

❖ KCCNY Newsletter ❖

The Newsletter of the Kayak and Canoe Club of New York

Volume XXXVI Issue 1

March 1996

1996 Executive Committee

Chairperson	<i>Vance Condie</i>
Vice Chairperson	<i>Bill Thomas</i>
Treasurer	<i>Helen Chase</i>
Membership	<i>Pierre deRham</i>
Cruising	<i>Lowell Tindell</i>
Newsletter	<i>Daniel Lenox</i>
Safety	<i>Ed Hanrahan</i>
Conservation	<i>Doug Feick</i>
Training	<i>Marian Greenfield</i> <i>Pierre deRham</i>
Annual Race	<i>Phyllis Horowitz McLane</i> <i>Mathew Giltner</i>
Competition Liaison	<i>Jim Raleigh</i>
Delegates at Large	<i>Miriam Alexander</i> <i>Charles Peterson</i> <i>Ralph Johns</i> <i>Anne Cali</i> <i>Rich Desvernine</i> <i>Paul Epstein</i> <i>Pam Dellea</i> <i>Diane Lenox</i>
Pool Sessions	<i>Gordon Trinkler</i>

KCCNY Establishes Home Page on World Wide Web

by Mathew Giltner

At the KCCNY Annual Dinner, it was decided to form a committee in order to bring up a home page for the club. The committee formed included:

Bill Thomas
Daniel Lenox
Mathew Giltner

When a few friends got together to do some paddling 30 years ago, I doubt they thought KCCNY would be in a position to reach out to over sixty million people around the world. Yet it has happened, KCCNY is on the World Wide Web!!! The KCCNY homepage can be found at:

<http://www.eclipse.net/~mgiltner/ww/KCCNY.html>

A lot of hard work and research has gone into bringing it up, if there is something you want to see on it let me or Dan Lenox know. As is the case with most web pages, the KCCNY web page is a living document, it is expected that over a period of time the pages will mature and include additional graphics and features. I will be working on a "guest book sign in" log, this will allow members and non members alike to leave short messages and suggestions online.

If you have any input concerning the home page, email me at mgiltner@eclipse.net, Dan Lenox at dlenox@aol.com, or Bill Thomas at wjt@columbia.edu.

Happy surfing...

Newsletter Submissions

This is **your** newsletter, the quality of each issue may be dependent upon submissions by the members of KCCNY. Articles should be submitted prior to the deadline that is established for the next issue, and each submission should be separate, and typed or legibly hand written.

For those who have access to computers, articles may also be submitted on a DOS formatted floppy disk (either 5 1/4" or 3 1/2"). Many word processor file formats are supported, please contact me to see if yours is, or supply a plain ASCII text file if in doubt. I can also receive articles via email, my address is DLenox@aol.com

We now have the capability to digitally scan pictures that you may want published. For photo submissions the picture should be no larger than 5 X 7, they may be color, but black and white pictures may reproduce better.

Send all articles and/or pictures to newsletter editor. If you want the picture and/or floppy disk to be returned, please include a self addressed, stamped envelope.

Newsletter Staff

Editor/ Daniel Lenox
Advertising 233 Prospect Point Rd.
Lake Hopatcong, NJ 07849
201-663-1364

Membership Pierre deRham
P. O. Box 195
Garrison, NY 10524
914-424-3160

Please send all changes of address or phone numbers to the membership chairperson and NOT to the editor of the newsletter!

Phone Numbers for KCCNY Executive Committee

Vance Condie	212-678-0863
Bill Thomas	212-781-7080
Helen Chase	914-657-2107
Pierre deRham	914-424-3160
Lowell Tindell	212-228-6249
Daniel Lenox	201-663-1364
Ed Hanrahan	201-226-4582
Doug Feick	914-332-9774
Marian Greenfield	908-321-1354
Phyllis Horowitz McLane	914-688-5569
Mathew Giltner	908-534-1465
Jim Raleigh	908-946-4921
Miriam Alexander	201-257-2179
Charles Peterson	908-688-1558
Ralph Johns	201-492-8423
Anne Cali	201-226-4582
Rich Desvernine	908-356-5155
Paul Epstein	914-896-0373
Pam Dellea	908-534-1465
Diane Lenox	201-663-1364
Gordon Trinkler	908-688-1704

**Deadline for 1996
newsletters:**

**Apr 8
Jun 5
Sept 9
Nov 20**

Change of Address

RISA SHIMODA CALLAWAY
PL Box 2338
Easley, SC 29641
864-639-3555 (H)
864-859-7518 (W)

MEL & MARTINA CASSIDY
31-05 71 St., #3B
Jackson Heights
New York, NY
718-728-2327 (H)

SKIP DELANO
180 Claremont Ave, #66
New York, NY 10027
212-749-0169 (H)
212-966-4248 (W)

BRETT HALLINAN
1012 Washington St., Apt 5
Hoboken, NJ 07030
201-222-3244 (H)
201-557-0345 (W)

BRETT STANLEY
PO Box 1865
Ketcham, ID 83340
208-726-1421 (H)

DAN KRUPKA
11 Chatham Rd.
Newton, MA 02161
617-244-1626 (H)
617-349-0645 (W)

PAUL SAPIENZA
20 So. Midland Ave., N-7
Kearny, NJ 07032
201-991-8895 (H)
212-391-2846 (W)

REINER VOLLERT
83 Sixth St.
Matamoras, PA 18336
717-491-4475 (H)

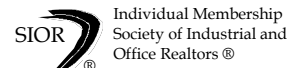
JOY SIMHA
7002 Blvd. East, #16G
Guttenberg, NJ 07093
212-995-5479 (W)

Business Card Section

PHONE: (201) 575-6080

FAX: (201) 575-4590

DELAWARE HUDSON
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CATHERINE CHARUK

Attorney at Law

26 Pearl Street
U.P.O. Box 4011
Kingston, New York 12401
Telephone (914) 334-9775
Fax (914) 334-9776

If you would like to have your business card in the newsletter, contact Bill Holt at 201-447-5661 for pricing!

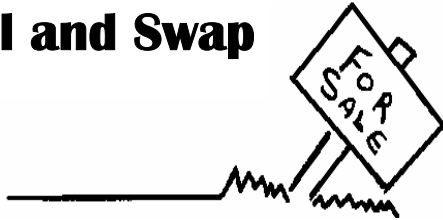
Welcome New Members

KIM HOGAN
509 Kubin Court
Califon, NJ 07830
908-638-6928 (H)

JANE MAJESKI
55 Central Park West, #7A
New York, NY 10023
212-362-8946 (H)

JENNIFER ROBERTS
PO Box 91
Mt. Tabor, NJ 07878
201-625-1284 (H)

Buy, Sell and Swap



FOR SALE New Wave Mongoose kayak, used very few times on Delaware. Fully outfitted, \$475 or best offer.

Call Daniel Lenox at (201) 663-1364

WANTED Pirouette S

Call Joan Most at (201) 471-3129

WANTED Perception Dancer XS, or equivalent for 10 year old. Also needed are other kid-size equipment, especially wet suit, helmet, spray skirt and paddle.

Call Steve Ruhle at (201) 543-9531

WANTED NYC'er interested in partner for weight training in prep. for spring/summer paddling.

Call Lou Hinman at (212) 309-6000 during business hours

FOR SALE Stohlquist Dry Suit (XL), exc. condition \$175, Farmer John wet suit, exc. cond. \$65

Call Gene Langlinais at (804) 966-9094

FOR SALE Klepper Aerius I, excellent condition, call for more information

Call Gene Langlinais at (804) 966-9094

FOR SALE Sleek & Mongoose \$500 each or b/o

Call Gordon Trinkler at (908) 688-1704

Life in These United States

Reprinted from Readers Digest, September 1995

My husband and I rented inner tubes to brave the rapids of Esopus Creek in the Catskills. In accordance with rental rules, we donned life vests and signed a release in case of injury. As adults, we were not required to wear helmets.

On the riverbank, we noticed a young girl struggling with her gear. Turning to her older brother, she complained, "Why do we have to wear helmets? It's just as dangerous for adults."

He confidently adjusted her chin strap and replied, "they've lived their lives already."

-Undine M. Dressler (New York, NY)

Cold Brook Add

A Letter From Your Far-Flung Western Correspondents

by Ken Fischman and Lanie Johnson

Continued from last newsletter....

4. *The Rio Grande In New Mexico*

Due to the lateness of our trip, in August and September, most of the western rivers, except when there were fortuitous dam releases, were too low to paddle. The Rio Grande was unfortunately one of these, but I thought it worth mentioning because the "Taos Box" (Class IV+), was spectacular, and our camp site high above it on the rim was so isolated and beautiful. From our high perch, the black volcanic rock of the Box made it look particularly ominous. If you should travel west, go see it, and run it if you dare! I met a real nice guy at our camp, who wanted to paddle it despite the low water and many rocks. He tried to persuade me to accompany him, but I resisted. I am glad I did, because all he got for his trouble was a broken nose, and I am sure that I would have had to rescue him. As you will see later on in this chronicle, I did not need to go looking for rescue practice.

5. *Durango, Colorado and "El Rio de las Animas Perdidas en Purgatorio"*

Now they just call it "the Animas". This river, which was originally named "The River of Lost Souls in Purgatory" by Spanish explorers, runs right through the southwestern Colorado town of Durango. It originates in the high San Juan mountains. It is big, ranges from Class III-VI, and is of a beautiful greenish-white color. We liked Durango a lot, and if it were not for the extremely arid desert climate that bothered Lanie and the high cost of housing, which bothered me, we would have seriously considered settling there. How can you not like a town, nestled in a spectacular canyon, in which every fifth or sixth car seemed to have a kayak on top of it, and which has a whitewater slalom course and a great ender hole (with spectator stands no less!) right in the middle of downtown.

Durango is a "chic", sophisticated, western cowboy town, with a mostly young population, who are very healthy looking (especially the women) and into all kinds of outdoor sports. We spent a lot of time there and in the nearby town of Pagosa Springs, which has both the upper San Juan River (Class II-IV) and hot springs flowing right through town, and at the Piedra, a mostly wilderness, Class IV+ river. In short, Durango is a whitewater Mecca, home to the US

Whitewater Development Team, and some of the top slalom paddlers in the west. They also have good beer. What more can a whitewater paddler want?

The Animas, has a famous wilderness section, high above the town, the Class V Animas Gorge, with an unrunnable gorge below the take-out. Unfortunately (or fortunately) for me this section was too low to run, but I did do the in-town section (Class III+) several times and got one superlative ender, among many others, as the experts gathered there cheered me on. I also performed a great rescue of a paddling companion, right in the middle of a big rapid. It was ridiculous. What was a 62 year, out-of shape paddler doing, rescuing someone half his age? However, I enjoyed my successful effort, and of course collapsed the next morning. My advice to you is that if you go paddling out west, and are anywhere near southwestern Colorado, do not miss Durango. It is every bit as good as the more famous regions of Idaho, Oregon, etc.

6. *Dinosaur National Monument, where the Yampa flows, in God's Country*

Did you ever dream that you had found a secret and beautiful place that no one else knew about? There is a magic place at the east end of Dinosaur National Monument, on the border of Colorado and Wyoming, where one of the longest undammed rivers in the west, the 300 mile Yampa, emerges for a short time from Cross Mountain Canyon into Lily Park, and before it plunges again into Yampa (Blue Mountain) Canyon. This park or "hole" is actually a roughly circular flood plain, completely surrounded by rugged and arid mountains, where the Yampa meanders tranquilly through meadows and groves of cottonwoods.

In order for you to understand both the geography and the magic, I should say a few words about both the Cross Mountain and Yampa Canyons. Somehow, the 7,000 foot high Cross Mountain managed to get right in the path of this big river, and the Yampa instead of sensibly going around it, cut right through it like a knife. It thus created a nearly vertical 1,000 foot deep canyon, which although only three miles long, has a steep gradient and is strewn with giant boulders, a technical, big water, Class V run beloved by local kayakers. Yampa canyon, on the other hand, although the river enters it abruptly also, is a 46 mile

(Continued on page 14)

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Fax (201) 663-2682

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486DX4-100	Basic System	\$1121
Pentium 90	Basic System	\$1399
Pentium 100	Basic System	\$1449

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		1.2gb	10ms	\$285

Many other items in stock, if you don't see it ask for it!



* Plus \$3.00 Shipping

Campmor add

Beginners Instructional Trip

This year Pierre deRham and Marian Greenfield will be conducting a beginners instructional weekend. This is a two day trip in which the beginning paddler spends the first day learning the basic paddling skills on wonderful Lake Sebago in New York state. Those that feel comfortable can also try to learn an eskimo roll.

The second day is spent on the gentle moving waters of the Delaware River. Overnight camping is optional, but highly recommended as usually Saturday evening continues with open discussion and video tapes.

This weekend will be either June 15/16 or 22/23. This trip fills up fast and is limited in size, so if you are interested in participating, then contact Pierre deRham at 914-424-3160.

Pierre and Marian are also looking for experienced paddlers that are willing to lend a hand for either or both days also!

1996 Cruising Calendar

Even if a trip is not listed as instructional, it can be! Keep your eyes open. Is there some one who looks good paddling, do their moves look easy and smooth? Watch them and see why, and by all means ASK for some tips. This can be a great opportunity to not only get some "inside information" but also a way to make some friends. You will find that most people are very willing to help or give assistance...

Thanks to all those that have already signed up to coordinate a trip! We still need many more trips to make it a great 1995 Cruising Calendar. If you can coordinate a trip or other activity (ie: Party, Play Spots, Deerfield, West...), please give Lowell Tindle a call at 1-212-228-6249

DATE	SKILL	CLASS	RIVER / LOCATION	PHONE NUMBER / COORDINATOR
<u>MARCH</u>				
3/3	A	IV	Coordinators choice	(914)426-2961 Gidon Schwarcz
3/9	I-A	III-IV	Tohickon Creek	(908)663-1364 Dan Lenox
3/10	I-A	III-IV	Tohickon Creek	(908)688-1704 Gordon Trinkler
3/13	ALL		KCCNY Meeting	(908)534-1465 Mathew Giltner & Pam Dellea
3/16-17	I-A	III	Shepaug River	(203)743-5869 Geoff Bertkau
3/17	A	IV	Coordinators choice	(914)426-2961 Gidon Schwarcz
3/23	I	III	Nescopek Creek	(201)226-4582 Ed Hanrahan
3/24	A	IV	Coordinators choice	(914)426-2961 Gidon Schwarcz
3/29-31	ALL		Paddlesport	Andy Coutant (908) 458-5777 Seaport Marketplace and Expo Center Toms River, NJ
3/31	A	IV	Coordinators choice	(914)426-2961 Gidon Schwarcz
<u>APRIL</u>				
4/6	I-A	III-IV	Poconos	(908)852-0452 Chuck Jacobs
4/6	I-A	III-IV	Brodhead Creek	(908)462-8743 George Grant
4/13	N-I	II-III	Lehigh River	(609)448-0205 Walter Hausherr
4/14	N-I	II	Lackawaxan Creek Delaware River	(201)933-6273 Steve Boykewich
4/13-14	I-A	III-IV	Pocono area	(201)666-0550 Skip Wilson & Penny Giles
4/20	I	II-III	Housatonic River Covered Bridge Section	(914)896-0373 Paul Epstein
4/20-21	A	IV	Fish Creek	(315)858-0504 Monte Smith
4/20-21	N-I	I-II	Catawissa Creek over-night camping	(908)876-3454 Chris Nielson
4/27	N-I	II-III	Lehigh River	(201)833-9537 Nancy Shiber (H) (201)912-6288 (W)
4/27-28	I	II-II	West River	(212)334-0824 Jon Gellman
<u>MAY</u>				
5/4	ALL		Cheat River Festival	
3/13	ALL		KCCNY Meeting	(908)356-5155 Desi Desvernine
5/11	ALL		Ramapo River Cleanup	(914)634-7136 Jorge Cartamil
5/11	ALL		Mongaup River Cleanup	(908)534-1465 Mathew & Pam Giltner
5/12	A	IV	Coordinators choice	(914)426-2961 Gidon Schwarcz
5/18-19	I-A	III-IV	Hudson Gorge	(914)896-0373 Paul Epstein
5/18-19	I	II-III	Upper Moose	(315)858-0504 Monte Smith
<u>MAY (cont.)</u>				

1996 Cruising Calendar

DATE	SKILL	CLASS	RIVER / LOCATION	PHONE NUMBER / COORDINATOR
MEMORIAL DAY WEEKEND				
5/24-27	A	IV-V	Quebec	(212)781-7080 Bill Thomas
5/25-26	I-A	IV	West Virginia	(914)986-1414 Tom Gustanis
5/25	ALL		Scudders/Lambertville playday	(609)585-1264 Gerhard Mueller
<u>JUNE</u>				
5/31	ALL		KCCNY Annual Slalom Setup	(908)534-1465 Mathew Giltner
6/1-2	N-I	II-III	Annual Esopus Slalom	
6/1-2	N-I	II-III	Esopus River	(908)534-1465 Mathew Giltner
6/2	ALL		Annual KCCNY Auction	(908)663-1364 Dan Lenox
6/9	N	II	Coordinators choice	(914)248-7614 Richard Albert
6/15	N-I	II	Lackawaxan Creek Delaware River	(201)933-6273 Steve Boykewich
6/15-16	N-I	II-III	Farmington River Tariffville section	(914)634-7136 Jorge Cartamil
6/22-23	N-I	II-III	Lower Sacandaga	(914)896-0373 Paul Epstein
6/22-23	I-A	III-IV	Deerfield River Monroe Bridge	??
6/15-15 or 22/23			Beginner Instructional	(914)424-3160 Pierre deRham
6/29-30	I	II-III	Lehigh River	(201)447-5661 Bill Holt
<u>JULY</u>				
7/6-7	A	IV-V	Upper Yough	(908)707-9532 Bruce Farrenkopf
7/13	N-I	II-III	Mongaup	(201)492-8423
7/13-14	I-A	III-IV	Deerfield River Monroe Bridge	(201)471-3129 Joan Most
7/13-14	N-I	II-III	Delaware River	(201)653-7739 Nancy Green
7/19-20	ALL	II-III	Mongaup Wave Play Day	(201)666-0550 Skip Wilson & Penny Giles
7/20-21	I-A	III-IV	Deerfield River Monroe Bridge	(201)402-6579 Mark Rosen
7/27-28	I-A	III-IV	Deerfield River Monroe Bridge	??
<u>AUGUST</u>				
August	I-A	III-IV	Ottawa (more info soon)	(212)678-0863 Vance & Jackie Condie
8/3-4	ALL		Deerfield River-River Fest	
8/3-4	I-A	III-IV	Deerfield River-River Monroe Bridge	(212)781-7080 Bill Thomas
8/4	N-I	II-III	Deerfield-River Zoar Gap	(914)248-7614 Richard Albert
8/17	N-I	II-III	Deerfield River Zoar Gap	(201)807-1823 Brian Germaine
8/18	I-A	III-IV	Deerfield River Monroe Bridge	(201)807-1823 Brian Germaine
8/24-25	I-A	III-IV	Deerfield River Monroe Bridge	(201)833-9537 Nancy Shriber
8/25	N-I	II-III	Mongaup River	(914)472-5882 Rell & Bill Hladsky

AUGUST (cont.)

1996 Cruising Calendar

DATE	SKILL	CLASS	RIVER / LOCATION	PHONE NUMBER / COORDINATOR
LABOR DAY WEEKEND				
8/31-9/1	I-A	III-IV	Kennebec/Penobscot	(201)697-9395 Brian Meserlian
<u>SEPTEMBER</u>				
9/7-8	I-A	III-IV	Hudson River Gorge	(914)896-0373 Paul Epstein
9/21-27	ALL		Gauley Festival	
9/21-22	I-A	I-V	Gauley River	(201)444-7548 Joe Hanerfeld
9/28-29			West River	????
<u>OCTOBER</u>				
10/5-6	I-A	III-IV	Deerfield River Monroe Bridge	(212)678-0863 Vance & Jackie Condie
10/11-13	ALL		Ocoee Rodeo	
10/19	ALL		Moose River Festival	
10/19-20	A	V	Bottom Moose	(212)334-0824 Jon Gellman
10/28	ALL		KCCNY Meeting	(914)657-2107 Helen Chase
<u>November</u>				
11/2-3	I-A	III-IV	Tohickon Creek	(908)663-1364 Dan Lenox
11/23	ALL		KCCNY Annual Dinner	(201)226-4582 Ann Cali

Dana and Paige Castro run the Housatonic River/Bulls Bridge section and the the Ten Mile all year. If interested give a call at (203)740-8633.

Calendar of Events - 1996	
3/13	KCCNY meeting
3/29-31	Paddlesports
5/4	Cheat River Festival
5/8	KCCNY meeting
5/11	Ramapo River Cleanup
5/11	Mongaup River Cleanup
5/31	KCCNY Annual Slalom Setup
6/1-2	KCCNY Annual Slalom
6/2	KCCNY Annual Auction
8/3-4	Deerfield River Festival
9/21-27	Gauley Festival
10/11-13	Ocoee Rodeo
10/19-20	Moose River Festival/Race
10/28	KCCNY meeting
11/23	KCCNY Annual Dinner

River Release Schedule by Lowell Tindell

Deerfield River, Massachusetts

Monroe Bridge Section

May No Scheduled Releases.
 June 1-2,22-23,(Fri.)28-29
 July 13-14,20-21,27-28
 August (RiverFest)3-4,(Fri.)9-10,18,24-25
 September 1,8,28
 October 5-6

Fife Brook

April 6-7,10-14,17-21,24-26
 May 4-5,11-12,15-19,25-26,29-31
 June 1-2,12-16,22-23,26-30
 July 10-14,17-21,27-28,31
 August (RiverFest)1-4,8-11,15-18,22-25,29-31
 September 1,4-8,11-15,25-29
 October 2-6,9-13,23-27

Mongaup River, New York

(10:00 AM - 2:00 PM)

Sat April 20
 Sun May 5
 Sat May 18
 Sun June 2
 Sat June 15
 Sun June 30
 Sat July 13
 Sun July 28
 Sat Aug 10
 Sun Aug 25
 Sat Sept 7
 Sun Sept 22
 Sat Oct 5
 Sun Oct 20

West River, Vermont

April 27-28
 September 28-29

Dead River, Maine

Sat May 4 7000 cfs
 Sat May 11 7000 cfs
 Sun May 26 5500 cfs

 Sat June 1 5500 cfs
 Sat June 15 1800 cfs
 Sun June 16 1300 cfs
 Sat June 22 2400 cfs
 Sun June 23 1300 cfs

 Sat July 6 1300 cfs
 Sun July 7 1800 cfs
 Sat July 13 2400 cfs
 Sun July 14 1300 cfs
 Sat July 27 1000 cfs

 Sat Aug 10 2400 cfs
 Sun Aug 11 1800 cfs
 Sat Aug 17 1800 cfs
 Sat Aug 31 1300 cfs

 Sun Sept 1 5500 cfs
 Sat Sept 14 3500 cfs

 Sun Oct 6 Full open up to 6000 cfs

Members Mutual Agreement For Protection From Liability

Welcome to the river. In the interest of permitting the Kayak and Canoe Club of New York (the "Club") to exist and to serve the paddling community without fear of liability, I ask you to join in this contract. The first part is for you to acknowledge that you understand the risks involved in this activity. The second part is a release from liability.

ASSUMPTION OF RISK

I _____ understand and accept the following acts of life on a body of water: that paddling in watercraft exposes me to many hazards. No one but myself is responsible for judging my qualifications for my safety when I choose to challenge my capabilities by boating on particular body of water, or a particular rapid. I may assist my fellow paddlers to the best of my own ability if they appear to need such assistance, but only so long as I can do so, in my judgment, without significant danger to myself. I further understand that this does not imply any legal duty for me to do so, nor for any one else to render such assistance to me. Some of the dangers and risks which may be present or occur include, but are not limited to, the following:

- 1) The hazards of traveling in a watercraft in varying water conditions.
- 2) Hazards including boulders, trees and other obstacles, waterfalls, holes, reversals and other water formations.
- 3) Swimming/floating in unfamiliar and sometimes turbulent water.
- 4) Using paddles, ropes and other paddling equipment.
- 5) Hiking or walking in rugged terrain, including slippery rocks.
- 6) Injuries inflicted by animals, insects, reptiles or plants.
- 7) Accidents or illness in remote places without medical facilities.
- 8) Man-made objects in the water including, but not limited to, ropes, bridge pilings, broken dams and metal debris.
- 9) Carrying watercraft and other paddling equipment.
- 10) The forces of nature, including lightning, weather changes, water level changes, and others not named.
- 11) The physical exertion associated with paddling and swimming and carrying watercraft on land.
- 12) Travel in a vehicle driven by other persons.

RELEASE FROM LIABILITY

Now therefore, intending to be legally bound, I hereby waive, for myself and for anyone else claiming through me, my right to sue the Club, it's members, trip coordinators or any of my fellow paddlers for any injuries to my person or my equipment which may occur during, in preparation for or in transit to or from a Club outing. The waiver applies to any negligent act or omission and to any intentional act intended to promote my safety or well-being.

I am solely responsible for deciding whether to participate in or to continue on any water trip. I assume these risks and understand my responsibility in decision making. My waiver has no expiration date.

Participant's Signature

Participant's Printed Name

Date

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Gordon Trinkler 908-688-1704
2518 Spruce St., Union, New Jersey 07083

World Wide Web & Email Addresses

The following are some www site and email addresses that I have come across. Please contact me if you find any others of interest, or the address is incorrect (I am not responsible for the accuracy). Use them wisely!

<http://www.rahul.net/fallside/awa.html>
<http://www.lehigh.edu/~ludas/NY/amcnyhom.htm>
<http://www.eclipse.net/~mgiltner/WW/KCCNY.html>
<http://www.pitt.edu/~suthers/tprc/>
<http://random.chem.psu.edu/pdoc>
<http://dsl.gl.umbc.edu/~pjacksl>
<http://www.orp-wc.usace.army.mil:80/current>
<http://www.kayaker.com/perception>
<http://mohawk.ll.mit.edu>
gopher://wx.atmos.uiuc.edu:70/11/states
74744.2350@compuserve.com
NantOutCen@aol.com
hennessey@cceb.med.upenn.edu
Wghy78a@prodigy.com
azagofsky@aol.com
DLenox@aol.com

American Whitewater Association home page
Appalachian Mountain Club, NY-NoJ Chapter
Kayak and Canoe Club of NY home page
Three Rivers Paddling Club home page
Penn State Outing Club home page
Baltimore Canoe & Kayak Club home page
US Army Corps of Eng (Pittsburgh PA)
Perception home page
NE River Forcast Center
River gauges & weather
FutaFund for Futaleufu river
Nantahala Outdoor Center
Philadelphia Canoe Club newsletter editor
Garden State Canoe Club newsletter editor
Lehigh Valley Canoe Club newsletter editor
Kayak and Canoe Club of NY newsletter editor

KCCNY Pool Sessions - A New Year, A New Pool

By Daniel Lenox

Because of logistical problems encountered by Charles Peterson in trying to obtain the pool at Kean College, we have been forced to go elsewhere this year. The pool at Kean College has been used for numerous years now, and a good portion of them were at no charge to KCCNY, other than paying for a lifeguard. Gordon Trinkler has successfully negotiated with the pool at the Boys & Girls Club in Union, NJ.

Gordon has been able to arrange a total of 7 Sunday morning pool sessions, from 8:00 - 10:00 AM, beginning on February 18 and ending on March 31. The fee for using the pool is \$7.00 per person. You must be a paid member of KCCNY, and may bring in at most 1 non-member.

Everyone is required to wash the inside and outside of your boat prior to entering the water. Once in the pool, do NOT dump water from the boat directly into the pool, please move the boat onto the pool deck and dump it there.

Call Gordon Trinkler at (908) 688-1704 for additional information, and for verification that the pool is open due to inclement weather.

Directions:

FROM NORTH - Garden State Parkway exit #141, turn right onto Vauxhall Rd., left at traffic light, right at next traffic light (Morris Ave), 3 blocks turn right onto Jeanette Ave.

FROM SOUTH - Garden State Parkway exit 139B, bear right @ underpass, go left at Clock & Cannon, right onto Johnson Pl., left at traffic light (Morris Ave), 3 blocks turn right onto Jeanette Ave.

FROM 78 WEST - exit 50A, right at second traffic light, left at next traffic light (Morris Ave), go through 2 traffic lights turn left onto Jeanette Ave.

FROM 78 EAST - exit 49A, left at second traffic light (Morris Ave), go through 7 traffic lights turn left onto Jeanette Ave.

INTAKE - The Latest Hydration Helper

Reprinted from **OUTSIDE Magazine**, January 1996

Staying hydrated during a long workout can lead the human athlete to believe that a couple of water-storing humps might be a superior evolutionary trait. Camel envy aside, a substance called glycerol - a naturally occurring component of fat - could be the next best thing. "Glycerol helps the body retain water and slows dehydration," says Dr. Paul Montner, an exercise physiologist and assistant professor of medicine at the University of New Mexico's School of Medicine in Albuquerque. Now the stuff is showing promise as a supplement to help athletes dodge dehydration.

During an hourlong workout, an athlete can lose as much as four liters of water, says Montner. The problem is that most people can comfortably replace only about a liter of it. But drinking the proper dosage of glycerol dissolved in that liter makes your muscles respond as if you've downed a liter and a half.

"Glycerol acts like a sponge, storing the water you need for healthy perspiration and circulation." In one UNM test, Montner found that cyclists who drank a combination of glycerol and water were able to work at 60 percent of their maximum for 94 minutes before becoming exhausted. The same group of cyclists, drinking plain water, lasted just 77 minutes in an identical test a week later.

Many health-food stores and bike shops stock glycerol in gel or powder form; look for Glycerate (call 800-295-4335 for information) and Hydro Fuel (800-438-9435). Montner warns that some athletes experience headaches and stomach discomfort after taking glycerol, but he believes that's simply because they overdo it. For every kilogram (2.2 pounds) of body weight, mix about one gram of glycerol with 21

Western Correspondents (cont.)

mellow float through a 2,500 foot gorge, with only one rapid above Class II+.

What this canyon is famous for is its vibrant colors and weird rock formations. It is a favorite of rafters.

Lily Park is undoubtedly a busy place during the summer, being both a take-out for kayakers emerging from Cross Mountain and a put-in for the rafters about to plunge into Yampa Canyon. We, however, entered it at low water, and after Labor Day, and discovered that we had the entire place to ourselves! It was cold and crisp weather with a brilliant blue sky during the day. We camped there and biked and hiked across the park from the foreboding and ominous exit from Cross Mountain to the equally impressive and abrupt entrance into Yampa Canyon. We explored a hermit's ghost cabin and lay awake at night, looking up at a scintillation stars, listening to the sounds of coyotes and undercut river banks crashing into the river.

So my friends, all you have to do to have a similar experience is to have the leisure time to visit these places off-season. Just retire, leave the friends you treasure, give up all the things that are familiar and comfortable to you, and you too can have moments of magic (along with times of worry and moments of sheer terror) while you wander homeless through the West.

KCCNY Pool Sessions

This year the KCCNY pool sessions will be held at the YMCA in Union, NJ. They will be held every Sunday morning from 8:00 - 10:00 AM.

The cost is \$7.00 per person. KCCNY members are limited to bringing a maximum of one guest, and all are required to wash the inside and outside of your boat prior to entering the water. Once in the pool, do NOT dump water from the boat directly into the pool, please move the boat onto the pool deck and dump it there.

Call Gordon Trinkler at (908) 688-1704 for additional information, and for verification

Cabin Available for March Tohickon Release

Joan Most will be getting a cabin for the Spring release of the Tohickon River in March. It is a heated cabin with running water, along with a full kitchen. If you are interested then please call Joan early because there is only limited space and it is first come, first served!

Call Joan Most at 201-471-3129 (H)

Paddlesport 1996

Paddlesport is going to be March 29-31, 1996. This year it will not be held in Princeton, but in Tom's River, New Jersey.

KCCNY will be having a membership drive at Paddlesport this year, and we are looking for photos or even videos of club activities that can be used during the show. They will be returned back to you after the show. Please contact:

Kingston Pool Sessions

Nancy Donahue is considering having pool sessions in Kingston, NY again this year. If you are interested please call Nancy and let her know.

They will be conducted on Friday evenings, and are tentative upon receiving enough interest.

If interested call:

Nancy Donahue

Ending Notes

by Dan Lenox

Spring time is almost here along with the smells and sounds of, that's right... flowing water. Actually I should correct that statement COLD flowing water.

I am sure that some of you were able to take advantage of the ample amounts of water during January. It seems that we should not be lacking for lots of good paddling at least for the spring time.

Gordon Trinkler was instrumental in obtaining a pool location for us. It seems that there were problems encountered in Charles Peterson trying to work with Kean College. Many people do not realize that Kean College had allowed KCCNY to use the pool for 3 years at no cost! Finally last year with the increasing academic costs, the college was forced to charge KCCNY for the pool. To the best of my knowledge, ever since KCCNY has had pool sessions we charged \$5 for each person that attended. This year the charge has gone up to \$7,

and I feel that the increase is well warranted and is still quite reasonable. Charles and Gordon should be commended on the amount of personal time each of them has spent in working out the pool details.

This brings me to a touchy subject, the members of the KCCNY Executive Committee all spend a lot of their own personal time in organizing, maintaining and running this club. It is easy to sit back and let some of the people do all of the work, and as a result benefit from it. For a long time only a small fractional part of the KCCNY membership has helped in running this organization. Keep that in mind the next time you go to any of the activities that we organize. Why not participate in the meetings by attending them, in addition to giving us your thoughts and suggestions, or even better offer to lend assistance by giving a hand. Everyone is very protective of their own personal time, and the Executive Committee persons are no different.

Ramsey outdoor add goes here

KCCNY
Daniel Lenox
233 Prospect Point Rd.
Lake Hopatcong, NJ 07849

**KCCNY has a Home Page on the
World Wide Web**

<http://www.eclipse.net/~mgiltner/ww/KCCNY.html>

Check it Out !!!