



The SPRAY

Newsletter for Colorado Whitewater

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UPCOMING EVENTS

Aug 6-8
Colorado River Weekend

Aug 15
Cruise Lower Blue

October TBA
Fall Dinner

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

The Shrinking Colorado

By: Debra Cronin

News agencies were all a-buzz in mid-August with the release of the Bureau of Reclamation's 24-Month Study projection for the Colorado Basin. In response to record low levels in both Lake Mead and Lake Powell – the two largest freshwater reservoirs in the US – and in response to an ongoing drought, the agency announced that dam operators at the Glen Canyon Dam at Lake Powell will begin reducing releases by 9% as early as October of this year. The decision historically marks the lowest releases from the dam since Lake Powell began filling in the 1960's.

(continued page 5)



View of Glen Canyon Dam and the Colorado River 2006.

Colorado River Weekend

September 6 - 8, 2013

Colorado River Weekend is almost here, and it's CW's last river weekend of the year! Get all the details about cruises, camping, and the pot luck. *(page 10)*



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 Helen Johnson at hellionbiz@gmail.com.

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

Email submissions to
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Deadline for Nov-Dec Issue

October 23

Letter From the CW President

Fellow Boaters,

I hope this letter finds you all looking back at a fun and adventurous 2013 boating season! It may not have been the best season in terms of snowpack, but compared to 2012, it was a great year! Hopefully, you'll be getting out on the dam release sections of river when there are adequate flows and extending your season into the fall. Also, CW's annual "Colorado Weekend" is coming up September 6th - 8th!

This will be my last letter as President of Colorado Whitewater. After serving for three years, I'm stepping aside so someone else can provide our club with new leadership. We'll be holding elections at our annual Fall Dinner in October and I want to encourage all of our membership to consider running for a board position. Our club can only function by the work of many volunteers and if kayaking and whitewater have had a significant impact on your life, please think about giving back to the sport by helping out as a board member. You can find a list of the board positions on our website ColoradoWhitewater.org.

Although the 2013 season will soon come to an end and many of you will be perusing other activities, keep in mind that the pool sessions and instruction will begin in January and there are lots of great classes being held to help our membership work on their skills in the offseason.

More than anything, I want to encourage the membership to volunteer or contact a board member to express their concerns, desires, or requests for CW programs, projects or events. Colorado Whitewater, founded in 1954, is the oldest whitewater club in the nation and I'm confident that our board and membership will build on the proud tradition of river conservation, access and safety as well as the social and instructional aspects of our club.

SYOTR,

Scott Winkleman

President, Colorado Whitewater

Fall Dinner October 2013 Date TBA

Don't Miss Special Guest Speaker Rafael Ortiz!

CW is proud to have Jackson Kayak and Red Bull team member Rafael Ortiz as our guest speaker this year. 'Rafa' is known for his big drop waterfalls, first descents, and amazing paddling talent. He also owns a kayak school in Mexico and was nominated for Paddler of the Year by *Canoe & Kayak Magazine*. Join us at the Fall Dinner this year and hear first-hand Rafa's kayaking adventures.

Check www.ColoradoWhitewater.org for more information.



www.RafaOrtiz.com

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(continued from cover)

The United States Bureau of Reclamation (USBR) is responsible for water management and supply to the Western states. Each month, the agency releases information based on a 24-month operational report for usage and maintenance projections of the Upper and Lower Colorado Basins. With the analysis of current data, hydrology, operations, and usage as well as consultation of the seven Colorado River Basin states, Native American tribes, federal agencies, environmental organizations, and other stakeholders and interested parties; the USBR came to the difficult conclusion to reduce releases from Glen Canyon Dam in order to meet guidelines established in 2007.

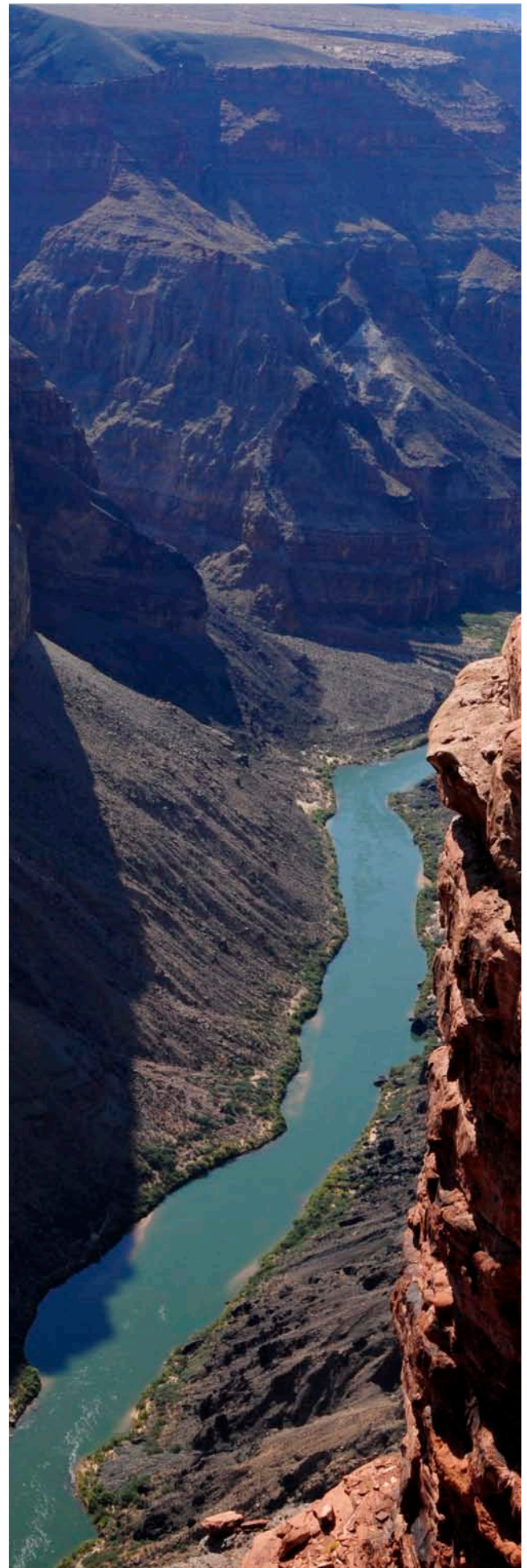
For over a decade, water levels have continued to drop as drought desolates Lake Powell and downstream reservoir Lake Mead, which is already stressed by overuse. "This is the worst 14-year drought period in the last hundred years," responded Larry Walkoviak - Upper Colorado Regional Director. Review of century old river records and studies of tree-ring reconstruction of streamflow suggest droughts such as this are common for the Southwest region. But data also suggests this may be the worst 14 years of drought experienced in the past 1,200 years.

If the drought continues on the current course in relation to agricultural and urban consumption, the Southwest may be facing a severe water crisis within the next 5 years. "It's a kick in the pants or a blow to the head to make us pay attention to both short-term and long-term projections of supply and demand imbalances," responded Brad Udall - Director of the Getches-Wilkinson Center for Natural Resources, Energy, and Environment at the University of Colorado.

At the heart of the crisis is the Colorado River, which originates high in the Rocky Mountains and flows down the mountains, through foothills, canyons, and deserts before reaching Lake Powell and then through the Grand Canyon to Lake Mead and beyond. Peak inflow to the reservoirs occurs during the spring when snow begins to melt off in the Rockies; otherwise known as "river season." As a result of the drought, however, less water has been flowing down the Colorado River and into Lake Powell and Lake Mead, which are currently both below half full. And with climate change bringing less precipitation and warmer temperatures, the trend is expected to continue. "You're going to see earlier runoff and lower flows later in the year," says Udall.

Though releases from Glen Canyon Dam will be reduced, the effects will not be immediate. The seven states of the Colorado Basin will

(continued on next page)



continue to receive water as normal. However, Peter Gleick - water and climate specialist at the Pacific Water Institute in California - noted in response to the news, "I view this as another serious warning to users of the Colorado River that we're headed for big trouble."

The Colorado River and its tributaries sustain approximately 40 million people and nearly 5.5 million acres of farmland in addition to seven national wildlife refuges, four national recreation areas, and 11 national parks. As boaters, it is our playground. As dwellers of the Southwest, it is our life force. The good news is a good winter snow pack this year could avert a short term crisis as it did in 2011. But as noted by Patricia Mulroy, a board member of the Colorado-based Water Research Foundation, "People need a fundamental, cultural attitude change about water supply in the Southwest...It's not abundant, it's not reliable, it's not going to always be there."

Disappearing Colorado Reservoirs

Satellite imagery shows the drastic change in water levels at Lake Powell. Both images show upper Lake Powell where the Dirty Devil River to the North and the Colorado River from the East flow into the lake. The top image was captured in the year 2000 (a couple of years into the drought) and the bottom image in 2013. The effects of the drought are noticeably visible.



Images: NASA Earth Observatory

Reduce Your Water Footprint



We can all do our small part for reducing our water usage. Here are some quick and easy tips to save some gallons.

- 💧 As much as 10 gallons a day can be lost to drips. Check and repair leaky faucets.
- 💧 Turn off the water while you brush your teeth or shave and save up to 4 gallons a day.
- 💧 Use a low-flow showerhead and save as much as 15 gallons of water during a ten minute shower.
- 💧 Create a do-it-yourself low-flow toilet. Fill plastic bottles with sand or pebbles and seal tightly. Place them in the tank away from flushing mechanisms but keep at least 3 gallons of water in the tank for proper flushing.
- 💧 While you wait for hot water, collect the running water and use it to water plants.
- 💧 Wash your fruits and vegetables in a bowl of water instead of running the tap.
- 💧 When doing laundry, match the water level to the size of the load.
- 💧 Water the yard in the early morning or late evening and give it a good soak. Less water will evaporate and more water will reach the roots so you can water less frequently.
- 💧 And finally, it takes nearly 13 gallons of water to produce 1 gallon of gasoline! Combine errands, car pool, or take public transportation to save on gas and save on water use.



Cathedral in the Desert

By: Debra Cronin

For the past several decades, much of what use to be the sprawling chasm of Glen Canyon has been hidden in the depths of what is now Lake Powell. In 1963, after the completion of the Glen Canyon Dam on the Colorado River, Lake Powell began filling, reaching “full pool” in 1980. It has become the second largest man-made reservoir next in line to its downstream counterpart Lake Mead. A record drought, however, has threatened the Colorado River and its reservoirs causing water levels to drop drastically. Yet there may be a sliver of a silver lining for the adventurous paddler.

The geologic wonders of Glen Canyon that have been mostly submerged for decades are re-emerging from the depths, including the Cathedral in the Desert; an amphitheater like cavern and waterfall tucked in the narrow sandstone walls of Clear Creek Canyon of Lake Powell. The waterfall and canyon floor of the Cathedral have been mostly under water since 1969 with a brief appearance in 2005. That year, lake levels dropped to a mere 3,555 msl (waterline above mean sea level) exposing the Cathedral, waterfall, and canyon floor. The emergence garnered national attention including an expedition by National Geographic to document this potentially once in a lifetime experience.

Eight years later, the opportunity to view this desert wonder is once again a reality. At a current level of only

3,590 msl, Lake Powell need only recede a mere 35 feet to fully expose the Cathedral floor. Imagine paddling pristine green water into a narrow red and

white sandstone canyon to view the grandness of the Cathedral in

all of its brief glory, before it once again becomes submerged in the dark depths of Lake Powell; not knowing if and when it may appear again.

While Colorado’s rivers reduce to a trickle and kayak season comes to a close, a trip to the desert may be just the remedy! To mount your expedition, you can start by visiting the National Park Service’s website for Glen Canyon (<http://www.nps.gov/glca/index.htm>). There you’ll find information related to park fees and regulations and other helpful information about the area. Fall and spring are noted as the best seasons to kayak Lake Powell due to the moderate temperatures and decreased boat traffic. And best of all, no permit is required!

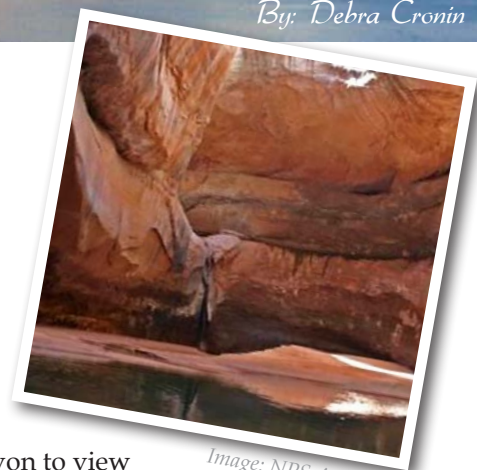


Image: NPS Archives



Editor’s Note: This is a multi-day trip for a self-supported kayak. It’s very important to be prepared before embarking on your adventure. In addition to visiting the NPS website, you should research other aspects of your trip including self-support techniques and safety on open water. Plan your trip with a group if possible. Purchase a topo map of the lake. A GPS and a SPOT device are recommended. And prepare for varying conditions and situations.

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Bailey Fest

By: Patrick Brown

The fourth annual Bailey Fest was held along the banks of the north fork of the South Platte River over the weekend of August 10-11. The event is the brainchild of local kayaker, Ian Foley, who started the grass roots event when he amazingly convinced the Denver Water Board to turn on the tunnel for a weekend-long, recreational release of about 400 cfs in August of each year.

This year's event featured hundreds of kayakers on all grades of rivers. The namesake Bailey section garnered most of the attention and the largest number of paddlers on its class IV-V creekly rapids, which are considered some of the best in the state. Further downstream, the Boulder Garden and the class III-IV rapids of the Foxton section served up excellent intermediate whitewater action. And not to be left out of the game, CW even hosted a cruise on the class II-III Decker's section of the south fork of the South Platte. Everyone had a great time on the water, but the Decker's gang were surely envious of their north fork friends as they made due with a manky 125 cfs; while the rest of us enjoyed the benefits of having the tunnel turned on.

On late Saturday afternoon, after the day's paddling had wrapped up, everyone gathered at the Bailey take out at Pine Valley Ranch Park for beer, BBQ, and to recognize the many sponsors and volunteers who made the event possible. After the grill was empty, boats were loaded onto vehicles and the hordes of kayakers made their way

up river to a private meadow that served as the base and campground for the festival. The dozen acres of grassy meadow along the banks of the South Platte seemed purpose-built for the event with a log bridge that carried pedestrians across the river from their tents to the Saturday night party. There was more beer and BBQ to be had as everyone unwound recalling stories of the day's adventures while live music played in the background before the signature Supermax Foamie Race transpired. The fundraiser pitted miniature foamie kayakers who cascaded down a nearly scale replica of Bailey's infamous Supermax rapid. The crowds maddingly cheered as the little aquatic gladiators fought each other, the retentive pourover holes, and the unmistakable Supermax undercut rock on their way toward the finish line. Following the raucous miniature race, esteemed expedition kayaker Ben Stookesberry showed a special screening of his film, *Walled In*, to the crowds who watched in awe at Ben's exploits in the California wilderness.

Sunday morning began slowly and the campers eventually dispersed from the festival campsite to their paddling destinations on Foxton and Bailey grateful for the flowing river and a wonderful weekend with friends. It really is amazing that what started as one person's idea has become one of the biggest and most fun whitewater events in Colorado.

© Peter Holcombe 2011 | www.PeterHolcombe.com | Super Max rapid on Bailey's.



© Debra Cronin 2013 | Deckers



Foley ~~Four~~ Falls

By: Patrick Brown

Ian Foley made another huge contribution to the Bailey paddling community this year through his tireless efforts. The first class V rapid on Bailey, called Four Falls, begins with a 10 foot tall plummet directly into an undercut granite wall. Depending on the water level, the consequences vary, but it is always a dangerous, challenging drop that demands scouting and/or portaging. However, the land adjacent to Four Falls was privately owned and had been the source of many conflicts between kayakers and landowners over the years.

Acting as a detective this past year, Ian followed a hunch and in coordination with a Forest Service survey team, discovered that Four Falls was in fact on public property! The discovery was monumental in guaranteeing access. Now all of the major Bailey rapids are flanked by public land, which will undoubtedly make for a safer, more enjoyable paddling experience. In recognition of his stewardly actions, there has been buzz among the paddling community to change the name of Four Falls rapid to something a bit more appropriate—Foley Falls.

CW Is Getting a Makeover!

You may notice some new changes to the look of Colorado Whitewater. The CW board members and committees are busy at work making Colorado Whitewater the best whitewater club it can be, and we're excited to be moving the club forward and into the future. Watch for more positive changes over the next several months!

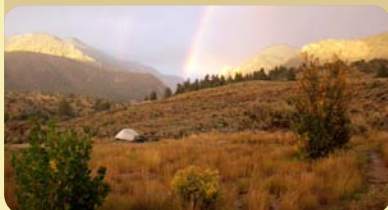


It's Colorado River Weekend Time!

The boating season is winding down, but CW has one last river weekend in store. Colorado River Weekend will be held September 6th-8th on none other than the Upper Colorado River near Kremmling. Here's the weekend rundown:

Camping

Camping will be at the BLM Pumphouse Campground on Trough Road (Grand County Road #1). CW has reserved group campsite B for the event and other sites are available on a first come first serve basis. BLM fee is \$5 per vehicle per day.



Cruises

There's plenty of beginner-level water on the Upper Colorado as well as intermediate-level runs in the area. The beginner-level Pumphouse run starts at camp. Other boating options include the Lower Blue and for SUP boarders Statebridge. Shoshone and Grizzly in Glenwood Canyon are also an option with a bit of a drive.



Potluck

After a day on the river your fellow boaters will be hungry! Bring your favorite dish to share with your CW friends. Don't forget serving utensils and your own plate and eating accessories. Let's end the season in style!



Meeting time is 9:30 am each morning. Donations for the group camping cost are very welcome. For more information and directions visit CW's Events page. If you have any questions about the event contact Laurie Maciag at lmaciag@yahoo.com. (Please include CW Colorado Weekend in the subject line.)

Congratulations to Our New Instructors!

By: Patrick Brown

Early this August, CW added seven new instructors to our ranks. Amy White, Cynthia Hazel, Deb Cronin, Debbie Hathaway, Kathy Holcombe, Nik White, and Scott Jensen all spent five days in Salida on the Arkansas River under the expert tutelage of Kent Ford and emerged with their ACA Whitewater Instructor Certifications.



© Debra Cronin 2013

CW's comprehensive instruction program relies on an all-volunteer staff that is required to be certified by the nationally recognized American Canoe Association. With the recent addition of the Kid's Kayak program and the multitude of other classes, the need for a larger instructor corps became apparent and the club responded with a CW-exclusive instructor certification class in conjunction with RMOC and Kent Ford. The seven instructor candidates spent five days honing their techniques and learning the art of instructorship, both in the classroom and on the water. The new instructors came away temporarily exhausted, but also full of excitement that they can't wait to share with Colorado Whitewater. Welcome the new instructors aboard the next time you see them!

Ask an Instructor

I'm a new boater and I'm finding myself frustrated. I can't seem to paddle in a straight line. Am I doing something wrong?

*Signed,
Can't Paddle Straight to Save My Life*

Dear CPSTSMML,

Don't fret about not being able to paddle in a straight line. Your conundrum is quite common and is one part boat design and one part paddle stroke. See, most whitewater kayaks don't have a keel or rudder so they, by design, don't track in a straight line like other boats. Instead, whitewater kayaks have smooth hulls so when you stop paddling, they will eventually "spin out." This is a kayak's "spin momentum." Posture, body separation, and a reliable forward stroke help you to control your spin momentum, but it takes practice. Plus, the forward stroke happens to be one of the most complex and difficult to master. It's something that even the pros practice on a consistent basis. My advice, curb your frustration with the use of a little stern draw for now. This will help you make small corrections to keep your boat tracking straight. (Check out the article on stern draws on this page.) Then work on your forward stroke. If you need a brush-up on technique, CW will be offering a strokes clinic in the spring. So don't get frustrated. Paddling straight is an acquired skill. It just takes practice.

Stern Draw

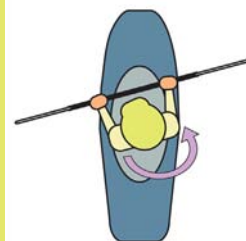
Much like the last portion of a sweep stroke, the stern draw turns your boat, yet the motion turns the stern rather than the bow. The stern draw is a stroke planted at the rear of the boat and uses the power face of the paddle blade to turn the stern towards your paddle. It's handy for correcting meander or adjusting boat angle while ferrying.

1. Sitting upright with your arms in paddler's box position, rotate your torso at the bellybutton to face your stroke. This is also called "facing your work."

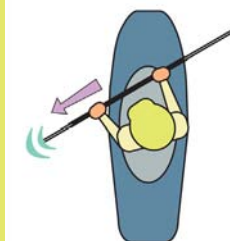
2. Slice your blade into the water anywhere between your hip and the back of your boat.

3. Continue your torso and arm rotation towards your stern making a mini sweeping arch with your paddle; removing the blade before hitting the stern.

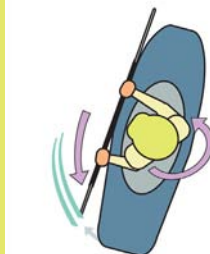
1.



2.



3.



Boating Betty

Dear Boating Betty,

I've been kayaking for several seasons now and I love the people and the camping and everything but I'm still not sure I'm a kayaker. My friends talked me into it and I've never taken a lesson but I think I'm doing ok. I bought my kayak on craigslist for \$50 and I've never seen another one like it, it's 15 feet long and sure goes fast! I can roll in the river about 50% of the time but the other half I end up swimming and feeling frustrated and wondering if I should give up. It gets tiring, emptying the boat twice on every run and the bootie beers are adding up and becoming booty beers. I'm thinking I might be better off as the shuttle bunny. What should I do?

-Half Off

Dear HO,

Two swims per run certainly would get tiring. I have several suggestions. You might demo a modern boat (ANY modern boat!) and get our friends at the shop to make sure it fits you. I suspect your boat doesn't come anywhere near to fitting you and I'm surprised you can roll it at all. I also think you would benefit from a class. You might learn more about bracing, effective strokes, and different roll techniques. I think you'll be pleasantly surprised that you can learn the skills you need to LOVE kayaking. And about the bootie / booty beers... Haven't you heard that fat bottom girls make the rolling world go 'round?

Betty

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