live entertainment, and great company with all your fellow boaters.

It's instruction, paddling, food, and fun. But going deeper, Training Camp is much more to Colorado Whitewater...

(continued page 5)



Mission Statement

Colorado Whitewater promotes the sport of whitewater paddling in Colorado and the Rocky Mountain region. The club introduces new paddlers to whitewater, provides training in technique and safety, supports racing, informs the public about whitewater issues, including river access and conservation, and works to resolve related problems.

CW is a 501(c)(3) nonprofit organization run entirely by volunteers.

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MEMBERSHIP QUESTIONS?

To Join CW, visit our website at www.coloradowhitewater.org and join online. To change your e-mail or other contact information: Contact Patty Pinkham at plabarge@hotmail.com.

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Contact Jodi Lee for rates and specs at jodilee23@gmail.com

Want to Contribute?

We welcome and encourage your contributions on topics related to whitewater paddling.

Email submissions to
cwspray@outlook.com

Deadline for Jul-Aug Issue

June 18

Letter to Our Membership

Hello CW!

We're a few months into 2014 and I'm extremely excited for the upcoming boating season to get started. I'm sure the rest of the Colorado Whitewater membership shares my enthusiasm!

So far this year, CW has conducted a very successful slate of instructional courses where we've taught beginning kayakers the basics and honed the skills of more experienced members. And our Spring Kickoff was an outstanding way to get everyone stoked for the warmer weather to come!

Our Spring Dinner will be up coming on May 1st featuring Photographer and Adventurist, Peter Holcombe. He's sure to inspire the attendees as he recounts his recent trip through the Grand Canyon. Peter and other CW members ran the Canyon while self-supporting out of kayaks. It should be an inspirational presentation!

CW's biggest event of the year will be here soon. Training Camp! I hope all of our members plan to head to the Arkansas River on May 16 - 18 to work on their boating skills as well as support our less experienced members on the river. TC will be followed by Poudre Weekend, the first weekend in June, Arkansas Weekend in July, and we'll conclude the season with Colorado Weekend in September.

In between, we have many cruises scheduled. Be sure to check the website often, read the Happenings emails, and The Spray newsletter for more information. Additionally, the club could always use more cruise leaders. If you would like to lead a group down your favorite stretch of river, contact CW's Cruise Director, Leslie Tyson.

I want to thank the members of the CW Board for all their hard work as well as the instructors and other members who are volunteering to help make this club what it is. CW is celebrating its 60th anniversary this year! We are the oldest whitewater club in the nation and without our volunteers, the club could not continue to conduct the instruction and events that we do. We can always use additional volunteers and if you have the time and ability to help, please let a board member know. I hope you all have a fun and safe boating season in 2014!

SYOTR,

Scott Winkleman

Colorado Whitewater Past President & Webmaster

Lead a Cruise!

The Club is always looking for members to lead river trips. Please consider sharing your favorite run with less experienced members. Contact Leslie Tyson at lesanntyson@msn.com to schedule your trip.

Look for a 'Learn to Lead' clinic this spring too!

Royal Gorge Whitewater Festival



June 21-22 | Cañon City, CO

RoyalGorgeWhitewaterFestival.com



CANON CITY
DAILY RECORD

More than instruction, and more than our largest club fundraiser, Training Camp is a community that is CW. Something like a large, diverse family. We have old timers tellin' their stories of old school – or “old’s cool”, as they see it. We have the awesome and the newbies. The wide-eyed rookies, newly adopted to the tribe. The mellow and the passionate. The hipsters and the youngsters. And a few odd balls that we adore, though we can’t always recall why. Probably a lot like your own families.

Really, I think everyone who has been to Training Camp has made new friends, learned something they didn’t know before, and had at least one bout of side-splitting laughter during the event.

Some come for the party with their favorite bottled vices and snick-snack delicacies, having saved up their best jokes and stories for this annual gathering. Some folks come and dabble and get their pictures taken. Then there are the passionate ones, who become addicts, with an unstoppable dependency. Junkies craving more whitewater, more, MORE!

Some people meet someone special... for the season. Some people meet someone special... for always...

I remember my first year. It was 2003. I had a Dagger Blast, an ExtraSport PFD and a ProTec helmet. I was ready. Tim Bliss was my Instructor, along with a tiny guy with long, long hair from some far-off land. He didn’t speak much English but he could roll and surf. We rookies thought he was AMAZING!

I myself was terrified. But that weekend, I learned to roll in a current and I met dozens of wonderful people; many of whom are still good friends today. And I’ve been back every year since.

This year I’m back to organizing the event and we’re stepping it up! One of this year’s goals is to elevate instruction to a new level, with courses focusing on acquiring new skills, better confidence, and progress

evaluation by ACA certified instructors. Peter and Kathy Holcombe will also be back this year with their youth instruction program that was a big hit last year. The kiddos coming out of these classes are AMAZING!

For the off-river activities, we’re stepping it up as well. CW’s very own Brian Sweeney and Tim Bliss will be contributing to our awesome weekend. Gourmet and professional chef, Brian Sweeney, will be heading our delectable meals and

Tim Bliss of the band Full Moon Float will be jamming the night away for our evening entertainment. And there will be much more in between including movie night, yoga, and our awards ceremony.

So whether you’re new to CW and the kayaking family or you’re a diehard that shows up every year. Even if it’s been a few years since you made the drive to Cotopaxi. This year’s Training Camp will be what kayak spring training and being a part of CW is all about. It’s time to sign-up!

Get the Info

May 16-18, 2014

**KOA Campground
Cotopaxi, CO**

**Sign-In Starts Friday
May 16 @ 6:00 PM**

**Register Online
Discount for Early Sign-Up
Only \$170 before May 5th**

[More Info @ ColoradoWhitewater.org](http://ColoradoWhitewater.org)



TRAINING CAMP COURSES



All CW courses are led by ACA certified instructors. What does that mean exactly? It means you're getting top notch instruction from qualified instructors trained and certified by the American Canoe Association, who happen to set the gold standard in quality instruction.

We keep the groups small, but there will be multiple groups for most courses. Advanced level classes, however, may have limited availability so early sign-up is to your benefit. Registration is easy and all online through the ColoradoWhitewater.org website. Please be sure to indicate your class preferences for each day – Saturday as well as Sunday – and be conservative when assessing your skill level. Classes should be fun! Not a beat-down. A handy chart is also available on the website to help you assess your skills for your course selection.

Get the courses you want by signing up now and kick start your paddle season!

COURSE DESCRIPTIONS

Kayaking Essentials (Level A)

Saturday and Sunday Package

We begin this course on dry land with gear review (and adjustments as needed), discussion of river and safety basics, land based demo and practice of basic boat control and recovery skills, (which is all much more fun than it sounds!) and will progress to moving water on day one. On the water boaters will get comfortable with executing all the basics in a current, including strokes, balance, posture and tilt in order to successfully perform eddy turns, peel outs, ferrying and more.

Intermediate FUNdamentals (Level B, C, D)

Saturday and/or Sunday

A river trip where we'll work on paddle strokes, bracing, edging, eddy turns, peel outs, ferries, rolling and river reading to maximize your future fun factor. Participants are encouraged to ask questions and let trip coordinators know which skills they most want to work on. Emphasis will be placed on river running and skills drills. If rolling in a current is a skill you particularly want to focus on, please note this in the comment box.

Go with the Flow (Level B, C, D)

Saturday and/or Sunday

A safe, mellow, chillaxin' float trip for those who prefer a low-stress experience. No intensive skills drills, this is intended as an uncomplicated, fun but instructional cruise requiring mild effort. Each group can determine their own focus, whether it's discussion about reading whitewater or safety scenarios, or what-have-you. Talk to your trip leader to customize your trip.

Level-Up Boot Camp (Level C, D)

Saturday and/or Sunday

For assertive boaters who want to get to the next level! This clinic will grill, drill, and improve your skills. We'll be working mostly in a particular rapid; practicing stroke efficiency and advanced eddy hopping, by running a particular predetermined route, utilizing a specific series of maneuvers. You'll benefit from precise, candid individual critiques. Once you get your critique, you'll portage back to the top and run the designated course again. And again... You won't believe how much you learn!

Pick Your Line (Level C, D)

Saturday Only

You're confident in your river skills but you have anxiety about finding the best route through a rapid? This class will develop your ability to visually dissect whitewater and better understand the forces at work. Become more confident in your ability to negotiate a rapid and to recognize typical obstacles you may encounter.

Intro to Playboating (Level C, D)

Saturday (mandatory) with a Sunday Option

If you're afraid to enter a play wave this is the class for you. Learn beginner play boating skills such as surfing waves, side surfing, and flat spins. This group requires solid river skills and a solid river roll. Course will be held at the whitewater park in Salida.

Surfin' Safari (Level C, D)

Sunday Only

This is the ideal class for those who have a reliable river roll, good ferrying skills, and a desire to maximize their fun by rompin' with the river, not just running it. We'll focus on eddy hopping through rapids and searching for great waves to surf. Instead of blasting from top to bottom this course makes the fun last. We'll practice boat scouting in order to identify eddies and waves within rapids and work on how to adjust a ferry to catch the waves, along with the techniques needed to stay and play!

Volunteers Needed!

Volunteers are what make CW and what makes events like Training Camp come together. If you are interested in assisting with or have ideas to support any of the points below, please email Elizabeth Austen (preferred) at eausten@live.com or call at 303 929 2908.

Friday Night Movie Organizer - need someone to provide a cool kayak flick and means of showing it

Chow Team - assist with food logistics and preparation under the direction of Chef Brian Sweeney. Heck, you'll probably learn some cool kitchen tricks, too!

Move Team - help to set the dining patio up efficiently for cooking and dining Saturday night and Sunday morning, as well as helping set tents / lighting / staging for the band.

Video Team - will not be on the water, but will assist by video-ing students in a rapid and playing back their video right then and there, river-side, with an instructor to help critique. Anyone who is willing to allow the use of their tablet or iPad would be greatly appreciated!

Chef Sweeney

By: Elizabeth Austen

Imagine you have to feed a hundred and fifty ravenous kayakers two excellent meals with very challenging kitchen logistics. This year, fellow boater and chef, Brian Sweeney, has agreed to take on the challenge!

With a BS in Food Service Management and Restaurant Management, and an interest in the sous vide cooking method and the food science sub-discipline of molecular gastronomy, Chef Sweeney is not your average hash slinger! During work hours, he stays busy creating fabulous meals in an incredible kitchen as a banquet chef at the Four Seasons Hotel in downtown Denver. On his off time, you can undoubtedly find him on a river!

A kayaker since 2001, Brian and his wife Silvia joined Colorado Whitewater Association 3 years ago. He is a "go big or go home" style boater. This approach extends to almost everything he does, which is why we're all looking forward to some de-lish eats at the big event this year!

Volunteers Needed!

If you've been to Training Camp in years past you may have seen the kitchen facilities at the pavilion. They're really aren't any! Yet Chef Sweeney has graciously accepted to provide gourmet meals regardless of the challenging logistics. But he will need some Chow Team volunteers to pull it off!

Coolers and transportation help is needed from Denver to the campground. (Here's your chance to show off your awesome Yeti!) Help with food prep is needed for Saturday evening and Sunday morning meals as well as set-up and take down. And finally, Chef Sweeney will need cleaning crew help.

If you'd like to volunteer to be on the "Chow Team" and assist with any of these catering related duties, please email Brian directly at chefsweeney@msn.com Let's pull together and help Chef Sweeney make some awesome grub!

Full Moon Float To Liven the Night

By: Debra Cronin

It wouldn't be a weekend on the river without campfires and music! CW is pleased to have booked the Full Moon Float band for this year's Saturday evening entertainment. Full Moon Float is a new band in Buena Vista featuring original mountain music by Whitney Whyte, Ben Coleman, Ashley Nichols, Billy Kreger, and CW's very own Tim Bliss. With a bluegrass and folksy flair, their music features White on vocals and acoustic guitar; Nichols on vocals, acoustic guitar and ukelele; Tim Bliss on drums; Annika Fouch on vocals, mandolin and keyboard; and Bob Songster on bass.

In their own words, they are inspired by anything mountain and river worthy. Perfect for a river weekend!



SCHEDULE OF ACTIVITIES

Friday, May 16

- | | |
|------------|-------------------------------------|
| 6:00 pm | Registration Opens |
| After Dark | Outdoor Movie Night
Location TBD |
| 10:00 pm | Registration Closes |

Saturday, May 17

- | | |
|----------|---|
| 8:30 am | Instructors and Volunteers Meeting |
| 9:00 am | Orientation
Group introductions. Safety talk. Yoga & Stretching.
Break into instructional groups. |
| 10:00 am | Classes Begin
Head out to the river! |
| 4:00 pm | Return to Camp
Everyone back safely at the KOA. |
| 6:00 pm | Catered Dinner
At the Pavillion by Chef Sweeney and the Chow Team |
| 8:00 pm | Live Music by Full Moon Float |

Sunday, May 18

- | | |
|----------|---|
| 7:30 am | Catered Breakfast
At the Pavilion by Chef Sweeney and the Chow Team |
| 8:30 am | Instructors and Volunteers Meeting |
| 9:00 am | Awards Ceremony
For all participants! Yoga & Stretching.
Break into instructional groups. |
| 10:00 am | Classes Begin
Head out to the river! |
| 3:00 pm | Training Camp 2014 Come's to an End
Head Home! |



KAYAK · RAFT · SUP · CLIMB · BIKE

L4 Kayak Instructor: **April 30-May 4**

L2 SUP Instructor: **May 21-23**

L3 SUP Instructor: **May 26-27**

L4 Swiftwater Rescue: **May 23-25**

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WHITEWATER FESTIVALS AROUND THE STATE

May 10-11 Rocky Mtn. Whitewater Cup Championship Slalom (Golden)

May 17-18 Golden River Games (Golden)

May 23-26 CKS PaddleFest (Buena Vista)

May 28, June 4, June 11 Golden Rodeo Series (Golden)

May 31-June 1 Lyons Outdoor Games (Lyons)

June 5-8 GoPro Mountain Games (Vail)

June 7-8 Animas River Days (Durango)

June 12-15 FIBArk (Salida)

June 20-21 Royal Gorge Whitewater Festival (Cañon City)

June 20-22 Gunnison River Festival (Gunnison)

August 8-10 Bailey Fest (Bailey)



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May

May 4	Beginner Group B River Readiness Clinic Kids Team Beginner Rolling Group A	1:00 – 3:00 pm 1:00 – 3:00 pm 3:00 – 5:00 pm 3:00 – 5:00 pm
May 10-11	Flat Water / Moving Water	TBD
May 16-18	TRAINING CAMP	

June

June 3	Boating Betties Class (Clear Creek)	6:00 - 8:00 pm
June 10	Boating Betties Class (Clear Creek)	6:00 - 8:00 pm
June 17	Boating Betties Class (Clear Creek)	6:00 - 8:00 pm

CW Kids Team

By: Kathy Holcombe

If you have spent any time at the Myers pool this winter you may have noticed a pretty significant change in the age of the average paddler. In fact you may have been swarmed, and possibly humbled, by a strong contingent of young paddlers who are making a big splash at the pool this winter working on everything from strokes and rolling to advanced freestyle moves like bow stalls and loops. Last year marked the launch of the CW Kids Team where ten eager students participated in eight, two-hour pool sessions over the winter months that culminated with the first ever kids group at Training Camp on the Arkansas River last May.



This year CW has doubled the number of instructors dedicated to the program allowing us to expand our team to include twenty kids ranging in age from 6-16, and the scope of instruction from introducing kayaking to first timers to more advanced slalom and freestyle skills. Through a collaboration with Jackson Kayak, Snapdragon and AT Paddles and a generous grant from the Jay Kenney Foundation, CW was able to purchase six very small kayaks, skirts and paddles allowing young kids without boats to learn to kayak.

At the pool, the kids have been hard at work earning skills stickers by completing a multitude of tasks including wet exits, bow rescues, rolls, strokes, etc. All of the kids who demonstrate 30 wet exits and 30 bow rescues are eligible to join the team at Training Camp May 16-18, and as well as other river weekend events. If you happen to cross paths with our kids team at the pool or on the rivers this summer, be sure to say hello and join in the fun of splashing and laughing and joyfully exploring the incredible rivers of Colorado.

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Spring Dinner

It's that time of year again! Time to come join your CW friends for, dinner, drinks and a fascinating presentation by Photographer and Adventurist Peter Holcombe on self-supporting the Grand Canyon. Plus, enter a raffle for your chance to win cool swag and a Fluid Detox kayak!

The Grand Canyon my way; A kayakers how and why to self- supporting in the Grand Canyon.

Peter Holcombe has had a longtime fascination with paddling the Grand Canyon. It took him over 12 years to make this trip a reality. Initially he dreamed of joining a raft trip, but over the years his vision morphed into paddling the entire length of the canyon totally self supported and living entirely out of his kayak on the epic 12 day journey. Peter will share stories and dramatic images from deep within the canyon. He will also share the how and why any kayaker can take their own self support trip down this most iconic section of river.

Spring Dinner Info

Thursday, May 1, 2014

Dave and Buster's - Function Room #1
2000 S. Colorado Blvd
Denver CO 80222

Schedule:

5:00 pm cocktails
6:00 pm Dinner Buffet
6:30 pm Speaker
7:45 pm Speaker ends - Prize drawings
8:15 pm Wrap up/cocktails
9:00 pm close

Members: \$25
NonMembers: \$29

Space is limited – buy your ticket today!

More Info @ ColoradoWhitewater.org



GOLDEN COMMUNITY RODEO SERIES

5:30 pm

May 28 | June 4 | June 11

presented by
**Golden River Sports &
Colorado Whitewater**

Admission to compete is free for
Colorado Whitewater members and
spectators always welcome!

more info ColoradoWhitewater.org



Golden Community Rodeo Series

By: Patty Pinkham

This year will mark our 11th Anniversary and we are very excited for 2014! This year's dates will be May 28, June 4 and possibly June 11 (water level dependent).

GCRS is a series of freestyle kayak competitions spread across two to three Wednesday evenings each summer. But in practice the event is so much more - it's an opportunity to create community and business relationships between whitewater paddlers, spectators, the paddle sport industry and local businesses.

We need sponsors for the Golden Community Rodeo Series (GCRS) and you can help!

The GCRS is organized, managed and run exclusively by local volunteers whose common goal is to make every boater and spectator feel welcome - from the meekest "newbie" paddler to the local freestyle hero.

A fortunate result of that is that the GCRS sponsorship is a great opportunity to advertise your business. The event can draw up to 50 competitors and hundreds of spectators, which offered great exposure for sponsors. Additionally the GCRS drew local, state and the national media coverage, which meant even greater exposure for sponsors.

The GCRS wouldn't have made it this far without great support from past sponsors. So we thank you so much! If you would like to contribute by volunteering or are considering sponsorship, please contact Patty Pinkham at PLaBarge@Hotmail.com.



Get On The River

May 10	CRUISE: Roaring Fork
May 16-18	Training Camp
June 6-8	Poudre River Weekend
July 11-13	Arkansas River Weekend
June 14	CRUISE: Lower Mish
July 19-20	ACA Swiftwater Rescue Clinic
Sept 5-7	Colorado River Weekend

More Info @ ColoradoWhitewater.org

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Bart Pinkham - Owner



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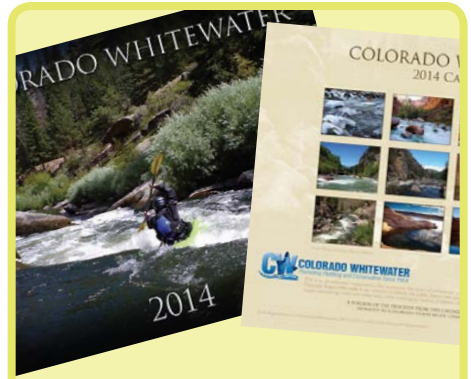


Photo Contest!

Enter your river adventure
pictures for a chance to be
featured in next year's calendar.
Start snapping now!

Official rules to be posted on the
CW website. Submissions accepted
until September 15, 2014. Send
your photo to cwspray@outlook.com. Check our website for
complete details.

Poudre Weekend 2014!

June 6th - 8th

Boating Season Is On!

Come out and join your CW friends for organized cruises of all
levels on the Poudre River. Cruising is FREE and camping is available at
the nearby KOA. And don't forget to bring something delicious
for the potluck Saturday evening!

More Info at ColoradoWhitewater.org



455 Sherman Street, Suite 300
Denver, CO 80203
www.coloradowhitewater.org