



The SPRAY

Colorado Whitewater Newsletter

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Three Ideas for Your Wintertime Paddling Blues

By April Lewandowski CW '03 |

In Colorado, we're supposed to be awestruck living in a place where we can ski from October to May, but I have a confession: ski season lasts too long.

However, boating season is never long enough. When the first tinge of gold seeps into the leaves and the water in the river slows to just a trickle, my heart gets kind of sad. Even though I go to pool sessions, they're not the same as a good day on the river.

If you're hankering for a wintertime paddle and a snow-covered New Year's Day at Shoshone is just not your thing, consider three winter options:

1. Costa Rica. Head to Turrialba, and paddle with "one of the best adventure travel companies on Earth," Costa Rica Rios. Join a Week of Rivers trip or ask them to customize your adventure to your skill level and boat preference.

During our trip, we paddled a hometown jungly classic, the Pejibaye, and then moved to more bouldery runs on the Sarapiquí. The climax started on the Upper Pacuare where we paddled three miles of class II-III water and stayed at a jungle lodge overlooking the river. The last day, we paddled the classic, see-it-before-it's-dammed III-IV section of the Pacuare.

Because Costa Rica Rios provides fun local guides and up-to-date gear (I paddled a new Wavesport Recon and my husband a Pyranha Burn), our river time felt like a river trip with good friends who just happened to load our boats and pack our lunch. And did I mention warm water?

2. Another option for a wintertime fix is to head to the Southeast. Make your way to Asheville, North Carolina, and paddle the rivers that surround this whitewater mecca. While the conditions won't be as balmy as a Costa Rican rainforest, you'll find that a winter day of paddling on the French Broad, the Tuckaseegee, or the Tellico, both the water and the weather, can be warmer than a day of early season paddling in Colorado.

(continued on page 8)



Mission Statement

Colorado Whitewater (CW) promotes the sport of whitewater kayaking 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.

Membership

CW is a 501(c)(3) nonprofit organization run entirely by volunteers. Visit www.coloradowhitewater.org for membership info and to join the club. To change your contact information, contact Ryan Lee at: ryanleedba@yahoo.com.

Contributions & Advertising

To submit SPRAY content, contact Carrie Root at: carrieroot@mac.com. To advertise in the SPRAY, contact Jodi Lee at: jodilee23@gmail.com.

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CW Welcomes 2016 Board Members

By Elizabeth Austen, CW '02

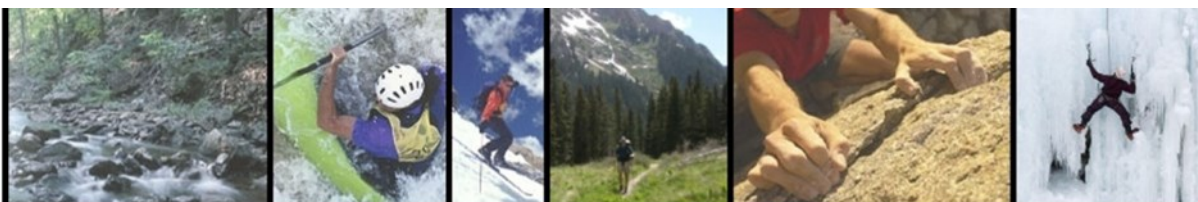
Time flies. Snow falls. Rivers flow. The year 2016 approaches. Colorado Whitewater's 62nd year has the potential to be an exceptional year in a number of respects. For one, the Board of Directors is shrinking and growing, simultaneously. We are working toward moving some board positions to committees in order to be more productive and diminish volunteer burnout. For another, we have eight members who are new to the board, bringing fresh ideas and enthusiasm.



Our new Membership Director, April Hillman, will be keeping our database up to date and welcoming new members. Jessie Gunter is our new Cruise Director, who will be soliciting volunteers to lead trips. Jessie was also elected Vice President at the December board meeting. Jo Albers is in the role of Competition Director and will be building relationships with organizations that host events and competitions that CW members can participate in. Our new *Spray* Newsletter Editor, Gene Hakanson, is already doing a stellar job of soliciting articles. As our Secretary, Kyla Kolbeck will be keeping our meetings on track with agendas and meeting minutes (you can only guess how hard it is to herd the cats!). You may remember Lauren Nance from her joint presentation with Nathan Fey at the Spring Dinner regarding water rights and usage. Lauren will be taking over Conservation and Access. Pete Bellande will be setting up swift water rescue classes as our Safety Director. Dick Alweis is already full-speed ahead putting together the pool sessions, the class schedule, and instructor development plan as our Instruction Director and Past President Laurie Maciag is moving into the role of Events Director.

We have seven returning board members as well, including Playboating Director Dave Holzman, Treasurer Jeremiah Krayna, Publicity Director Jodi Lee, Merchandise Director Karen Moldenhauer, Legal Director Patrick Tooley, Webmaster Scott Winkleman, and Elizabeth Austen as Training Camp Director and 2016 President. Our departing board members are Nathan Fey, Lisa Adams, Leslie Tyson, Terrance Standlee, Mark Robbins, Ryan Lee, Scott Lowry, Matt Rensel, Andee Lindsay, and

(continued on page 3)



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Board Members (cont.)

Carrie Root. Thanks to each one of them for volunteering, in some cases, for many years.

The board is the engine that drives this community, but it would all mean nothing without the participation of our members. You are invited to get involved, ask questions, observe board meetings, and join a committee. If you would like to lead a cruise, write an article, help run an event, or contribute your ideas, please contact a board member. We are starting to plan the entire year, and there will be a boatload of opportunities to get involved.

Depending on whom you pay attention to, it sounds like we could have a dreamy ski season. As you know, this usually leads to an exciting kayak season. (Let's hope!) But even if the flows aren't phenomenal, we have so many ideas and plans for 2016; it's bound to be an awesome year. Let's go boating!

Elizabeth Austen is the President of CW and Training Camp Director. She used to be a kayak snob, but changed her motto to, "I don't really care what kind of boat you use as long as you are safe and having fun".

Ring in 2016 with a Colorado Whitewater Calendar!



This stunning calendar offers incredible action shots, scenic views, and wonderful river experiences captured by our very own Colorado Whitewater community. Proceeds from calendar sales support our mission for promoting whitewater sports, conservation efforts, and more.

[Click here to order online for \\$15.](#)

Winter Classes at Meyers Pool

Winter is the best season to learn new kayaking skills. The warm water and certified CW instructors at Meyers Pool are waiting to show you the ropes. Check out our class offerings here:

Beginner Kayaking Course

This introductory course is a safe introduction to whitewater kayaking. The first two classes take place at Meyers Pool, and the third and fourth classes are on a pond and moving water. This gentle progression allows you to comfortably build on your skills as you progress. Prerequisite: No prior experience necessary.

Cost: \$180 course fee, plus \$9.75 pool admission for each pool session. Includes rental equipment (boat, spray skirt, and paddle) for the two pool sessions.

[Click here to view dates and times this class is offered and to register.](#)

Intermediate Kayaking Course

This class reinforces a wide variety of kayaking over two weeks in a fast-paced format. You will spend 30 minutes focusing on skills of recovery, boat control, or fitness before rotating to the next learning zone. The final 30 minutes is spent one-on-one with an instructor working on skills of your choosing.

Prerequisites: Level A skills/coursework. Participants should have their own equipment.

Cost: \$80 course fee, plus \$9.75 pool admission for each pool session.

[Click here to view dates and times this class is offered and to register.](#)

Stroke Course

This course assist you with perfecting the details of efficient strokes. Knowing where your boat should be is only valuable if you can get there. Perfect the technique you need for safe and fun river runs.

Prerequisites: Level A skills/coursework and your own boating equipment.

Cost: \$40 course fee, plus \$9.75 pool admission for each pool session.

[Click here to view dates and times this class is offered and to register.](#)

Kids Paddling Team

This series of classes is intended for youth, ages 8-18, and will provide a progression of skills designed to develop safe, strong and confident white water paddlers. This class is suitable for the brand new, intermediate and advanced youth kayakers. Kids will learn about boats, essential gear, paddle strokes, river safety, rolling and bracing, play boating and more. The focus will be on SAFE, FUN boating.

Prerequisite: Parental approval.

Limited gear available by CW.

Cost: \$180 course fee, plus \$9.75 additional pool fee per person,

[Click here to view dates and times and to register.](#)



Boating Betties Course

The Boating Betties program is an evolving instructional / mentoring program for women by women. Our intention is to empower each other and encourage the women of Colorado Whitewater to build confidence, master skills, and create strong friendships, both on and off the water.

This class is intended for women who have been boating for some time but never had formal instruction, or who want a “tune up” before the season begins. You will build confidence, master skills, and create strong friendships, both on and off the water. We cover skills and drills related to boat control and recovery, as well as tips and tricks for overcoming fear.

Prerequisite: You must be a CW female member, age 18 or older.

Cost: \$40 per class, plus \$9.75 pool admission for each session.

[Click here to view dates and times this class is offered and to register.](#)

Intensive Roll Course

Never tried to roll a kayak before? Tried but didn't quite get it? Come learn the basic steps in mastering this essential white water kayaking skill in this newly expanded three session pool class. Learning to roll your boat upright will open the door to enjoying the rivers as opposed to being intimidated by them. No rolling experience necessary, but beginning kayak skills are required.

Cost: \$120 course fee, plus \$9.75 pool admission for each pool session.

[Click here to view dates and times this class is offered and to register.](#)

Roll Tune-Up Course

If you are looking to brush up on your roll or are looking for feedback on why you are “lifting your head”, this two hour clinic will provide you with direct feedback that should help you on your path to improving your roll.

Prerequisites: Previous rolling experience is assumed; the class will not be introducing the roll from scratch.

Cost: \$40 course fee, plus \$9.75 pool admission for pool session. Rental equipment (boat, spray skirt, and paddle) available by request.

[Click here to view dates and times this class is offered and to register.](#)

Hand Roll Course

What would you do if you lost your paddle and needed to do a quick roll? Attend this new CW class to learn how to hand roll. This class is still in development and details will be forthcoming on the CW website. Stay tuned for prerequisites, cost, and course dates and times.

[Click here to view dates and times this class is offered and to register.](#)

Preparing for Class IV Course

This class is for the boaters who are confident on class IIV water, but want more.

Class IV moves can be taught on class IIV water. When those Class IV skills have been mastered, then Class IV water will become a rewarding option. Catching small eddies in fast, busy water, picking lines and optimizing boat rim and speed are all part of this evolution. This course will consist of two pool dates and two river dates.

Prerequisite: Class IIV boater with your own equipment.

Cost: \$180.00 course fee plus \$9.75 pool admission for each pool session.

[Click here to view dates and times this class is offered and to register.](#)

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Fall Dinner 2015 Recap – A Night with Landis Arnold

By Laurie Maciag

On the evening of November 10, 2015, about 90 Colorado White-water members came together at the American Mountaineering Center in Golden, Colorado, to celebrate the conclusion of kayaking season in Colorado, attend the annual meeting, and learn about the beginnings of kayaking in Colorado from one of our forefathers, Landis Arnold.

The food buffet was provided by Noodles & Company with some extra special dessert treats to satisfy all those with a sweet tooth. We had a beer potluck, and everyone who was inclined brought something to share so anyone was able to responsibly partake of frosty beverages.

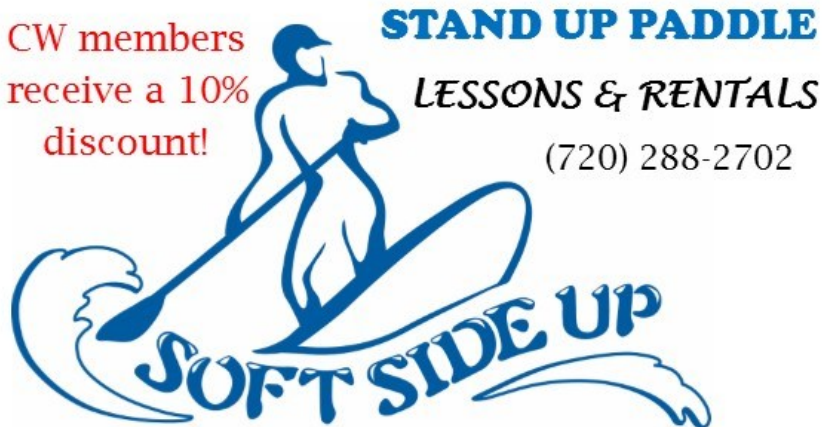
The year was full of accomplishment for the organization and individual members. CW had a presence at most of the whitewater-related festivals in Colorado over the summer, where games were played, prizes were won, and connections were made. Individually, personal first descents were run, friendships formed, and fun times had. The river weekends had great attendance and were a great way to connect. Plenty to celebrate!

The annual meeting's primary goal is to elect the board for the coming year. The board members for 2015 worked extremely hard and deserve much appreciation for their efforts. Some seasoned board veterans have decided to transition off the board. We will miss their contribution and thank them for their past contributions. We also are looking forward to the fresh ideas of our new team. We have a very qualified group of board members for 2016. With this leadership and El Niño, 2016 is expected to be amazing!

Landis Arnold engaged us with stories from the early days of kayaking. When boats were built by hand and gear was difficult to obtain. Runs were new and not heavily traveled. River trips were family affairs as it is with many of our CW families. The photos and stories of several generations on the water were highly entertaining. Seeing how some of the familiar Front Range drops have morphed over the years and historical high-water photos was enlightening. Countless stories were shared with some of our long-time members, playing main characters and providing comedy to all. CW is honored to have had Landis as our guest speaker.



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Thank you to our amazing sponsors that provided swag for us to try to win: Down River Equipment, Confluence Kayaks, Loveland Ski Area, RAB Outdoor Gear, Stevinson Toyota, Soft Side Up, and the Fornstroms. Congrats to all those who were lucky enough to take something home! Next time it might be you.

Capping off the evening required a lot of hard work, and several members went above and beyond to ensure the venue was returned to its original state. Much gratitude is extended to those individuals.

Laure Maciag is the Events Director and past President.

Paddling Blues (cont.)

One of the things I love about paddling in the Southeast, besides the plethora of rivers, is seeing boats on everyone's vehicles. It's a little like riding through BV in the summer, but through a BV that spreads out in a 90-mile radius.

3. The last winter paddling idea is something I'm still looking into myself. I ripped out a page of an adventure catalog and put it on my vision board (aka, my refrigerator): sea Kayaking in the Baja Peninsula, Mexico.

Okay, I know that sea kayaking is not white-water kayaking, but with the warm water and long boats, it might be just enough to get me through a long El Niño winter. That's what I'm hoping.

If you're like me and you wish the hot springs in Colorado created an arm of the Arkansas we could paddle all winter long, then I encourage you to break from pool sessions and head south to find warmer waters. Pura Vida! Bye ya'll! Hasta luego!

April Lewandowski finds one way to get a wintertime boating fix: she watches Grand Canyon paddling videos on her iPad while sitting in her kayak on the living room floor.



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