

❖ KCCNY Newsletter ❖

The Newsletter of the Kayak and Canoe Club of New York

Volume XXXVII Issue 1

March 1997

1997 Executive Committee

Chairperson	<i>Bill Thomas</i>
Vice Chairperson	<i>Jackie Condie</i>
Treasurer	<i>Joan Most</i>
Membership	<i>Pierre deRham</i>
Cruising	<i>Cheryl Shiber</i>
Newsletter	<i>Daniel Lenox</i>
Safety	<i>Ed Hanrahan</i>
Conservation	<i>Jane Bernstein</i>
Training	<i>Marian Greenfield</i> <i>Pierre deRham</i>
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Competition Liaison	<i>Jim Raleigh</i>
Delegates at Large	<i>Vance Condie</i> <i>Ann Cali</i> <i>Helen Chase</i> <i>Gordon Trinkler</i> <i>Brian Meserlian</i> <i>Diane Lenox</i> <i>Catherine Murray</i> <i>Grant Draper</i>
Pool Sessions	<i>Gordon Trinkler</i>
Annual Dinner	<i>Ann Cali</i>
Web Site	<i>Daniel Lenox</i>

KCCNY's Website has been moved to a new address

Over the course of the past year KCCNY put up a web site in order to inform our current membership and to entice new members to come on board. We had planned to implement the website in a number of phases; Phase 1 - Get a site up with as little cost as possible in as quick a time as possible, Phase 2- Add additional enhancements and functionality to the site with the possibility that there may be additional cost to the club.

The team of Bill Thomas, Mat Giltner and Daniel Lenox initially created the website, and Mat had volunteered to post the website on his Internet provider at no charge to the club. The Phase 1 website was created, installed, and operational by the end of January 1996. This site met the initial requirements set, but was lacking in a number of areas.

During this year of our club having a presence on the web, many ideas were discussed among KCCNY as what enhancements should be added to the site. By the end of 1996 Daniel Lenox was voted to be the webmaster of the KCCNY website. The KCCNY Executive Committee also voted to permanently move the website to Dan's server, there it will remain (at no cost to the club) hopefully forever...

The new address of the website is:
<http://www.ssix.com/kccny>

(Continued on page 3)

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@ssix.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/ Advertising *Daniel Lenox*
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Lake Hopatcong, NJ 07849
201-663-1364
dlenox@ssix.com

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P. O. Box 195
Garrison, NY 10524
914-424-3160
pderham@highlands.com

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

Bill Thomas	212-781-7080
Jackie Condie	212-678-0863
Joan Most	201-471-3129
Pierre deRham	914-424-3160
Cheryl Shiber	201-287-1866
Daniel Lenox	201-663-1364
Ed Hanrahan	201-226-4582
Jane Bernstein	201-652-5058
Marian Greenfield	908-321-1354
Ralph Johns	201-492-8423
Paul Epstein	914-896-0373
Jim Raleigh	908-946-4921
Vance Condie	212-678-0863
Anne Cali	201-226-4582
Helen Chase	914-657-2107
Gordon Trinkler	908-688-1704
Brian Meserlian	201-697-9395
Diane Lenox	201-663-1364
Catherine Murray	212-866-7921
Grant Draper	212-866-7921

Deadline for newsletters:

Apr 11, 1997

Jun 13, 1997

Sep 5, 1997

Dec 9, 1997

KCCNY's Website

The site is already active and includes numerous changes and is totally reformatted, some of the modifications are:

- 1) Online newsletters
- 2) Renewal form online
- 3) Waiver form online
- 4) Email addresses of Executive Committee members

In addition, for a limited time KCCNY is selling advertising space on the website for the same cost as advertising in the newsletter. The only restriction is that an ad of the same size also has to be placed in the printed newsletter. If you, or your company would like to take advantage of this please contact Dan Lenox at 201-663-1364.

Over the course of the next few months many other changes will be put into place. If you would like to make recommendations or comment on the site just send Dan an email at dlenox@ssix.com

Kayak Polo by Cheryl Shiber

Kayak Polo will be held this summer at the ACA Camp at Lake Sebago in Harriman State Park, NY. The plan is to start out informally and let the game/program develop based on the interests of participants. Tentatively, sessions will be weekly, Tuesday nights from 6-8:30, beginning June 3r. Showers, kitchen and barbecue facilities, swimming, overnight accommodations and possibly instruction are all available at the camp. There will be a small park entry fee of \$2 or so. Call Cheryl Shiber at (201) 287-1866 to express your interest, provide suggestions/comments and volunteer to help out. This will a joint activity with the Metropolitan Canoe and Kayak Club and the American Canoe Association.

Commercial Web Site Development

Let's be frank, today just about anybody can create web pages, however the amount of time invested usually shows through. *Image is everything...*

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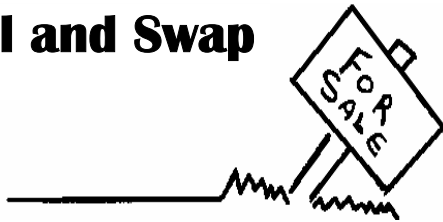
233 Prospect Point Rd., Lake Hopatcong, NJ 07849

(201) 663-9197

Fax (201) 663-2682

Solutions, Systems and Information Technologies

Buy, Sell and Swap



FOR SALE Perception Dancer kayak, Teal with spray skirt. \$300 or best offer

Call Nancy Green
at (201) 653-7739

FOR SALE Used Cruise Control and Mongoose \$550 each or best offer.

Call Gordon Trinkler at
(908) 688-1704

FOR SALE Used Macintosh SE, System 7.1 OS, keyboard, mouse with Excel loaded first \$250 takes it.

Contact Daniel Lenox at
(201) 663-1364

FOR SALE 1991 Chrysler Grand Voyager, 3.3 liter V6 engine, new brakes & tires, excellent condition make offer.

Call Diane Lenox at
(201) 663-1364

FOR SALE ZEOS 386/sx computer. 4mg RAM, 310 HD, dual floppies. 14" color monitor, keyboard, mouse. Loaded with Windows 3.1, Lotus, and lots of other software. \$250.00.

Contact Ron Soussa at
201/316-9182

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.awa.org>
<http://www.gti.net/amcny>
<http://www.ssix.com/kccny>
<http://www.pitt.edu/~suthers/trpc>
<http://www.orp-wc.usace.army.mil:80/current>
<http://www.kayaker.com/perception>
<http://www.nowr.org>
<http://mohawk.ll.mit.edu>
<gopher://wx.atmos.uiuc.edu:70/11/states>
74744.2350@compuserve.com
NantOutCen@aol.com
hennesy@cceb.med.upenn.edu
Wghy78a@prodigy.com
azagofsky@aol.com
DLenox@ssix.com
PdeRham@highlands.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
US Army Corps of Eng (Pittsburgh PA)
Perception home page
National Organization of WW Rodeos
NE River Forecast 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
Kayak and Canoe Club of NY membership

August Floods in the Mountain State

by Gidon aka "Father River" Schwarcz

I never cease to wonder why my most mundane trips become epic adventures. How could you go wrong with the Cheat and the New in mid-August!?

As Tom Bohan and I met at Jon Rafalowski's house in Morristown, the cloudless sky and the rainless weather report gave us a tranquil, lazy summer feeling. Tom and I brought squirt boats, hoping to spice up the low summer water levels. My biggest excitement was the meteor shower expected that night.

We drove straight to Albright in order to catch a late afternoon run on the Cheat, which was up from a freak, local storm over Cheat Mountain. At 3.5 on the bridge gauge, it turned out to be a delightful blend of powerful yet technical water. At the take-out, we felt so refreshed and energetic that we decided to drive straight down to the New that night.

The first clue of a change came at 10:30 PM when I pulled off onto the side of a secluded road near Summersville to look at the meteor shower. No meteors--in fact, no stars. The sky was black and overcast. An hour later we had just pitched our tent when rain started pouring down. And rain it did, all night. When I pulled open the tent flaps the next morning, the campground was saturated, and it was still coming down. In fact, the new weather forecast was nonstop rain for the next 5 days.

As we stood in the cold rain at the Cunard put-in, a van of similar masochists drove up. One of them claimed to know the river, a reassuring thought as I tried to imagine what 6 1/2 feet of water would do to the rapids. Our three new-found friends comprised as odd a crew as one could imagine. One of them--Dave-- was stone-deaf but paddled solidly. Another, who will mercifully remain anonymous, looked like an ace complete with shaved head, futuristic glitter speckled helmet and perfect color coordination. Unfortunately, he couldn't paddle, couldn't roll, and predictably flipped at the top of every single major rapid, effectively swimming the entire river. You couldn't pay me enough to swim the New at 6 1/2 feet. The third paddler had world class form but couldn't read water. I quickly figured out to do the opposite of what he said, thereby saving us from several bus sized holes. Jon got a chance to show off his newly learned hand paddling in the monster surfing wave that developed at Lower Railroad. He hand surfed with grace and confidence but

remembered several minutes later that he threw his paddle downstream rather than in the eddy. Tom and I had an inspiring sprint towards the Keeneys in successful pursuit. Just below Lower Keeney a memorable surfing/ squirting wave developed that kept us entertained for hours. And the home stretch of Miller's Folly and Fayetteville Bridge rapids offered an awesome roller coaster ride.

When I woke up the next morning, our picnic table looked like a return depository for all the empty beer bottles in West Virginia. I myself had lost count at my 3rd beer and 4th can of sardines, so I could only suspect my hung-over companions. I dragged myself down to the campground office where I learned to my dismay that the New was up to 22 feet and the Gauley at 13,000 cfs. Even the New River Dries was a washed out flush. All the boaters were being directed to the creeks. We aimed for the Cranberry but got side-tracked to the North Fork of the Cherry, a first rate steep creek that resembled a little Upper Yough, with nonstop blind drops and tight maneuvers. On any other day, this would have been a peak experience. Today, still in withdrawal from the awesome, addicting power of the New, we just couldn't get inspired. Big water is a hard act to follow.

We made up our minds to do something big the next day no matter what. Mother Nature rewarded us by providing 8500 cfs in the Lower Gauley. I had not been at the Gauley for 16 years and had forgotten what a magnificent canyon this was. The brown surging flood waters were awesome contrasted against the semitropical lush green of the vegetation and the white cliffs at Canyon Doors. I couldn't remember the first thing about the river, so I boat scouted. Tom kept asking "Are you sure you know where you're going??" My most memorable blooper came somewhere around Mash, where a monster wave completely swallowed me just above a humongous hole which I was desperately trying to avoid. Frantic ferrying followed! Tom was not reassured. But the best was saved for last in the personage of Pure Screaming Hell. Jon and I negotiated the offset holes and caught the eddy in the middle. Tom got eaten by the top hole, was smashed upside down on some submerged rocks, but heroically rolled up, confused and numbed. I was so impressed that I started cheering, forgetting that the "mother of all holes" lay directly in Tom's path. Cooler-headed Jon suddenly yelled "Left, go left!!"

(Continued on page 6)

August Floods (cont.)

and Tom was spared (not for long however. Read on).

I was already making plans in my mind to run the Upper Gauley the next day when the river would be down to about 5,000 cfs. Unfortunately Jon had a \$10,000 contract meeting in New Jersey the next morning and had to leave (Gidon's 3rd rule of kayaking is, that if the dollar value exceeds the cfs, then work must reluctantly come first). Tom was terrified of doing the Upper Gauley at 5,000 with just me (unsubstantiated and evil rumors are, that he may have been more comfortable doing it alone than with just me, but those rumors could not possibly be true!). In any case, Tom convinced me to drove north to the Cheat. We figured it would be a relaxing way to end the vacation ,and it would break up the trip home.

At the break of dawn, I drove to the Albright bridge. The gauge read just under 5 feet. I knew that the river was very pushy at this level, and I offered Tom the option of squirting the Narrows instead. Tom was in a good mood, having devoured 30 barbecued chicken wings the night before ("I had to, they would have spoiled otherwise"), and he wanted to end the vacation in grand style. While he was surprised by the huge waves and cross currents of Decision, the day was sunny and warm, and he just bounced through the wave trains behind me. Then Big Nasty came up. Now, I knew that Big Nasty had gotten much worse with the recent flooding, but Gordon Trinkler had recently told me how Jeff Snyder and some hot shot from Germany had **purposely** jumped into the hole to play. How hard could it be??!! I started in the usual way, going right to avoid a hole before cutting back left. But there was no way to make my boat go back left. The river was hurtling downstream at breakneck speed directly RIGHT, into the meat of the hole. I felt myself thrown violently in all directions, kinda like a toothpick in a tornado.

The water was so aerated and chaotic that rolling was a joke. I took the only route and bailed out. As I resurfaced 20 feet downstream, I saw Tom meet the same fate. His boat was thrown about violently for what seemed like half a minute before he also appeared boatless,

about 50 feet from me. He said it would have been great fun--like the best rodeo moves in the world--had he only been able to breath. In any case, our boats eventually joined us, and we both got good baths after four days of camping. By the way, I found out the next day that the German Olympic kayaker said that he was so scared and out of control that he'd never get into Big Nasty again, and that was at a foot lower! Great time to find out!

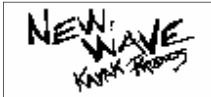
By this point, Tom was shaking with fear. I explained that you had to be trashed every now and then to let you appreciate the river's power and not get too cocky. Faking my best smile, I lied that I only ran Big Nasty at that level because I thought HE wanted to, but that I would use my best judgement (oxymoron) on future rapids. In spite of myself, the rest of the trip went perfectly. High Falls was easier at higher levels, and we snuck the Particle Accelerator at Upper Coliseum. When we shot out of the spout of Pete Morgan's, Tom was

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(as well as on the Internet)***

For information and a rate card contact:

Daniel Lenox ~ (201) 663-1364 or
email ~ dlenox@ssix.com

1997 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...

River difficulty is subjective and often depends on weather conditions and water levels. Also, obviously, skill levels indicated are minimums. Call the trip leader and ask questions if you are unfamiliar with the river

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 Cheryl Shiber a call at (201) 287-1866

DATE	SKILL	RIVER / LOCATION	PHONE NUMBER / COORDINATOR
<u>MARCH</u>			
12,8 or 9	B-I	Shepaug Washington, CT (depending on water)	(203) 743-5869 Geoff Bertkau
15	?	Coordinator's Choice	(212) 678-0863 Jackie & Vance Condie
21-23	ALL	Paddlesports '97, PensaukenNJ	(908) 458-5666 The Jersey Paddler
22	I	Tohickon Creek, PA	(201) 663-1364 Dan & Diane Lenox
22	ALL	Group dinner somewhere near the Tohicken on Saturday night	(201) 287-1866 Cheryl Shiber
23	I	Tohickon Creek, PA	(908) 663-1364 Joe Saia
29	I	Nescopek, PA (great play river!)	(201) 226-4582 Ed Hanrahan
30	?	Coordinator's Choice	(212) 678-0863 Jackie & Vance Condie
<u>APRIL</u>			
???	A	Southern Rivers, WV, Etc. (call soon for info)	(914) 426-2691 Gidon Schwarz
5		Upper Housatonic, CT (Instructional)	(914) 939-2614 Sean Coffey
6	N	Lackawaxen/Delaware	(908) 632-3966 Steve Boykevich
6	A	Housatonic, Bulls Bridge, CT	(203) 740-8633 Paige & Dana Castro
12-13	I	Catskills	(212) 781-7080 Bill Thomas
13	I	Lehigh River	(201) 652-5058 Jane Bernstein
19	ALL	Mongaup, Port Jervis, NY	(201) 833-9537 Nancy Shiber
19-25	I-A	Southern Rivers - meet at Ocoee (difficulty depends on group)	(717) 629-5533 Ken Sanders
20		Housatonic Covered Bridge Section	(914) 896-0373 Paul Epstein
26-27	III+	West, Jamaica, VT	(914) 939-2614 Sean Coffey
<u>May</u>			
1-4	ALL	Hudson River Derby	(518) 251-2612 Susan Murante
3	ALL	Cheat River Festival, Albright, WV	
3	I+-A	Cheat River, WV	(717) 629-5533 Ken Sanders
3	N	Lehigh River	(718) 798-5442 Andy Laiosa
4	N-All	Mongaup / Delaware Play Day	(201) 666-0550 Penny Giles/Skip Wilson
10-11	B	Deerfield, Fife Brook, Charlemont, MA	(212) 866-7921 Grant Draper Catherine Murray
10	N	Lehigh River optional Mountain Biking Afterward	(212) 318-6025 Marc Silverman

May (cont.)

1997 Cruising Calendar

1997 Cruising Calendar

DATE	SKILL	RIVER / LOCATION	PHONE NUMBER / COORDINATOR
Weekend		Kennebec River	???
5-7		McCoy's Rapid Rodeo, Ottawa River	Phil Green at pgreen@synapse.net
13-21		Gauley & other possibilities	(717) 629-5533 Ken Sanders
20-21		Deerfield River	
20-21		Gauley River Festival	
27-28		West River, VT (for B&B accomodationscall early August)	(201) 652-5058 Jane Bernstein
<u>October</u>			
4-5	I-A	Deerfield River	(201) 833-9537 Nancy Shiber
18		Moose River Festival (*date tentative)	
18-19	A	Bottom Moose	(212) 334-0824 John Gellman
<u>November</u>			
1	N-All	Mongaup	
8	I	Tohickon Creek	(201) 663-1364 Dan & Diane Lenox

1997 Race/Competition Schedule

DATE	RIVER / LOCATION	PHONE NUMBER / INFORMATION
<u>March</u>		
22-23	NOC, Wildwater Training Camp, **Boats Provided	(704) 488-2175 Mike Hipsher
22-23	Salmon Slalom, CT, New England Slalom Series #1	(718) 934-3128 Susan Saphire (508) 369-9472 Sam Montague or keech@bestweb.net
<u>April</u>		
4-5	Ocoee Double Header, TN	(770) 919-9799 Polly Prater
5-6	Punch Brook Slalom, CT NESS #2	(203) 653-9538 Dan Bowler or keech@bestweb.net
12-13	Fall Creek Slalom, Ithaca, NY	keech@bestweb.net
19-20	Blackwater Slalom, NH NESS #3	keech@bestweb.net
<u>May</u>		
3-4	Fiddle Head Slalom, NESS #4 Winouski River, Montpelier VT	(802) 879-4286 Ray Ingram
31-June 1	Potomac Festival (Rodeo is tentatively planned)	AWA
<u>June</u>		
7-8	Annual KCCNY Esopus Slalom Race	(201) 492-8423 Ralph Johns
<u>July</u>		
25-27	Ocoee River, WORLD CUP	
<u>September</u>		
5-7	McCoy's Chutes Rapid Rodeo, Ottawa River	Phil Green at pgreen@synapse.net

Paddling Classifieds/ Bulletin Board

Looking for something to paddle on short notice? Looking for a day trip? Interested in a specific river? The Bulletin Board is a new section intended to fill the gaps in your paddling schedule.

WHAT

Mongaup

Bulls Bridge
Coordinator's Choice

Ocean Surfing

Scudders
Monagaup Wave
Paddling with kids

Kayak polo

Upper Yough

WHEN

all release dates

all year round
every Sunday, all year round

every Sunday, all summer

often
often
when you can

June-Sept.
Probably Tuesday nights.
every day

DETAILS

meet at 9:45 at Rt. 94 Parking lot or
call Allen Zimmerman for info.

Dana & Paige Castro
(914) 426-2961
Gidon Schwarcz
I-A level, call Saturday night
Gilgo Beach, LI NY
(516) 225-5718
Chris Bellingham

Gerhard Mueller
Skip Wilson & Penny Giles
Steve Ruhle is looking for others
who would like to paddle with kids
Lake Sebago, NY
(201) 287-1866.
Cheryl Shiber
Ken Sanders is moving out there!!

Ramsey outdoor add goes here

River Release Schedule

Deerfield River, MA

Fife Brook / Zoar Gap Section

Releases start between 9:30 am and 12 noon, with a flow of at least 700 cfs

April 5-6,9-13, 16-20, 23-25

May 3-4, 10-11, 15-18, 22-25, 29-31

June 1, 11-15, 21-22, 25-29

July 2-6, 12-13, 16-20, 24-27, 30, 31

August 1-3, 9-10, 13-17, 20-24, 28-31

September 3-5, 11-14, 18-21

October 1-5, 8-12, 22-26

Monroe Bridge/ Dry Way Section

May 31

June 1, 14, 15, 21, 22

July 4 (Fri), 5, 13, 19, 20, 25 (Fri), 27

August 2, 3, 16, 17, 24, 30

Sept. 14, 20, 21

Oct. 4, 5

Gauley River

September 6-9, 13-15, 20-23, 27-30

October 4-7, 12-13

Lehigh, PA

June 14, 15, 28, 29

September 20

October 4, 18

* These are the scheduled releases dates when water is guaranteed. They are not necessarily the days with the best water. The best water can be found mid week, after heavy rains and/or early Spring.

Mongaup, NY

April 19

May 4, 17

June 1, 14, 29

July 12, 27

August 9, 24

September 6, 21

October 4, 19

November 1

The releases are generally from 10am-2pm

* These are the guaranteed 1 barrel releases. Keep in mind that there are will be many additional 1 barrel releases as well as many unscheduled two barrel releases.

Kennebec

It's always running!

Savage, MD

With luck there will some release dates in June. Call AWA for info.

Upper Yough

Every Monday and Friday. First Saturday of the month. Holiday weekends.

Ocoee

March 22,23,30

April, 5,6,12,13,19,20,26,27

May 3,4,10,11,17,18,24,25,26,31

June 1,2,5,-9,12-16,19-23,26-30

July 3-7, 10-14, 17-21,24-28,31

August 1-4,7-11,14-18,21-25,28-31

September 1,6,7,13,14,20,21,27,28

October 4-12,18,19,25,26

November 1,2

Lower OtterBrook, NH

March 22-23; Westfield-Knightsville (MA) 4/19-20

Bottom Moose, NY

April 20, 27

May 3, 4, 10, 11, 17, 18, 24, 25

June 1, 8

October 4, 5, 11, 12, 18, 19

Remember - release only allows the river's natural flow back into the river bed. Check to make sure the level is a minimum of 2.5' by the McGeever Gauge before coming.

Campmor add

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

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

**The KCCNY Web Page
Has Moved !!!**

It is new address is

<http://www.ssix.com/kccny>