

Keel-hauler's Ka-news JANUARY, 2024



Next Keel-hauler meeting to be announced...

**Keel-hauler Christmas Party
and Meeting Announcements
December 16, 2023**

Photos Taken By Kristen Walters Magg







Meeting Announcements from Brian Smart

Common Sense Swift Water Rescue with H2O Dreams 2023

2024 Dates: June 7th-9th

Cost: \$150 for KHCC members

Location: Slippery Rock Creek at Cheeseman Farm Breakneck Campground

1757 Cheeseman Rd, Portersville, PA 16051 : [Google Map](#)

Information : [H2O Dreams Class Information](#)

Details:

In order to qualify for this course, you must have been a KHCC member for a minimum of one full year.

Note: Only the first 12 applications submitted with payment will officially be registered. All remaining applicants will be waitlisted. Refunds will be issued for those not accepted into the class.

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Sign Up Coming Soon!

Mark Hanna & Carl Schneider Memorial ACA Swift Water Rescue with Charles Duffy

2024 Date: May 3rd-5th

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Sign Up Coming Soon!



Slip Fest 2024 Dates are set! Please meet the leadership team!

Festival Director	Brian Smart
Assistant Festival Director	Rachel Faber
Race Director	Matt Pascal
Assistant Race Director	Martin Wick
Swap Meet Director	Kristen Walters Maag
Safety Director	Seth Anderson
Start and Timer Director	Annaleigh Koch
Registration Director	Andrea Morgan
Human Relations	Ted Moore

As we get closer to the date our directors will be looking to build their teams, if you are interested in helping in any capacity, please email clevelandkeelhaulers@gmail.com or reach out to the directors personally.

More Details Coming Soon!

**2023 Membership Wrap-up
By John Kobak-Membership Chairman**

We ended up the 2023 calendar year with **391 family memberships**. This is **20 less** members than last year. The most we ever had was **417** members in 2001. Our average number of members/year is **327**.

There are still **65** members who have not rejoined the club for 2024. But we already have **70** members who have paid their dues in advance for 2025, taking advantage of the special price. We usually sign up about 60 new members each year. I hope our club keeps providing reasons for all these paddlers to rejoin the club each year.

We offer our members a way to join but not be listed on any of our on-line rosters, in case they are concerned with security. So if you do not want your membership information listed in our password protected yearbook directory or in any of our other on-line directories, send me an e-mail to membership@keelhauler.org - [Do Not List my Name anywhere](#)

Take a look at your membership information using this link, let me know if you want any corrections made. membership@keelhauler.org

https://www.keelhauler.com/s/yearbook24_pw.pdf

Use our New 2024 Membership Password

Our membership password **has changed for 2024**, and is shown in the monthly e-mail sent. Make a note of the password; it will remain the same for all of 2024. I usually update this roster once a month to make it easy to find new members.

John Kobak – Membership Chairman

Keel-hauler Treasurer's Report From Anthony Lazzaro

CD 0402	\$2,322.61
<u>CD 1077</u>	<u>\$2,322.54</u>
CD'S (2)	\$4,645.15

Paypal	\$ 100.00
<u>Checking</u>	<u>\$9,619.15</u>
<u>Total</u>	<u>\$14,364.30</u>

Roll Sessions Update

Visit our website for up-to-date roll session information:

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Need help?

The Keel-haulers Club has a **roll instructor** that will work with students on learning the kayak roll. If you are interested in this service, **you must email us** at clevelandkeelhaulers@gmail.com and we will work to get him there to work with you personally. We request that you are or become an active paid club member to take advantage of this service.

Also, please thoroughly clean all gear and boats, inside and out, including around/under flotation bags. We MUST keep the pool water clean, or we may lose the use of these facilities.

Thanks!

Keel-hauler Trip Planning 2024 [Calendar of Events on our website](#)

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event! [Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](http://keelhauler.com)

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VP:	Ted Moore	330-608-9456
Secretary:	Jennifer Hughes	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

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Membership: \$20 per year. **Membership Chairman: John Kobak**

New memberships, renewals, change in address or phone, **temporarily** send to: Kelly Miller, 701 Forrest Ave, Geneva, IL 60134

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Please consider writing a trip report, an article, or send a photo for the next newsletter!
The deadline for the February 2024 issue of the newsletter is 1/23/2024. Please send articles and/or pictures to: Kelly Miller (Laubaug) at peetzaguy@aol.com.

Keel-Hauler Kanews

January 2024

Kelly Miller, Editor



Keel-hauler's Ka-news

FEBRUARY, 2024



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**SlipFest is coming up
From Matt Pascal**

SlipFest is back in 2024 after a successful inaugural event in 2023. Set aside the weekend of April 12 - 14 or extend the weekend by showing up early or staying later into the week. If ever there was a reason to play hooky, springtime on the Slip is it!

There's no registration for SlipFest, just set up at Breakneck Campground and enjoy the river, friends and festivities, including vendors, a gear swap meet, local beer, sponsored gear raffles and food provided by Cheeseman's Catering. The club will host a Friday night campground-wide potluck dinner, so show up with a dish to share. If you want to reserve a cabin or tent platform, go to <https://breakneckcampground.com/>.

The event's focal point, SlipRace, went off perfectly in 2023 with over 50 racers including everybody from a father/daughter tandem canoe duo and SUPs to members of both the 2022 and 2023 USA Wildwater National Teams. As a result of a flawless race with no safety issues or logistical snags, McConnell's Mill Park has approved up to 100 racers for the 2024 race down the 3.3 mile Lower Slippery Rock Creek (Eckert Bridge to Harris Bridge). The race goes off on Saturday the 13th at 2 pm from Eckert Bridge.

Of course, you should sign up to race; it makes the Lower Slip hard! Registration is \$35 and is online here: <https://www.keelhauler.com/product-events/slip-race-2024>. Because there are only 100 spots you may want to get your entry in early!

Here are the 2023 results: [2023 Results \(fbcdn.net\)](https://fbcdn.net). The 20-minute mark looms large in the minds of racers as they put together their training plans.

Classes for SlipRace are shown here. Find the longest boat possible for a class and you are instantly a contender!

Class	Defintions	Examples
A	Closed boats 14 ft or longer	Wildwater, Phoenix Match/Isere, Speeder, most Sea Kayaks
B	Closed Composite Boats under 14 ft + Wavehopper	Slalom Boats, Wavehopper, other Phoenix, shorter composite Sea Kayaks
C	Closed Plastic Boats under 14 ft (not Wavehopper)	Mirage, Beluga, shorter plastic Sea Kayaks, TaiFun
D	Closed Boats under 12' 6"	Modern Longboats (2R, Karma UL, Greenboat, Stinger), T-Slalom
E	Closed Boats under 11' 6"	T-Canyon, 9r2, Gnarvana, most river-runners
F	Closed Boats under 9 ft	most Full- and Half-slices, most Creekboats (Mamba 8+, Zen, OG9r)
G	Closed Boats under 8 ft	Most Playboats, Mamba 7.6
TK	Tandem Kayak	Any length
OC1	Open Canoes, solo	Any length
OC2	Open Canoes, tandem	Any length
SUP	Stand up Paddleboards	Inflatable or rigid, any length
I1	Solo Inflatable Kayaks	Any length
I2	Rafts & Tandem Inflatable Kayaks	Any length

If you're not racing, consider joining the Slip Race Safety Team at <https://www.facebook.com/events/916379513170346/>

A Facebook group called "Where's my FAST boat?" has been created just for SlipRace hopefuls. Join that group at <https://www.facebook.com/groups/1305935213322779> and see cross-posts of boats hand-picked for speed on the Slip.

Watch the SlipFest page at <https://www.facebook.com/profile.php?id=100090258165160> for more details as the event approaches.





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**Keel-hauler Treasurer's Report
From Anthony Lazzaro**

CD 0402 \$2,322.81
CD 1077 \$2,322.73
CD'S (2) \$4,645.54

PayPal \$2,041.64
Checking \$9,255.15
Total \$15,942.33

Easiest Way to Become a Better Paddler

By Nick Anderson

Becoming a better athlete does not have to be complicated. Athletic activities such as ball sports, kayaking, skiing, and running/hiking all require a level of baseline health. Consider this your “health tank”. There are a few simple steps you can take to improve the capacity of your health tank. This in turn can improve performance, endurance, reduce pain and assist in injury recovery.

Follow the steps to improve your baseline health function:

1. Getting 150 minutes of moderate physical activity (like brisk walking) per week or 75 minutes of vigorous physical activity per week (jogging) as tolerated.
2. Strength training two or more days per week.
3. Sleeping eight hours or more per night.
4. Drinking a minimum of 1/2 ounce of water per body weight lbs daily.
5. Finding ways to reduce overall stress levels. This can include exercise, breathing techniques, meditation, or seeking help from psychology.
6. Improve your diet with the 80/20 rule. Try to eat whole foods and healthy foods 80% of the time, while leaving 20% for flexible dieting.

Please contact me if you have goals you’d like to achieve in performance or want to reduce pain. If you have any questions feel free to contact me at PinPointPT1@gmail.com

Upcoming Classes

Sign up quick!

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2024 Dates: June 7th-9th

Cost: \$150 for KHCC members

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Find one near you!**

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The Keel-hauler's support the Mountain Watershed Association's conservation efforts! A couple of upcoming events:

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Indian Creek Valley Trail – Gorge Section, Free

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Bloom Brew, Free

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Keel-Hauler Kanews

February 2024

Kelly Miller, Editor



Keel-hauler's Ka-news MARCH, 2024



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<u>CD 1077</u>	<u>\$2,323.01</u>
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<u>Checking</u>	<u>\$8,298.41</u>
<u>Total</u>	<u>\$12,944.35</u>

Slippery Rock Creek Spring Opener From Jacki Zevenbergen

When: Mar 23 – 24, 2023

Where: Breakneck Campground, 1757 Cheeseman Rd, Portersville, PA 16051, USA (map)

Description: The plan is to paddle Slippery Rock on Saturday and Sunday. A lot will depend on what the levels are and who decides to participate. Every effort will be made to include the lower section so newer paddlers can join us. It will be cold so proper gear is important. Be sure to register now so you get email updates on the plans. Time TBD.

Register with this link:

<https://www.keelhauler.com/events-calendar/2024/3/23/slippy-rock-spring-opener>

When Can You Safely Return to Kayaking After an Injury?

By Dr. Nick Anderson PT, DPT with
Pinpoint Physical Therapy

Ahh the old “when can I return to doing my sport” question I quite often get in physical therapy evaluations. My answer is always “it depends.” Every patient, their goals, their injuries and the target sport vary so much from patient to patient that this question can be impossible to answer. There are basic injury guidelines, but with so much variability, all I can offer is an educated guess. Where does that leave an injured athlete? The next goal should be to outline what it will take to return to sport. Here is a nice flow diagram which shows proper steps for a safe return to sport protocol:

6 6-STEP RETURN-TO-PLAY PROTOCOL		
PHASE	REHABILITATION	OBJECTIVE
Phase 1	Baseline	Patient must be on physical and cognitive rest with no symptoms for at least 24 hr.
Phase 2	Increase heart rate	The goal is to increase heart rate for 5-10 min through mild activity such as walking, light jogging, or an exercise bike.
Phase 3	Moderate exercise	In this phase the goal is limited body and head movement through more moderate intensity activities such as brief running or moderate weight lifting.
Phase 4	Noncontact exercise	The goal is to increase intensity but avoid contact. Activities could include more intense running, stationary biking, or noncontact sport-specific drills.
Phase 5	Practice	Reintegrate into full contact practice.
Phase 6	Play	Return to competition.

From May (14), et al. 11

You can easily transfer the verbiage here into the sport you are interested in. The example of kayaking can be used in the above protocol.

Phase 1: full rest after injury until pain is at a manageable level.

Phase 2: active rest phase where you can add in walking, biking, etc to get you moving without impairing the injury further.

Phase 3: Starting some mobility and resistance training with bands, free weights, bodyweight .

Phase 4: Introducing and progressing sports specific movements, adding in plyometrics, power and stability drills. This can involve a paddle for kayakers for example.

Phase 5: Practice, starting in flat water/pool.

Phase 6: Return to moving water, slowly progressing.

Injuries stink in sport, but to play sometimes you have to pay. That being said, most soft tissue injuries respond well to conservative treatment. Please reach out to me if you need some guidance, have any questions or just want to chat about kayaking or your sport of choice!

pinpointpt1.wixsite.com

PinPointPT1@gmail.com

716-969-7437

SlipFest is coming up!
Weekend of April 12 - 14

Race link: Registration is \$35 and is online here: <https://www.keelhauler.com/product-events/slip-race-2024>. There are only 100 spots.

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2024 Cheat River Festival
May 3rd & 4th, 2024

cheatfest.org

The annual Cheat River Festival is a celebration of the rebirth of the Cheat River watershed. Cheat Fest is [Friends of the Cheat's](#) annual fundraiser which helps us advance our watershed projects and supports the organization's administrative costs. Rain or shine, Cheat Fest is always a good time!

From 5:30pm 'till 10:00pm on Friday, May 3rd, and 11:30am 'till 11:30pm on Saturday, May 4th, the festival grounds in Albright, West Virginia will once again transform into a haven for

boaters, music lovers, and families. Bands from all over Appalachia will entertain crowds with live music, while Fest goers browse the Art Market, learn about other non-profit organizations that share the FOC vision, buy from a variety of food and merchandise vendors, and above all, help support Friends of the Cheat. Please consider bringing a nonperishable food item for our Cheat Fest Food Drive!

Another reason to love Cheat Fest: kids under twelve are free! Kids of all ages can congregate at the ever-growing Kid's Tent from noon 'till 5:00pm on Saturday for a host of hands-on activities.

The Cheat River Festival is the primary fundraiser of the year for Friends of the Cheat. All profits from Cheat Fest are used to support our projects and programs that experience shortfalls during the year.

Cheat Fest Food Drive

Please help us support our local food pantries by contributing to our Cheat Fest Food Drive! All items can be dropped off at the Info Booth during the Fest.



Food For Preston
Helping the hungry in
Preston County

Food for Preston
P.O. Box 1175
Kingwood, WV 26537
304-379-3519
coordinator@foodforpreston.org
foodforpreston.org

Director
Tammy Laney
President
Kim Liston
Vice President
Barb Thorn
Treasurer
Karen Bright
Assistant Treasurer
Kristy Ash
Secretary
Marsha Wolfe

Food Pantries
Community Action
Kingwood Apostolic
Maple Spring
North Preston
Raymond Wolfe
Salvation Army
Shepherd's Tent
South Preston
Starting Points
Terra Alta
Valley

Backpack Program
School Store Program

Food for Preston **Suggested Donation List**

Nonperishable

Food Items

Baby Food
Baby Formula
Beans, Dried/Canned
Biscuit Mix
Cake Mix
Cereal
Cereal Bars
Corn Bread Mix
Crackers
Fruits, Canned
Granola Bars
Macaroni & Cheese
Milk, Canned/Boxed
Pasta
Peanut Butter
Potato Mix Boxes
Ramen
Rice
Salmon, Canned
Saltines
Soup
Spaghetti Sauce
Stuffing Mix
Tuna
Vegetables, Canned

Hygiene/Cleaning

Items

Bleach Wipes
Dental Floss
Deodorant
Dish Soap
Feminine Hygiene Products
Household Cleaners
Lotion
Mouthwash
Paper Towels
Sanitizer
Shampoo/Conditioner
Soap
Tissues
Toilet Paper
Toothbrushes
Toothpaste
Trash Bags

Cleveland Boat Show
Jan 18 - 21 at I-X Center, Cleveland, OH

Thanks to those who volunteered to help represent the Keel-hauler's Canoe Club at the show!



Photo from Brian Smart



Photo from Kristen Maag



Photo from Kristen Maag



Photo from Brian Smart



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Please consider writing a trip report, an article, or send a photo for the next newsletter!
The deadline for the April 2024 issue of the newsletter is 3/23/2024. Please send articles and/or pictures to: Kelly Miller (Laubaugh) at peetzaguy@aol.com.

Keel-Hauler Kanews

March 2024

Kelly Miller, Editor



Keel-hauler's Ka-news

APRIL, 2024



Next Keel-hauler meeting to be announced...

**Keel-hauler Treasurer's Report
From Anthony Lazzaro**

No report this month

**SlipFest is coming up!
Weekend of April 12 - 14**



Slip Fest 2024 is less than two weeks away and the Leadership committee has been working together to get it all organized.

There is still time to enter the race <https://www.keelhauler.com/slip-fest-2024>



Look forward to seeing you here!



To Enter use this link [Medium Jackson Flow Ticket Purchase](#).

Please help us fundraise for the Keel Hauler Canoe Club by entering for a chance to win a Jackson Flow Kayak!

Winner will be announced April 13th

The winner does not have to be present, however arrangement for transport home will be necessary.

You have a great reason to come to Slip Fest 2024 even if you are not racing, come support the club!



Medium Jackson Flow

\$50.00

Purchase 4 tickets for \$50 each. Winner will be announced at Slip Fest on April 13th. Entry is for the ticket only. The winner must be present at the event to receive the prize.

At the time of purchase, you will receive a email with your ticket details. As a winner, you will receive a email with your ticket details.

more

PRICING



Listen, if it's been sitting in the back of your garage for over 2 years, you're probably not gonna use it. Bring any and all outdoor gear to Slip Fest to trade, barter, or sell. Last year we had plenty of kayaks, skirts, tents, shoes, PFD'S. It's a great event to come to for beginners looking for gear.

Want to be vendor? Contact slipfestswapmeet@gmail.com



Join us for a weekend of community, kayaking, racing, food, and music! Entry to the festival is FREE, if you are camping you pay \$10 per night per person (see below)

- **Friday April 12th, Evening**

Live Music:
Cash O' Riley

Beer & seltzer on draft
from [Neshannock Creek
rewing Company](#)

Potluck: Main dishes
Catered by Chris
Guthrie: [Sign-up for
sides here](#)



- o Community Bonfire & Camping

- **Saturday, April 13th**

- o Breakfast at Betsy's Barn for purchase
- o Slip Race on Slippery Rock Creek
- o Beer and seltzer on draft from [Neshannock Creek Brewing Company](#)
- o Awards ceremony and dinner for purchase at Betsy's Barn
 - Raffle and Basket winners announced
- o Live Music: The Five 'N' Dime Poets
- o Community Bonfire & Camping

- **Sunday, April 14th**

- o Breakfast at Betsy's Barn for purchase
- o Hop in on a whitewater trip on the Upper or Lower Slippery Rock Creek

- **All Weekend Long**

- o Gear Auction and Basket Raffles
- o Megan Thompson's Annual Gear Swap
- o Gear Vendors
- o Merchandise for sale
- o Bonfires and community
- o Group whitewater trips down the Upper (Class III) and Lower (Class II) Slippery Rock Creek



The Race

Saturday, April 13th on Lower Slippery Rock Creek

The race will take place on Lower Slippery Rock Creek, between Eckert Bridge and Harris Bridge. The race course takes place on a [Class II Whitewater section as defined by American Whitewater](#), recommended for experienced paddlers. Race classes are available for kayaks, canoes, rafts, and SUPs. The safety team will be placed throughout the course at major rapids.

Visit the link below to register for the race

<https://www.keelhauler.com/events-calendar/2024/4/13/slip-race-registration-2024>

The Friday Potluck

**THIS YEAR WE ARE GOING TO HAVE A POTLUCK
FRIDAY EVENING, WITH A BONFIRE AND LIVE MUSIC!**

The Keel-Haulers Canoe Club, with the help of its very own Chef Chris Guthrie, will be serving up pulled chicken and smoked pork sandwiches!

We're asking people to please sign in and bring a side or a dish! That will give us an accurate(ish) head count for a whole lot of spectacular food! **Sign up at the link below.**

<https://www.keelhauler.com/events-calendar/2024/4/12/slip-fest-2024-potluck>

Camping & Accommodations

Primitive sites are \$10 per night per person. These include a picnic table and a fire ring. Bathrooms and showers are available. Hillside decks and cabins are available as well, but limited.

Please pre-book your site or cabin at

<https://www.cheesemanfarm.com/breakneckcampground>

1757 Cheeseman Rd Portersville, PA 16051

The Main event will be held at [Breakneck Campground](#)

1757 Cheeseman Rd, Portersville, PA, United States, Pennsylvania

724-368-3233

Don't use the website address as it will take you to the farm and we want the campground ☺ and the google link to the campground is also broken. Use the above for reservations.

Slippery Rock Trip Report March 22nd and March 23rd From Jacki Zevenbergen

We had 2 days of fun Slipping into Spring on March 22nd and 23rd. It was the KHCC Slippery Rock Spring Opener. A dozen of us braved the cold and met at Rose Point to make a shuttle plan. The water was fast, and we were so effective that the upper group beat us to Eckert! We took a snack and cocoa break at Eckert and then the whole group finished the trip down to Harris. The wave trains were a blast at about 1200 cfs and rising. Our group was a little smaller Sunday with some different paddlers, but the weather was much nicer. These photos were taken by Laura Vaughn and Loretta A Mowry Given on Saturday.





A few more photos from Jeff Macklin:





Top 3 Exercises to Reduce Injury Risk in Whitewater Kayaking From Dr. Nick Anderson PT, DPT

Whitewater kayaking is an exhilarating and physically demanding sport that offers the thrill of navigating rapids and exploring breathtaking waterways. However, like any adventurous activity, it comes with inherent risks, including the potential for injury. As an orthopedic physical therapist with a passion for outdoor sports, I understand the importance of preparing your body to withstand the challenges of whitewater kayaking. In this blog post, I'll share the top three exercises to help reduce the risk of injury while enjoying this adrenaline-pumping sport.

Core Strengthening:

Core strength is essential for maintaining stability and balance in a kayak, especially when maneuvering through turbulent waters. A strong core not only improves paddling efficiency but also helps prevent injuries by stabilizing the spine and pelvis during dynamic movements. Here's a core-strengthening exercise to incorporate into your workout routine:

Exercises:

Russian Twists
Dynamic Planks

Shoulder Stability and Thoracic Spine Mobility:

The shoulders undergo significant stress during kayaking, especially during the paddling motion and when bracing against the water's force. Proper shoulder stability and mobility are crucial for injury prevention and performance enhancement. Spine mobility also plays a huge role in shoulder health. Incorporate the following exercise to strengthen the muscles surrounding the shoulders and improve their range of motion:

Exercises:

Shoulder External Rotation with Resistance Band (various positions)

Thread the Needle

Lower Body Stability and Power:

A strong and stable lower body is essential for maintaining balance and generating power while kayaking. Strengthening the muscles of the legs and hips can help reduce the risk of injuries, such as strains and sprains, and improve overall performance on the water. The hip flexors and hip rotators play a huge role in maintaining stability in the boat along with completing combat rolls. Try the following exercise to target the lower body:

Exercises:

Resisted Hip Flexor Knee to Chest

Deadlifts

Incorporate these exercises into your regular training routine to help reduce the risk of injury and improve your performance while whitewater kayaking. Remember to listen to your body, warm up adequately before paddling, and always wear appropriate safety gear. By prioritizing injury prevention and physical preparation, you can enjoy the thrill of whitewater kayaking to the fullest while minimizing the risk of setbacks. Happy paddling!

As an orthopedic physical therapist, I highly recommend consulting with a healthcare professional before starting any new exercise program, especially if you have a history of injuries or underlying medical conditions. They can provide personalized guidance and ensure that you're performing exercises safely and effectively.

Email PinPointPT1@gmail.com for a free orthopedic wellness screening.

Dr. Nick Anderson PT, DPT

Physical Therapist, Owner Pin-Point Physical Therapy LLC

Phone: (716) 969-7437, Website: [Click Here](#), **Pin-Point Physical Therapy LLC**

**Our Annual Southern Rivers Trips
A Reprint from 2016
From John Kobak**

Over the years this has become one of our most popular trips. Dave Hoelter and Bill Ridgway, who liked to race, had heard about an open canoe race on the Nantahala called the SE Championships each June. So, in 1972 they went down there to race and surprised the southern open boaters by their skill and technique, taking home race medals.



Nantahala Slalom & DR Race

Nantahala Slalom & DR Race They told the club about it, so that in 1973 Hank Annable organized the first southern club trip. At that time there were lots of kids in the club, so everyone headed down for the race and a one-week trip with their families. There were 48 people in all that came down and we stayed at Lost Mine Campground. Some of the attendees were Loren Schafer, Marty Kopp, Dick Priem, Jim Botamer, Chuck Singer, Dean Norman and me. We raced in the slalom as well as the downriver race.

As Carl Homberg mentioned last month "It all started with Deliverance". Hank pointed out to us that the Chattooga, where Deliverance was filmed, was not that far away, so most of our group headed there and started on Section 2. Dean Norman took a group up to Section 0, which has been off limits to run for years since then. We next tackled Section 3 and 18 paddlers even tried Section 4. Al Eland was the only paddler who had paddled this section before, so we were in for lots of adventure. Chuck Singer got caught in the killer hydraulic in Woodall Shoals, but swam out, leaving his fiberglass kayak in there for 10 minutes until 3' of the bow broke off, ending Chuck's run for that day, and it was 5 years before he tried Section 4 again.

It took us 9 hours to run the river as we got caught up rescuing some rafters who swam the first two drops of 5 falls and then one ended up almost drowning in "Crack in the Rock" hydraulic, Jim Botamer pulled him out and revived him. The 4 rafters all walked to the lake. The club was hooked on coming south to paddle each year.



Priem and Kobak Families

In 1974 we had 51 people on the trip. Peggy and I paddled a decked C-2 on section 3. Dick & Kathy Priem and their 5 kids, all kayaked in their new home-built fiberglass boats. In 1977 it was still a June trip, and I led another big group. This was the first year that there was water in the Ocoee, as the wooden bypass flume had broken. This started the whole rafting and paddling the Ocoee. We didn't know the lines and didn't play and the water was not that high so we were unimpressed but 3 years later we put this river back on our annual schedule. This was the year that Don Manson's wife Nancy rolled their van over, on the road driving up to the top Nantahala. Luckily no one was hurt. This also was the first year we paddled the Nolichucky on our way home.



Dick Priem, Bob Halsey & Brian Sammon



Jeff Kobak 14 years old at Bull Sluice photo by Sammon

I paddled the Chattooga a few times while picking up boats at Perception's factory and they asked; "Why are you coming down in June, the best whitewater is in April". So, in 1980 we moved what was to become our annual trip to Easter week. Fred Robinson decided to take a group down Five Falls in his large raft that year and got it stuck in the big hydraulic below "Crack in the Rock", it took a lot of ropes & people to get them out. Elliott Drysdale tried to paddle his kayak through and swam out ok, but his kayak surfed for 10 minutes. The river was 2.6', what we didn't know is that most of the locals didn't paddle it over 2'.

I can't remember what year that I had the worse swim of my life at Woodall Shoals. The 1.7' level encouraged our group to paddle right next to the big center hole. Each person must have moved a few inches to the left. I was last and way off course. I got stuck sideways in the hole and could not surf out in either direction. All my friends had cameras and throw ropes but didn't want to throw until I was out of my kayak. When I came out of the boat I got recycled twice until I dove to the bottom of the river and swam downstream as long as I could. I came up below the hole and grabbed onto a rope and was quickly rescued. I will never try that again.

In the 80's we alternated trip leaders from Ron Montgomery to Chuck Singer and back to me. We averaged about 20-30 paddlers on each of these trips. We honed a schedule that seemed to work well, especially for the intermediate paddlers. We started on The

Nolichucky or French Broad depending on level, got to the Ocoee for an Easter Sunday run. We would start with an Easter egg hunt and a big pancake breakfast. We would then head to Section 3 & 4 of the Chattooga and back to rivers in TN like the Tellico or Little River.



Ron Montgomery

Our trip in 1991 was very exciting on the French Broad. The heavy rain had brought the level above 50,000 CFS. We had a group of intermediate paddlers. There were some easily avoidable huge hydraulics recirculating 55 gal drums and trees, deer were swimming by. Part way down, Natasha Galvez swam and wanted out and thought that the friendly guys on shore would give her a ride back to her car. They did, but every few miles they would stop and shoot up the trees with automatic weapons. She was scared to death but it worked out OK. Frank Bell's rapid was gone and the river at the takeout had come up almost to our car doors.

In 1995 we headed over to the Cumberland Plateau after the normal Chattooga trip and I got to paddle the Big South Fork with some paddlers from the Columbus AYH. In 1997 we added Daddy's Creek and Clear Creek and Emory to the BSF.



Dave Becker at Corkscrew

In 1998 our strong group ran the Watauga Gorge and we had groups on both Sat & Sun running the Tallulah Gorge. The 58' slopping falls called Oceana scared me to death, but I made it. I decided this was the last time I would do this run.

In 1999 Sue Whitney lost her kayak running Five Falls. It must have stuck in "Crack in the Rock" and finally washed out 4 days later to be retrieved by a paddler from Atlanta.



Lunch on the Ocoee - 2000

On 2000's trip, or next time don't believe Kobak, when he says Daddy's Creek is open today. Everybody got tickets, except me, I hid in Santo's van, for trespassing in the Catoosa Turkey Hunt area.





In 2001-02 Elliott Drysdale led the trips



Brent Laubaugh on Wilson Creek



Dave Broer - Baby Falls of Tellico



Lee Owen dislocated his shoulder on this run.



John Kobak & Bob Nicholson on the Little River in 2003.

In 2004-05 Michael Duvall became the trip organizer. The 2004 trip got snowed out on the Little River and the 2005 trip had the most excitement we ever had on a trip. We had a communication problem when I signaled Bob Nicholson to wait before attempting to run Jaw Bone, so I could set up a throw line above Sock-em-Dog. He came before I could get set, flipped and swam all the way down to Sock-em-Dog where he went over the drop and shattered his leg on a rock. Eric Roush was an EMT who splinted Bob's leg while I raced out with Joe Yilek to get a cell signal and call 911. They sent in a rescue team by boat to get Bob to the local hospital.

Lots of new friendships have been formed on these long trips and paddlers' skills have increased by paddling each day with a group of safe advanced paddlers. If you want more pictures and trip details, since 1992 the newsletter has had good articles posted, here are the links to each of those trip reports.

<u>Southern Rivers Trip - 1992</u>	<u>Southern Rivers Trip - 2003</u>
<u>Southern Rivers Trip - 1994</u>	<u>Southern Rivers Trip - 2004</u>
<u>Southern Rivers Trip - 1995</u>	<u>Southern Rivers Trip - 2005</u>
<u>Southern Rivers Trip - 1996</u>	<u>Southern Rivers Trip - 2006</u>
<u>Southern Rivers Trip - 1998</u>	<u>Southern Rivers Trip - 2007</u>
<u>Southern Rivers Trip - 1999</u>	<u>Southern Rivers Trip - 2008</u>
<u>Southern Rivers Trip - 2000</u>	<u>Southern Rivers Trip - 2011</u>
<u>Southern Rivers Trip - 2001</u>	<u>Southern Rivers Trip - 2012</u>
<u>Southern Rivers Trip - 2002</u>	<u>Southern Rivers Trip - 2013</u>

For the last few years there has been more than one southern trip on our schedule because of people having different spring breaks and some people's tolerance to cold weather. There are also trips for different paddling skills. So, I hope that more people follow the tradition and get out on future trips now that gas prices are so cheap.

2024 Cheat River Festival and other events

cheatfest.org

May 3rd & 4th, 2024

The annual Cheat River Festival is a celebration of the rebirth of the Cheat River watershed. Cheat Fest is [Friends of the Cheat's](#) annual fundraiser which helps us advance our watershed projects and supports the organization's administrative costs. Rain or shine, Cheat Fest is always a good time!

From 5:30pm 'till 10:00pm on Friday, May 3rd, and 11:30am 'till 11:30pm on Saturday, May 4th, the festival grounds in Albright, West Virginia will once again transform into a haven for boaters, music lovers, and families. Bands from all over Appalachia will entertain

crowds with live music, while Fest goers browse the Art Market, learn about other non-profit organizations that share the FOC vision, buy from a variety of food and merchandise vendors, and above all, help support Friends of the Cheat. **Please consider bringing a nonperishable food item for our Cheat Fest Food Drive!**

Another reason to love Cheat Fest: kids under twelve are free! Kids of all ages can congregate at the ever-growing Kid's Tent from noon 'till 5:00pm on Saturday for a host of hands-on activities.

The Cheat River Festival is the primary fundraiser of the year for Friends of the Cheat. All profits from Cheat Fest are used to support our projects and programs that experience shortfalls during the year.

Other events:

Cheat River Narrows Cleanup Event. Saturday, April 6th: 10am to 2pm (ish)

Join FOC Board Member, Dani Martin, for a trash pickup along Rt 72 bordering the Cheat River Narrows. [Please RSVP on her Facebook event page.](#)

Participants will meet at the at the Pringle Run parking area (39.4168020, -79.6883980) by 10:00am. Please dress accordingly for the weather which as of now looks beautiful and sunny with a high of 58 degrees.

FOC Spring Adopt-A- Highway Litter Cleanup, Sunday, April 14th from 11am to 2pm

Help FOC do some Spring cleaning before Cheatfest. Join us for our [Adopt-a-Highway litter pickup](#) along Rt. 26 in Albright, WV. Meet at the Friends of the Cheat Campground at 11:00am. FOC will provide gloves, bags, and vests. We will divide into groups, each group driving to a different starting point, to cover all 3 miles. We hope to see you there!

**Upcoming Classes
Sign up quick!**

Common Sense Swift Water Rescue with H2O Dreams 2024

2024 Dates: June 7th-9th, **Cost:** \$150 for KHCC members

Sign Up: [Common Sense Swift Water Rescue with H2O Dreams 2024 — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

Mark Hanna & Carl Schneider Memorial ACA Swift Water Rescue with Charles Duffy

2024 Date: May 3rd - 5th, **Cost:** \$125 **Sign Up:** [Mark Hanna & Carl Schneider Memorial ACA Swift Water Rescue with Charles Duffy 2024 — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

Mountain Watershed Association
Home - Mountain Watershed Association
(mtwatershed.com)

The Keel-hauler's support the Mountain Watershed Association's conservation efforts! A couple of upcoming events:

Birds & Blooms Hike in the Gorge: May 4 @ 8:00 am - 11:00 am

Indian Creek Valley Trail – Gorge Section, Free

West Newton River Cleanup (Spring): May 18 @ 8:00 am - 3:00 pm

Bloom Brew, Free

Keel-hauler Trip Planning 2024
Calendar of Events on our website

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event! [Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

Saturday, April 6

North Branch Release

Stonycreek Release

10:00am 1st Stonycreek Release of 2024 Paddle Par-tay

8:30am 2024 Top Yough Race

Sunday, April 7

North Branch Release

Stonycreek Release

» 1:00pm 1st Stonycreek Release of 2024 Paddle Par-tay

Friday, April 12-14th

7:00pm Slip Fest & Race 2024

Saturday, April 20

Stonycreek Release

11:00am North Branch Potomac, river trip

Sunday, April 21

Stonycreek Release

» 11:50am North Branch Potomac, river trip

Thursday, April 25

6:00pm Kick Off Party! Open Invite!

Saturday, April 27

8:00am Cuyahoga Falls Fest [\(20+\) Cuyahoga Falls Fest 2024 | Facebook](#)

2024 Club Officers

President:	Brian Smart	330-809-7409
VP:	Ted Moore	330-608-9456
Secretary:	Jennifer Hughes	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. **Membership Chairman: John Kobak**

New memberships, renewals, change in address or phone, **temporarily** send to: Kelly Miller, 701 Forrest Ave, Geneva, IL 60134

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Keel-Hauler Kanews

April 2024

Kelly Miller, Editor



Keel-hauler's Ka-news MAY, 2024



Next Keel-hauler meeting to be announced...

Keel-hauler Treasurer's Report April 24, 2024 From Anthony Lazzaro

Checking	\$2,574.55
CD	\$2,323.12
CD	\$2,323.31
<u>PayPal</u>	<u>\$5,772.95</u>
Total	\$12,993.93

SlipFest 2024 Recap April 12 – 14, 2024 By Kristen Walters-Magg and Matt Pascal

Slip Fest 2024 all came together with Neshannock Creek!

The Slip Fest 2024 all came together better than any of us could have imagined. With extra effort on the whole team to get a plan together each day for how the event would work best and safely for everyone.

Not only was our beer sponsor Neshannock Creek Brewing, but the Slip Fest race was also run on Sunday on Neshannock Creek!

The most amazing thank you to our 13 sponsors. Extra thanks for Ace Adventures for bringing the needed kayak\camping supplies for all the elements. Special thanks to High Water Hobbies for hanging in there on the roughest weather day of the weekend. Both for bring kayaks and rafts to try and buy. Neshannock Creek Brewery for

providing beer all weekend rain and shine! Brian for getting an Ice Cream Truck and Nick Anderson of Pinpoint Therapy for setting up at the race finish.

We are looking forward to Slip Fest 2025!

Race Results:

Racer Name	Boat Class	Scheduled Start	Actual Start	Finish Time	Elapsed Time	Series Points
Ava Harchak	A*	10:00:00	10:00:00	10:29:14	0:29:14	10
Matt Pascal	A	10:00:00	10:00:00	10:29:19	0:29:19	
Alex Vesey	A	10:00:00	10:00:00	10:29:27	0:29:27	10
Martin Wick	A	10:00:00	10:12:32	10:42:30	0:29:58	7
Lincoln Meiser-Rioux	A	10:00:00	10:00:00	10:31:12	0:31:12	5
Brian Joly	A	10:00:00	10:00:00	10:31:38	0:31:38	3
Elijah Evans	D	10:00:00	10:00:00	10:32:38	0:32:38	10
Erin Barket	D*	10:00:00	10:00:00	10:32:42	0:32:42	10
Eric Saul	D	10:00:00	10:00:00	10:33:25	0:33:25	7
Dave Harirs	D	10:00:00	10:00:00	10:33:58	0:33:58	5
Jen Damon	D*	10:00:00	10:00:00	10:34:18	0:34:18	7
Annelies Layton	D*	10:00:00	10:00:00	10:35:26	0:35:26	5
Cliff Wire	E	10:00:00	10:00:00	10:35:46	0:35:46	
Paul Isaac	E	10:00:00	10:00:00	10:36:09	0:36:09	
Jeff Wilson	F	10:00:00	10:00:00	10:37:01	0:37:01	
Barry Adams	B	10:00:00	10:00:00	10:37:15	0:37:15	
Bernie Dawson	G	10:00:00	10:00:00	10:37:20	0:37:20	10
Mike Gaines	G	10:00:00	10:00:00	10:37:47	0:37:47	7
Dane Holler	F	10:00:00	10:00:36	10:40:30	0:39:54	
Jim Collingwood	I1	10:00:00	10:00:00	10:40:39	0:40:39	10
Todd Ellis	SUP	10:00:00	10:00:00	10:45:30	0:45:30	7
Nick Macuga	F	10:00:00	10:00:00	10:46:07	0:46:07	
Alexandra Ion/Chris Harrison	I2	10:00:00	10:00:00	10:47:45	0:47:45	5
Tim Hughes	G	10:00:00	10:00:00	11:03:01	1:03:01	5

Pictures from Kristen Walters-Magg and Nick Anderson











APRIL 12-14 2024
BREAKNECK CAMPGROUND
PORTERSVILLE, PA

2024 Cheat River Festival and other events
cheatfest.org
May 3rd & 4th, 2024



The annual Cheat River Festival is a celebration of the rebirth of the Cheat River watershed. Cheat Fest is [Friends of the Cheat's](https://Friends of the Cheat) annual fundraiser which helps us advance our watershed projects and supports the organization's administrative costs. Rain or shine, Cheat Fest is always a good time!

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Food for Preston **Suggested Donation List**

Nonperishable **Food Items**

Baby Food
Baby Formula
Beans, Dried/Canned
Biscuit Mix
Cake Mix
Cereal
Cereal Bars
Corn Bread Mix
Crackers
Fruits, Canned
Granola Bars
Macaroni & Cheese
Milk, Canned/Boxed
Pasta
Peanut Butter
Potato Mix Boxes
Ramen
Rice
Salmon, Canned
Saltines
Soup
Spaghetti Sauce
Stuffing Mix
Tuna
Vegetables, Canned

Hygiene/Cleaning **Items**

Bleach Wipes
Dental Floss
Deodorant
Dish Soap
Feminine Hygiene Products
Household Cleaners
Lotion
Mouthwash
Paper Towels
Sanitizer
Shampoo/Conditioner
Soap
Tissues
Toilet Paper
Toothbrushes
Toothpaste
Trash Bags

Another reason to love Cheat Fest: kids under twelve are free! Kids of all ages can congregate at the ever-growing Kid's Tent from noon 'till 5:00pm on Saturday for a host of hands-on activities.

The Cheat River Festival is the primary fundraiser of the year for Friends of the Cheat. All profits from Cheat Fest are used to support our projects and programs that experience shortfalls during the year.

Help Friends of the Cheat
Raise Money for Whitewater Access

**Help FOC raise \$20,000 for Whitewater
Access Maintenance in the Cheat Canyon
and Cheat Narrows!**

[Click Here to Donate to the 2024 Whitewater Access Fund](#)

[Support Whitewater Public Access on the Cheat River and Big Sandy \(mailchi.mp\)](#)

**Western Reserve Land Conservancy
Grand River Cleanup 8am-2pm
From Jacki Zevenbergen**

[Annual Grand River Cleanup 2024 | Western Reserve Land Conservancy
\(wrlandconservancy.org\)](#)



**Stonycreek Rendezvous
May 18at 9am-May 19th at 5pm**
[KH Paddle Stony Rendezvous 2024 | Facebook](#)

We are in the process of booking one of the pavilions. There are official Keel-Hauler club runs on Saturday & Sunday. If you are planning on this being your PFD, feel free to reach out with any questions.

All logistical details/meet times to come.

- To sign up to lead/provide safety support → <https://tinyurl.com/yxpzfpx>
- For info on Stonycreek Rendezvous → <https://fb.me/e/21GcRohgo>

Keel-hauler Trip Planning 2024 **Calendar of Events on our website**

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Friday, May 3

Duffy swift water rescue
5:00pm Cheat River Festival
5:00pm Cheat River Festival
5:00pm RICK GUSIC'S CHEAT RIVER MASSACRE-ENCE

Saturday, May 4

Duffy swift water rescue
11:00 2024 Cheat River Festival
North Branch Release
Stonycreek Release

Sunday, May 5

Duffy swift water rescue
North Branch Release
Stonycreek Release

Friday, May 10

New River Race and Rodeo

Saturday, May 11

New River Race and Rodeo
10:00am Bill Conrad Memorial Float

Sunday, May 12

New River Race and Rodeo

Friday, May 17

8:00am 2024 Stonycreek Rendezvous [2024 Rendezvous - Benscreek Canoe Club](#)

Saturday, May 18

2024 Stonycreek Rendezvous
9:00am KH Paddle Stony Rendezvous 2024 [\(5\) KH Paddle Stony Rendezvous 2024 | Facebook](#)

Sunday, May 19

» Stonycreek Rendezvous
» KH Paddle Stony Rendezvous 2024
11:00am Dry Fork with a North Branch fall back

Saturday, May 25

Stonycreek Release

Saturday, June 1

8:00am Stonycreek Release

Sunday, June 2

9:00am Stonycreek Release

2024 Club Officers

President:	Brian Smart	330-809-7409
VP:	Ted Moore	330-608-9456
Secretary:	Jennifer Hughes	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. **Membership Chairman: John Kobak**

New memberships, renewals, change in address or phone, mail to: John Kobak, 1649 Allen Dr, Westlake, OH, 44145.

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Please consider writing a trip report, an article, or send a photo for the next newsletter!
The deadline for the June 2024 issue of the newsletter is 5/23/2024. Please send articles and/or pictures to: Kelly Miller (Laubaugh) at peetzaguy@aol.com.

Keel-Hauler Kanews

May 2024

Kelly Miller, Editor



Keel-hauler's Ka-news

JUNE, 2024



Next Keel-hauler meeting ...

Keel-Haulers Summer Picnic 2024

Friday, August 9th 11:00 AM through Sunday, August 11th

Tall Oaks Campground, 544 Camp Riamo Road

Farmington, PA, 15437 ([map](#))

More information as well as a sign up for camping and paddling here:

[Keel-Haulers Summer Picnic 2024! — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

There will also be a kayak raffle. You will have a chance to win a New Medium Jackson Flow donated by Falls Outdoor Company!

[Falls Outdoor Company | Kayak and Camping Gear Store](#)

Keel-hauler Treasurer's Report May 28, 2024 From Anthony Lazzaro

Checking	\$2,932.78
CD	\$2,323.18
CD	\$2,323.50
Total	\$7,579.46

SlipFest 2024 Recap
April 12 – 14, 2024
From Brian Smart

Income	
Money Donations	\$800.00
Raffle Sales Cash	\$425.00
Raffle Sales Credit	\$400.00
Race Registration - Squarespace	\$1,785.00
Race Registration - Cash	\$140.00
Tee Shirt Sales Cash	\$510.00
Tee Shirt Sales Credit	\$210.00
Spring Tee Profits	\$19.43
Kayak Raffle Cash	\$440.00
Kayak Raffle Credit	\$180.00
<u>Kayak Raffle Squarespace</u>	<u>\$880.00</u>
Total	\$5,789.43
Expenses	
Tee Shirts	\$1,164.64
Food	\$174.92
Supplies	\$253.68
Advertisement	\$510.27
Medals	\$510.27
Permit's/Insurance	\$287.50
Venders	\$503.90
<u>Band/Music</u>	<u>\$750.00</u>
Total	\$4,155.18
Totals	
Income	\$5,789.43
<u>Expense</u>	<u>\$4,155.18</u>
Profit	\$1,634.25
Key Stats	
Sales	120
Cash	\$1,515.00
Card	\$790.00
Fees	-22.64
Total Square Up	\$2,282.36

**2024 Meet the Cheat Community Paddle
Friends of the Cheat Paddle
Sunday, June 9th**



Sunday, June 9th - from 10:00am to 7:00pm

Float 8 miles of the UPPER CHEAT RIVER WATER TRAIL

Join FOC, the Upper Cheat River Water Trail Committee, and Blackwater Outdoors Adventures (BOA) for the Tucker County Meet the Cheat event! Participants will meet at Blackwater Outdoor Adventures (address is 60 Location Road, Parsons, WV 26287) by 10:00am for check in. **ALL PARTICIPANTS MUST REGISTER – THOSE RENTING BOATS AND THOSE BRINGING THEIR OWN BOATS.**

Have some (dry) cash in your pocket! We'll have Screech Owl Brewing on site serving food/beer from 3:00pm to 7:00pm – and some great merch in the FOC booth.

Kayak and Canoe rentals are available through BOA via this [link](#) – please select 8 MILE – 10:00 AM slots. Kayak Rentals are \$39 per person, and canoe and

double kayak rentals are \$69 (minimum of two people per canoe). \$10 from each rental will go to the Cheat River Water Trail.

Have your own boats? Head to <https://cheatriverwatertrail.org/events/> Registration is \$10 per person - kids 12 and under are free (unless you're renting a kayak or canoe).

For those bringing their boats, please drop your boats at the Holly Meadows put-in (click here for GPS link) before checking in at Blackwater Outdoor Adventures for shuttle. Carpooling is key – parking space is limited. Email Beth Warnick at bwarnick@cheat.org or Lisa Maraffa at lisa@cheat.org with questions. See you on the river!

Outdoor Roll Sessions Indigo Lake and Munroe Falls Lake

Scroll down on this page and check out the schedule here:
[Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

Keel-hauler Trip Planning 2024 [Calendar of Events on our website](#)

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Saturday, June 1

8:00am [Stonycreek Release](#)

Sunday, June 2

9:00am [Stonycreek Release](#)

Monday, June 3

6:00pm [Open Water Rescue Training](#)

Saturday, June 15

8:00am [Stonycreek Release](#)

Sunday, June 16

9:00am [Stonycreek Release](#)

Saturday, June 22

7:00am [Blazing Paddles Paddlefest 2024](#) [\(20+\) Blazing Paddles Paddlefest 2024 | Facebook](#)

Thursday, July 11

8:00am [Fun Tour: Falls Outdoor Company](#) [\(20+\) Fun Tour: Falls Outdoor Company | Facebook](#)

2024 Club Officers

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VP:	Ted Moore	330-608-9456
Secretary:	Jennifer Hughes	Secy@keelhauler.org
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Keel-Hauler Kanews

June 2024

Kelly Miller, Editor



Keel-hauler's Ka-news JULY, 2024



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Friday, August 9th 11:00 AM through Sunday, August 11th

Tall Oaks Campground, 544 Camp Riamo Road

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More information as well as a sign up for camping and paddling here:

[Keel-Haulers Summer Picnic 2024! — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

There will also be a kayak raffle. You will have a chance to win a New Medium Jackson Flow donated by Falls Outdoor Company!

[Falls Outdoor Company | Kayak and Camping Gear Store](#)

Keel-hauler Treasurer's Report June 25, 2024 From Anthony Lazzaro

Checking	\$1,483.34
CD	\$2,323.24
CD	\$2,323.70
Total	\$6,130.28

**Renew Your Membership Now
From John Kobak**

**It is nearing the end of our membership year, start renewing now.
Remember all 2024 memberships will expire on Oct 1, 2024**

Also the special **New Member Prices are now available, starting July 1st.**

Tell your non-member friends & paddling buddies that if they join now, they **Save 35%**. So instead of paying for a \$20 membership for 2024 they can also pay for 2025. Instead of a \$40 membership cost for 2024-25, they only pay \$26. They just fill out our [Registration Form](#), and their payment options will be displayed.

All existing members can start paying their 2025 dues now, no need to submit a new application unless you need to change any membership information.

Pay your 2025 dues or pay for 2025 and 2026 and save \$4.00 by using this link <https://www.keelhauler.com/ezpay25s>

Over 85 Members have already paid their dues for 2025, so please disregard if you are already paid your dues for 2025.

You can review your current membership listing, using this link [KH Members](#).

If the last column by your name says **4**, then you are paid for 2024. If it shows **45**, you are also paid for 2025. This file is password protected for members only; use the current 2024 password which is sent out in our monthly e-mail.

**20th Annual South Bass Island
Kayak Rendezvous
By Kristen Walters Magg**

<http://www.sbikayakrendezvous.com/>

20th Annual South Bass Island Kayak Rendezvous

June 7-9, 2024 South Bass Island: This was the 20th year for the South Bass Island Kayak Rendezvous as the premier kayaking gathering on Lake Erie. Join more than 100 kayakers from

the tri-state area and beyond for a weekend of paddling, camping, socializing and exploring the islands located in the western basin of Lake Erie.

Each year on the second weekend after Memorial Day, paddlers have descended upon the South Bass Island State Park for this annual gathering. This paddler organized event, brings kayakers together for a fun weekend. Safety is our utmost concern and paddlers are encouraged to plan their own water-based activities, but join our land-based social functions. There are countless paddling opportunities among the islands of the Western Basin. For beginners there are paddling opportunities within the Put-in-Bay Harbor, for intermediate paddlers, there are miles of island coastline to paddle and for experienced paddlers there are dozens of open water crossings between islands to explore.

Most of all, come, paddle, socialize at the Pot Luck\Guest Speak on Friday and experience the wonderful gem we call the Erie Islands!

Special Guest speaker for 2024 was Patrick Forester: Owner and President of Falcon Sails, he did a nice job reviewing his Sea Kayaking trip in Ireland and how his Falcon Sails company came about and server 65 countries.

This is such a fun weekend. Not only are you able to paddle with people your speed, the Sail boat Regatta is the same weekend and they all arrive in the harbor overnight. A quick paddle from the park to the Harbor to see them all docked. Friday the west side was very choppy, many took their boats and entered by Perry's Monument where it was calm. Saturday was an excellent day to paddle everywhere. Sunday many paddlers were staying till Monday, however I took the ferry across the mainland and paddle Sandusky Bay on my paddle board.

If you have wanted to enjoy a weekend of Sea Kayaking this is a great opportunity. Looking forward to 2025!



East-Perry Monument



Every Sea Kayak they make



Guest Speaker Patrick



West-Choppy on Friday



Paddling Sandusky Bay

**Outdoor Roll Sessions
Indigo Lake and Munroe Falls Lake**

Scroll down to the bottom on this page and check out the schedule here:
[Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club \(keelhauler.com\)](https://www.keelhauler.com/roll-sessions-clinics-and-practice)

**Open Water Safety Class
41n.com
From Kristen Walters Magg**

Prior to going to the South Bass Island Kayaking Rendezvous, I and a few other Keel-Hauler Members attended an Open water safety class at 41° North Coastal Adventures (41n.com) in Lakewood, Ohio. Josh Scott, another Keel-Hauler Member was the instructor. He does a fantastic job covering as many rescue scenarios as possible and giving you ample time to try them. Member Robin Lockshine Shell was all in and tried every recovery option. Thank you to Member Haigang Zhou for the photo evidence.



Robin Lockshine Shell rescued by Josh Scott. Photo taken by Haigang Zhou.

Basic Recreational Paddling Training at Munroe Falls Lake

Sunday, July 7, 2024 from 9:00 AM to 12:00 PM, Munroe Falls Lake 521 South River Road,
Munroe Falls, OH, 44262 ([map](#)).

Sign up at this link: [Basic Recreational Paddling Training at Munroe Falls Lake — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

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[Calendar of Events on our website](#)

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event! [Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

Monday, July 1

6:00pm Open Water Rescue Training

Tuesday, July 2

5:00pm Munroe Falls Outdoor Roll Practice

Sunday, July 7

9:00am Basic Recreational Paddling Training at Munroe Falls Lake

11:00am Buck Creek River Clean Up, 107 Cliff Park Rd, Springfield, OH

5:30pm Alum Creek Roll Practice

Tuesday, July 9

5:00pm Indigo Lake Outdoor Roll Practice

Wednesday, July 10

7:00am Indigo Lake Outdoor Roll Practice

Thursday, July 11

8:00am Fun Tour: Falls Outdoor Company, [Falls Outdoor Company | Kayak and Camping Gear Store](#)

Monday, July 15

6:00pm Open Water Rescue Training

Tuesday, July 16

5:00pm Munroe Falls Outdoor Roll Practice

Tuesday, July 23

5:00pm Indigo Lake Outdoor Roll Practice

Wednesday, July 24

7:00am Indigo Lake Outdoor Roll Practice

Monday, July 29

6:00pm Open Water Rescue Training

Tuesday, July 30

5:00pm Munroe Falls Outdoor Roll Practice

Sunday, August 4

10:00am Annual Cuyahoga River Cleanup [Annual Cuyahoga River Cleanup, 2374 Front St, Cuyahoga Falls, OH, United States, Ohio 44221, 4 August 2024 | AllEvents.in](#)

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Keel-Hauler Kanews

July 2024

Kelly Miller, Editor



Keel-hauler's Ka-news AUGUST, 2024



Next Keel-hauler meeting ... Keel-Haulers Summer Picnic 2024

Friday, August 9th 11:00 AM through Sunday, August 11th
Tall Oaks Campground

544 Camp Riamo Road, Farmington, PA, 15437 ([map](#))

We are two weeks away from our Summer Club Picnic Weekend!

SAVE THE DATE: August 9th-11th

Boating Saturday and Sunday - Guided Middle and Lower Yough trips on both days.
Meeting at Lower Yough put in Parking Lot at 10 am both days.
Stay tuned because the Middle Yough trip might change meeting location.

Picnic and club meeting- Saturday, August 10th, 7pm, at Pavilion 3 at Tall Oaks

Potluck- The club will provide the main course of burgers and hot dogs.
Everyone please bring a side to share. Sign up for what you will bring to the potluck
here: https://docs.google.com/spreadsheets/d/1DiPbsSeU7-YltHleKoGRnCnxt7h0HjoGWAAnYCD_GEsq/edit?usp=sharing

Camping- Group Tent camping will be at Tall Oaks campground.
Camping will cost \$20 per person for the whole weekend!
We have sites 50, 51, 52, 53 and Pavilion 3. Pay here:
<https://www.keelhauler.com/events-calendar/2024/5/22/keel-haulers-summer-picnic-2024>

Boat Raffle- Medium Jackson Gnarvana.

Purchase tickets for \$20 each. Winner will be announced at the Summer Picnic at Tall Oaks on August 12th, 2024. The winner does not need to be present but will need to arrange transport home.

After purchase give 24-48 hours to receive a email with your auction ticket number.

Buy Raffle Tickets: <https://www.keelhauler.com/events-calendar/2024/5/22/keel-haulers-summer-picnic-2024>

Brianna Wiser

Officer and Volunteer Slate for the new Keel-hauler year beginning October 2024 From Brian Smart

Every time I work on this list, I am in absolute awe of how many volunteers this club has! I want to start this post off by thanking every single one of you, without you we would not be able to do all the awesome things we do every year.

As you look at this list, please notice all the volunteers who wear many hats and get involved in different committees or organize an event. The truth is there are many people who volunteer who are not on this list, there are a lot of people who make this club great.

We are looking to fill a lot of positions for 2025, we added new ones, and some are existing. If you see something that you think would be a good fit for you, please speak and send us a message and let us know your interest. If you think someone else would be good for a position, call them out!

If there is anyone who is on this list and does not want to be please shoot us an email.

Some of these positions will be voted on at our October Meeting and they include President, Vice President, Secretary, and two Trustees, as you can see by this list, we have people lined up who are interested nominated but there can always be additional nominations and proposals.

Brian Smart, clevelandkeelhaulers@gmail.com

Please consider volunteering. Positions that need volunteers are highlighted in yellow.

2024	2025
President - Brian Smart	President - Ted Moore (or not yet nominated candidate)
Vice President - Ted Moore	Vice President - Brian Smart (or not yet nominated candidate)
Secretary - Jennifer Hughes	Secretary - Jennifer Hughes (nominate for 2nd term)
Treasurer - Anthony Lazzaro	Treasurer - Anthony Lazzaro (nominate for a 2 nd term)
Trustee 1 - John Banach (2022-2024)	Trustee 1 - John Banach (end of term) (or not yet nominated candidate) Candidate's - Seth Anderson (2025-2027)
Trustee 2 - Mike Gillam (2023-2025)	Trustee 2 - Mike Gillam (requesting replacement) Nominate John Banach to finish term (2023-2025)
Trustee 3 - Kelly Miller (2024-2026)	Trustee 3 - Kelly Miller (2024-2026)
Membership Chair - John Kobak	Membership Chair - John Kobak
Conservation Committee - Jacki Zevenbergen, Kristen Maag, and	Conservation Committee - Kristen Maag (Chair), Jacki Zevenbergen,
Training Committee - Annaleigh Koch (Chair), Brian Smart, John	Training Committee - Annaleigh Koch (Chair), Brian Smart, John
Zevenbergen, Josh Scott, Mark Spang, Moneen McBride, Seth	Zevenbergen, Josh Scott, Mark Spang, Moneen McBride, Seth Anderson,
Anderson, Ted Moore	Ted Moore
Safety & Rescue Chair - Seth Anderson	Safety & Rescue Chair - John Zevenbergen
	Safety & Rescue Assistant - Seth Anderson
Pool Session Chair - Linda Kuhajda	Pool Session Chair - Needs Volunteer
Recreational Paddling Chair - Dan Hardwick	Recreational Paddling Chair - Needs Volunteer
Newsletter Editor - Kelly Miller	Newsletter Editor - Kelly Miller
Librarian - Cliff Wire	Librarian - Cliff Wire
Meeting Coordinators - Jeremiah Richard, Chris Guthrie, and Brian Smart	Meeting Coordinators - Needs Volunteers
Sea Paddling (Erie) Chair - Josh Scott	Sea Paddling (Erie) Chair - Josh Scott
Trip Scheduling Committee - Ethan Kay and Andrea Morgan	Trip Scheduling Committee - Ethan Kay and Andrea Morgan

Website Development Committee - Brian Smart, Chloe Shepherd, Domenic Bentz, John Kobak, Kelly Miller, and Rachel Faber	Website Development Committee - Brian Smart, Chloe Shepherd, Domenic Bentz, John Kobak, Kelly Miller, and Rachel Faber
Slip Fest 2024	Slip Fest 2025
Festival Director - Brian Smart	Festival Director - Rachel Faber
Assistant Festival Director - Rachel Faber	Assistant Festival Director - Brian Smart
Race Director - Matt Pascal	Race Director - Andrea Morgen
Assistant Race Director - Martin Wick	Assistant Race Director - Matt Pascal
Registration Director - Andrea Morgen	Registration Director - Kristen Maag
Assistant Registration Director - Mike Vogel	Assistant Registration Director - Needs Volunteer
Safety Director - Seth Anderson	Safety Director - Seth Anderson
Safety Assistant - None	Safety Assistant - Needs Volunteer
Timing Director - Annaleigh Koch	Timing Director - Needs Volunteer
Swap Meet Director - Kristen Maag	Swap Meet Director - Needs Volunteer
Human Resources - Ted Moore	Human Resources - Ted Moore
Summer Picnic 2024	Summer Picnic 2025
Brianna Wiser	Brianna Wiser
Seth Anderson	Seth Anderson
Fall Colors 2024	Fall Colors 2025
Rachel Faber	Needs Volunteer
Annaleigh Koch	Needs Volunteer
Stony Fest 2024	Stony Fest 2025
Chloe Sheperd	Needs Volunteer
Matt Fredmonsky	Needs Volunteer
Jeremiah Richard	
	Cuyahoga Fest 2025
	Needs Volunteer
	Needs Volunteer
	Cheat Fest 2025
	Needs Volunteer
	Needs Volunteer
	Week Of Rivers 2025
	Needs Volunteer
	Needs Volunteer
	Paddle Fest 2025
	Needs Volunteer
	Needs Volunteer
	Cleveland Boat Show 2025
	Needs Volunteer
	Needs Volunteer

**Renew Your Membership Now
From John Kobak**

It is nearing the end of our membership year; you can start renewing now.

Remember all 2024 memberships will expire on Oct 1, 2024

All members should start paying their 2025 dues now, no need to submit an application.

Pay your 2025 Dues or pay for 2025 & 2026 and save \$4.00 by using this link
<https://www.keelhauler.com/ezpay25s>

Almost 100 Members have already paid their dues for 2025, so please disregard if you have already paid. You can review your current membership listing, using this link & Use 2024 Password in my monthly e-mail. https://www.keelhauler.com/s/khint_pw.pdf

If the last column by your name says **4**, then you are paid for 2024. If it shows **45**, you are also paid for 2025. If it shows 456, you are already paid for 2025 & 2026.

Also, the special New Member Prices are still available.

Encourage your non-member friends & paddling buddies to join now and **Save 35%**. So instead of paying for a \$20 membership for 2024 they can also pay for 2025, Instead of a \$40 membership cost for 2024-25, they only need to pay \$26. They just fill out our <https://www.keelhauler.com/membership-application> and their payment options will be displayed.

Also, our club members can get **\$10 off** their **American Whitewater membership dues**. AW's website and river stewardship projects are all funded by these memberships. Please join or renew today by clicking this [American Whitewater](#) link and select Affiliate Club Member.

Why Join AW?

Whitewater rivers face a range of threats from dams to water withdrawals to access closures. In pursuing our river stewardship goals, we aim to create the greatest possible impact for whitewater rivers and enthusiasts. Our conservation and restoration work is infused with recreational knowledge and enthusiasm, and our recreation work is driven by a deep conservation ethic. View the annual impacts of our stewardship efforts in the link below.



Click for bigger version

**Keel-hauler Treasurer's Report
July 29, 2024
From Anthony Lazzaro**

Checking	\$ 1,459 .95
CD	\$ 2,323 .30
CD	<u>\$ 2,323 .89</u>
Total	\$ 6,107.14

**Club gives instruction to true beginners
By Mark Spang**

Think about your very first kayak experience. You know, when you would have been thrilled to rise to the ranks of being a beater.

Like, when you pulled hard on one side only to go into an uncontrolled spin on the other; glided into a tree limb when you discovered that those foot pegs don't have brake pedals; or you leaned away from a turn only to flip in the pile of water building up on the outside edge.

Inexpensive instruction for beginners can be hard to find and learning the hard way can become exhausting.

On July 7, the Keel-haulers in conjunction with Burning River Adventures, 41 degrees North and Falls Outdoor Co., helped 10 paddlers learn flatwater skills in a free 3-hour Basic Recreational Paddling course at Munroe Falls Lake Metro Park in Summit County.

The course was put together by the Keel-haulers Training Committee and led by all-volunteer instructors. ACA certified instructors were Moneen McBride, Josh Scott and Mark Spang with Keel-haulers Brian Smart and Doug Waltman. The paddlers brought their own boats, which ranged from recreational sit-on tops to an inflatable tandem. Extra boats were brought by Keel-haulers for the paddlers to try.

Several participants sought the impossible. Namely, getting into and out of the boat with total grace, and zero embarrassment, a feat that sometimes ends with even the most experienced paddlers plopping into the water. Nevertheless, instructors showed the beginners some techniques that may make launching a little smoother and safer. Other topics included posture, torso rotation, the paddlers' box, PFDs, whistles and safe lifting. Paddlers watched demonstrations and then practiced forward and reverse strokes, sweep strokes, draws, braces and stopping strokes. They demonstrated their new-found boat control on an obstacle course.

Josh demonstrated several boat rescue techniques for sit-in kayaks. Sit-on top paddlers were coached on how to get back onto their boats after a capsize.

The beginner class was a first for the Keel-haulers Canoe Club. The Training Committee is considering possible improvements and ideas for future courses.

Some kayak skills are intuitive, others are counterintuitive. And as every good paddler knows, there's always something new to learn.



**River Clean-Up
Summit Metro Parks
August 10, 2024**

Join us for the River Clean-Up in partnership with Summit Metro Parks and supported by the H2Ohio Healthy Rivers Livery Program!

Link to register and for more information on what to bring, etc.:

[River Clean Up Registration | Paddle The River](#)

This will be a rewarding day of community service, fun, and environmental stewardship. Together, we can make a significant impact on the health of our river ecosystem.

Event Details:

Date: August 10th

Time: 9 AM – 12PM

Location: Summit Metro Parks- Cascade Valley, Valley View River Access

Event Activities:

On-Foot Riverbank Clean-Up

- Riverbanks at Valley View & North Portage Path Bike/ Hike path Emergency River Access*
- Volunteers will walk along the riverbank or into the river, picking up litter and debris.
- Gloves, collection bags, and other necessary supplies will be provided.
- Ideal for 10 years and older.

Kayak River Clean-Up:

Valley View River Access to North Portage Path Bike/ Hike path Emergency River Access

For those with kayaking experience.

- We will provide kayaks, or you can bring your own to clean up trash/debris from the water/ riverbed.
- Volunteers will paddle along the river, collecting trash/debris and ensuring our waterways stay pristine.
- Kayaks, paddles and life jackets will be provided.
- Gloves, collection bags, and other necessary supplies will be provided.
- Ideal for 13 years and older.

****Items along the river can vary in size and weight. Examples of items could include tires, bikes, various metals, glass bottles, various plastics/ cans, etc.**

**Freestyle Canoeing
Canoeing Small Streams Safely
By Mark Ornstein**

[Canoeing Small Streams — Safely! – FreeStyle Canoeing](#)

Also, upcoming events here:

[Events – FreeStyle Canoeing](#)

Midwest Canoe Symposium, September 6-8, BSA Camp Butler, Peninsula, OH

[MIDWEST CANOE SYMPOSIUM – FreeStyle Canoeing](#)

**Outdoor Roll Sessions
Indigo Lake and Munroe Falls Lake**

Scroll down to the bottom on this page and check out the schedule here:
[Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

**Keel-hauler Trip Planning 2024
[Calendar of Events on our website](#)**

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event! [Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

Monday, July 29

6:00pm Open Water Rescue Training

Tuesday, July 30

5:00pm Munroe Falls Outdoor Roll Practice

Sunday, August 4

10:00am Annual Cuyahoga River Cleanup

Tuesday, August 6

6:00am Indigo Lake Outdoor Roll Practice

Friday, August 9

10:00am Keel-Haulers Summer Picnic!

Saturday, August 10

Keel-Haulers Summer Picnic!

9:00am Cuyahoga River Clean Up with Paddle the River: [River Clean Up Registration](#) | [Paddle the River](#)

Sunday, August 11

6:00pm Keel-Haulers Summer Picnic!

Monday, August 12

6:00pm Open Water Rescue Training

Tuesday, August 13

5:00pm Munroe Falls Outdoor Roll Practice

Tuesday, August 20

6:00am Indigo Lake Outdoor Roll Practice

Monday, August 26

6:00pm Open Water Rescue Training

Tuesday, August 27

5:00pm Munroe Falls Outdoor Roll Practice

2024 Club Officers

President:	Brian Smart	330-809-7409
VP:	Ted Moore	330-608-9456
Secretary:	Jennifer Hughes	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. **Membership Chairman: John Kobak**
New memberships, renewals, change in address or phone, mail to:
John Kobak, 1649 Allen Dr, Westlake, OH, 44145.

Any opinions, views or recommendations expressed in the articles in this Newsletter are those of the article's author. Printing these articles in no way implies approval or advocacy of any of the opinions, views or recommendations by the Keel-Haulers Canoe Club or any of its Officers, editor, or members. Water sports are a potentially dangerous activity. Keel-Haulers Canoe Club recommends and encourages all of its members and others to abide by all laws, regulations and recommended practices when engaging in such activity. Each member is responsible for assessing her/his own abilities and for not engaging in activities which are beyond those limits. Members assume any and all risk when choosing to participate in any activity and the Keel-Haulers Canoe Club is not responsible for any damages resulting from such participation.

KHCC WEB PAGE URL: www.keelhauler.com

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Commercial ads may be submitted by club member's owned businesses four times each year with a maximum of four lines of copy per ad.

Please consider writing a trip report, an article, or send a photo for the next newsletter!
The deadline for the **September 2024** issue of the newsletter is **8/21/2024**. Please send articles and/or pictures to: Kelly Miller at peetzaguy@aol.com.

Keel-Hauler Kanews

August 2024

Kelly Miller, Editor



Keel-hauler's Ka-news

SEPTEMBER, 2024



Next Keel-hauler meeting ...

Keel-Hauler's October Election Meeting

Saturday, October 19, 2024

6:00 PM - 8:45 PM

Octagon Shelter, Cuyahoga Valley National Park

801 Truxell Road, Peninsula, OH, 44264

<https://maps.app.goo.gl/2dDieBVu1jngVYH78>

The club will provide beef brisket, beef hotdogs, and drinks. So come hungry and bring whatever you want to contribute. Be creative! (Please keep in mind that Cuyahoga Valley National Park rules prohibit the possession or consumption of any alcoholic beverage on park property, including rented shelters.)

After the feast, we'll hold our annual election of officers and trustees. We'll set up a projector and a good microphone and broadcast the meeting portion of the evening to our members who can't make it in person. (Link coming soon.) The online meeting will be from 6:45 to 7:15.

Sign up Today! <https://www.keelhauler.com/events-calendar/2024/10/19/october-meeting-24>

Hope to see you there!

**2025 KHCC Membership Dues are Now Payable
From John Kobak, Membership Chairman**

All members should start paying their 2025 dues now, our 2024 membership year ends on 9/30/24, no need to fill out an application unless something have changed.

Pay your 2025 Dues or pay for 2025 and 2026 and save \$4.00 by using this link:

<https://www.keelhauler.com/ezpay25s>

Over 100 Members have already paid their dues for 2025, so please disregard if you have already paid for 2025. The e-mail you were sent will indicate whether you are paid for 2025 or not.

You can review your current membership listing, using this link:

https://www.keelhauler.com/s/khint_pw.pdf If the last column by your name is 4 or 43, then you are only paid for 2024. If it shows 45, you are paid for 2025. If it shows 456, you are paid for 2026 as well.

Our membership list is password protected and is for our members only; use the current 2024 password which is sent out in our monthly e-mail.

Also the special **New Member Prices** are still available.

Tell your non-member friends & paddling buddies if they join now, they Save 35%. So instead of paying for a \$20 membership for only 2024 they can also pay for 2025, Instead of a \$40 membership cost for both 2024-25 they only need to pay \$26. They just need to fill out our **Membership Application:** <https://www.keelhauler.com/membership-application> , and their payment options will be displayed.

All whitewater paddlers should belong to AW (American Whitewater), our members can get a \$10 discount. Use this link: <https://membership.americanwhitewater.org/s/lightningmembership> to pay \$25/yr. as an affiliate member. See AW's 2023 Impact Statement for everything they did for paddlers and the environment last year.

https://www.americanwhitewater.org/resources/repository/AW_Impact_Report_2023.pdf

**Keel-hauler Treasurer's Report
August 23, 2024
From Anthony Lazzaro**

Checking	\$ 1,065.60
CD	\$ 2,323.35
CD	\$ 2,323.95
PayPal	\$ 4,716.28
Total	\$ 10,429.18

**And the winner of the Jackson Gnarvana
boat raffle is...**

Our very muddy but still lovely assistant Kara helped the [Keel-Haulers Canoe Club](#) raffle off a Jackson Gnarvana that was donated by [Falls Outdoor Company](#)!

Congrats Kevin Mewhinney a new member from Independence, OH

Please consider visiting in person or online next time you're looking to make your next outdoor purchase!
www.fallsoutdoorcompany.com

Support Local Businesses that Support Local Clubs!



Annual Summer Picnic August 9th – 11th
By Andrea Morgan

Keel-Hauler's from all over gathered at Tall Oaks Campground for the annual summer picnic on August 9-11. There was good weather that allowed new and old friends to come together. A huge thank you to Brianna and Seth for putting it all together. Without their efforts the weekend wouldn't have been such a success! We would also like to thank Dom for grilling up fantastic eats on Saturday, Joyce for her legendary sloppy Joe's, and all the members who brought delicious food to share. Thanks must go out also to everyone that helped guide, lead, and assist others down the many river trips that were enjoyed over the weekend. Congratulations to the members who got to enjoy their PFD's of the Middle and Lower Yough. It was a fantastic weekend of fellowship, food, friends, and many firsts. Hope to see you at the next one!

(Photos from Andrea Morgan as well.)





About that election for President... From Ted Moore

As you already know, a historically important Presidential election is fast approaching. It takes place on the evening of October 19, and, as of the publication date of this newsletter, only one candidate – me – is on the ballot.

Like any contender for high public office, I come with advantages and baggage. Let's review both:

Last I checked, I'm #23 on the Keel-Haulers seniority list, having joined over 30 years ago. With that comes legacy knowledge of the club and how it got where it is today, relationships that might be helpful to the club in achieving its goals and fulfilling its mission, and informed opinions about how we can work together to improve things around here and assure that, 30 years from now, the place is still thriving.

I am 70. As such, I deal with the distractions and challenges common to those of us who have come this far down the trail. The more serious of those have kept me off the water and away from many of the events I very much wanted to help organize, lead, and attend over the last nearly 2 years. Those are supposedly behind me now. But re-reading those 6 words makes even me chuckle.

I'll be working full time running the very small business I founded nearly 20 years ago for at least another year. Like all of you, other obligations take up time. I have limitless admiration and respect for Brian's everything, everywhere, all the time creative energy, personal presence, and commitment to all the initiatives and events he has worked so hard to implement and/or expand. And this with his own more-than-40-hour typical work week, entrepreneurial ventures, and family obligations, which vastly exceed my own. But that can't be me. Which means, if elected, I'll need the help of many of you even more than Brian has during his tenure.

Many of my fondest memories have been made on club outings, especially from the early 90's through the mid 2000's. All those Southern Rivers Trips. The dislocated shoulder on Pillow Rock and the epic hike out made possible by a dozen or so Keel-Haulers who gave up the rest of their day. Steve Ingle's freezing-but-fabulous Forks of the Cheat expeditions. John Kobak's life-saving verbal beatdown on Section 4 ("PADDLE, dammit!"). The constant encouragement from Cliff Wire to stay in the game no matter what. And, at the pinnacle of it all, an early 90's month in the Grand Canyon with Steve, the serene and elegant Anne Kmieck, the never-to-be-forgotten Grandmaster Chuck Singer, and the \$5 bill-waving Barry Adams (if you know, you know).

The phrase "giving back" is often tossed off carelessly. In this case, a term as President can't begin to be even a down payment on what I owe this club and its members. So, if you want me in that seat, I'll give it all I have, with gratitude and uncharacteristic humility.

I'm honored to run unopposed, at least so far, but maybe one or more of you thinks you'd be a better option. Perhaps you're younger, have more time and energy to devote to the club, have spent more time on the river than I've been able to over the last 20 years, or whatever. If so, please step right up. The water's warm, and maybe the membership will agree that you're the future.

If that happens, I promise a clean campaign based only on the issues, and to never suggest that I would exploit your youth and inexperience for political gain.

See you in October.

Officer and Volunteer Slate for the new Keel-hauler year beginning October 2024 From Brian Smart

Every time I work on this list, I am in absolute awe of how many volunteers this club has! I want to start this off by thanking every single one of you, without you we would not be able to do all the awesome things we do every year.

As you look at this list, please notice all the volunteers who wear many hats and get involved in different committees or organize an event. The truth is there are many people who volunteer who are not on this list, there are a lot of people who make this club great.

We are looking to fill a lot of positions for 2025, we added new ones, and some are existing. If you see something that you think would be a good fit for you, please speak and send us a message and let us know your interest. If you think someone else would be good for a position, call them out!

If there is anyone who is on this list and does not want to be please shoot us an email.

Some of these positions will be voted on at our October Meeting and they include president, vice president, secretary, and two trustees, as you can see by this list, we have people lined up who are interested nominated but there can always be additional nominations and proposals.

Brian Smart, clevelandkeelhaulers@gmail.com

KHCC 2025 Lineup

Please consider volunteering. Positions that need volunteers are highlighted in yellow.

2024	2025
President - Brian Smart	President - Ted Moore (or not yet nominated candidate)
Vice President - Ted Moore	Vice President - Brian Smart (or not yet nominated candidate)
Secretary - Jennifer Hughes	Secretary - Jennifer Hughes (nominate for 2nd term)
Treasurer - Anthony Lazzaro	Treasurer - Anthony Lazzaro (nominate for a 2 nd term)
Trustee 1 - John Banach (2022-2024)	Trustee 1 - John Banach (end of term) (or not yet nominated candidate) Candidate's - Seth Anderson (2025-2027)
Trustee 2 - Mike Gillam (2023-2025)	Trustee 2 - Mike Gillam (requesting replacement) Nominate Jacki Zevenbergen to finish term (2023-2025)
Trustee 3 - Kelly Miller (2024-2026)	Trustee 3 - Kelly Miller (2024-2026)
Membership Chair - John Kobak	Membership Chair - John Kobak
Conservation Committee - Jacki Zevenbergen, Kristen Maag, and Annaleigh Koch	Conservation Committee - Kristen Walters Maag (Chair), Michele Crum, Annaleigh Koch
Training Committee - Annaleigh Koch (Chair), Brian Smart, John Zevenbergen, Josh Scott, Mark Spang, Moneen McBride, Seth Anderson, Ted Moore	Training Committee - Annaleigh Koch (Chair), Brian Smart, John Zevenbergen, Josh Scott, Mark Spang, Moneen McBride, Seth Anderson, Ted Moore
Safety & Rescue Chair - Seth Anderson	Safety & Rescue Chair - John Zevenbergen
	Safety & Rescue Assistant - Seth Anderson
Pool Session Chair - Linda Kuhajda	Pool Session Chair - Needs Volunteer

Recreational Paddling Chair - Dan Hardwick	Recreational Paddling Chair - Needs Volunteer
Newsletter Editor - Kelly Miller	Newsletter Editor - Kelly Miller
Librarian - Cliff Wire	Librarian - Cliff Wire
Meeting Coordinators - Jeremiah Richard, Chris Guthrie, and Brian Smart	Meeting Coordinators - Needs Volunteers
Sea Paddling (Erie) Chair - Josh Scott	Sea Paddling (Erie) Chair - Josh Scott
Trip Scheduling Committee - Ethan Kay and Andrea Morgan	Trip Scheduling Committee - Ethan Kay and Andrea Morgan
Website Development Committee - Brian Smart, Chloe Shepherd, Domenic Bentz, John Kobak, Kelly Miller, and Rachel Faber	Website Development Committee - Brian Smart, Chloe Shepherd, Domenic Bentz, John Kobak, Kelly Miller, and Rachel Faber
Slip Fest 2024	Slip Fest 2025
Festival Director - Brian Smart	Festival Director - Rachel Faber
Assistant Festival Director - Rachel Faber	Assistant Festival Director - Brian Smart
Race Director - Matt Pascal	Race Director - Andrea Morgen
Assistant Race Director - Martin Wick	Assistant Race Director - Matt Pascal
Registration Director - Andrea Morgen	Registration Director – Kristen Walters Maag
Assistant Registration Director - Mike Vogel	Assistant Registration Director – Robin Lockshine Shell
Safety Director - Seth Anderson	Safety Director - Seth Anderson
Safety Assistant - None	Safety Assistant - Needs Volunteer
Timing Director - Annaleigh Koch	Timing Director - Needs Volunteer
Swap Meet Director - Kristen Maag	Swap Meet Director - Needs Volunteer
Human Resources - Ted Moore	Human Resources - Ted Moore
Summer Picnic 2024	Summer Picnic 2025
Brianna Wiser	Brianna Wiser
Seth Anderson	Seth Anderson
Fall Colors 2024	Fall Colors 2025
Rachel Faber	Needs Volunteer
Annaleigh Koch	Needs Volunteer
Stony Fest 2024	Stony Fest 2025
Chloe Sheperd	Andrea Morgen
Matt Fredmonsky	Mike Vogel
Jeremiah Richard	
	Cuyahoga Fest 2025
	Needs Volunteer
	Needs Volunteer
	Cheat Fest 2025
	Needs Volunteer
	Needs Volunteer
	Week Of Rivers 2025
	Needs Volunteer
	Needs Volunteer
	Paddle Fest 2025
	Needs Volunteer
	Needs Volunteer
	Cleveland Boat Show 2025
	Needs Volunteer
	Needs Volunteer

Understanding Nerve Radicular Symptoms in the Hands By Nick Anderson

[Understanding Nerve Radicular Symptoms in the Hands for Whitewater Kayakers: Causes, Prevention, and Treatment \(pin-pointpt.com\)](https://pin-pointpt.com)

Understanding Nerve Radicular Symptoms in the Hands for Whitewater Kayakers: Causes, Prevention, and Treatment

Whitewater kayaking is an exhilarating sport that combines strength, agility, and a deep connection with the natural elements. However, like any physically demanding activity, it carries the risk of certain injuries, one of which is nerve radicular symptoms in the hands. These symptoms, which include numbness, tingling, and weakness, can significantly impact your ability to paddle and enjoy the sport. In this post, we'll dive into what nerve radicular symptoms are, why they occur in kayakers, and most importantly, how to prevent and manage them.



What Are Nerve Radicular Symptoms?

Nerve radicular symptoms occur when a nerve in the spine is compressed or irritated, leading to pain, numbness, tingling, or weakness that radiates along the nerve's pathway. In kayakers, these symptoms often manifest in the hands and fingers, as the nerves that control these areas originate in the neck (cervical spine) and upper back (thoracic spine).

Why Do Kayakers Experience These Symptoms?

Whitewater kayaking requires repetitive and forceful arm movements, often in awkward or strained positions. This can put pressure on the nerves that run from the neck down into the arms and hands. Here are some common contributing factors:

Prolonged Neck Flexion: Holding your head forward for extended periods while navigating rapids can strain the cervical spine, leading to nerve compression.

Poor Paddling Technique: Improper form, such as over-gripping the paddle or poor posture, can increase the strain on the shoulders, neck, and upper back, contributing to nerve irritation.

Muscle Tightness: Tight muscles in the neck, shoulders, and chest can compress nerves, reducing blood flow and leading to radicular symptoms.

Repetitive Stress: Constant paddling without adequate rest or variation in movement can lead to overuse injuries, increasing the risk of nerve compression.

How to Prevent Nerve Radicular Symptoms

Preventing nerve radicular symptoms involves a combination of proper technique, strength training, flexibility exercises, and awareness of your body's signals. Here are some strategies to help you stay symptom-free:

Maintain Good Posture: Focus on keeping your spine neutral and your shoulders relaxed while paddling. Avoid excessive forward head posture, which can strain your cervical spine.

Strengthen Supporting Muscles: Incorporate exercises that strengthen the muscles around your neck, shoulders, and upper back. This can improve your stability and reduce the strain on your nerves during paddling.

Stretch Regularly: Perform stretches that target the neck, shoulders, chest, and upper back. This can help relieve muscle tension and improve flexibility, reducing the risk of nerve compression.

Paddle Technique: Work with a coach or experienced kayaker to refine your paddling technique. Focus on using your core muscles to generate power rather than relying solely on your arms and shoulders.

Take Breaks: If you're on a long paddling trip, take regular breaks to stretch and relax your muscles. This can prevent overuse injuries and give your nerves a chance to recover.

Use Proper Gear: Ensure that your kayak and paddle are properly fitted to your body. A paddle that is too long or too short can contribute to poor technique and increased strain.

Managing Nerve Radicular Symptoms

If you start to experience symptoms such as numbness, tingling, or weakness in your hands, it's important to address them promptly to prevent further damage. Here are some steps you can take:

Rest and Modify Activities: Give your body time to heal by resting and avoiding activities that aggravate your symptoms. Consider modifying your paddling technique or reducing the intensity of your sessions.

Physical Therapy: A physical therapist can assess your condition and provide targeted exercises to relieve nerve compression and improve your posture and strength.

Stretch and Mobilize: Gentle stretching and nerve gliding exercises can help relieve pressure on the affected nerve and improve mobility.

Heat and Ice Therapy: Applying heat can relax tight muscles, while ice can reduce inflammation around the nerve. Use these therapies as needed to manage symptoms.

Consult a Healthcare Professional: If your symptoms persist or worsen, it's crucial to seek advice from a healthcare provider. They can rule out more serious conditions and provide further treatment options.

Conclusion

Whitewater kayaking is a demanding sport that challenges both your body and mind. By understanding the risks of nerve radicular symptoms and taking proactive steps to prevent them, you can ensure that you stay healthy and continue to enjoy your time on the water. Remember, proper technique, regular stretching, and listening to your body are key to staying pain-free and paddling strong.

If you're experiencing any symptoms or have concerns about your paddling technique, don't hesitate to reach out to a healthcare professional who specializes in sports injuries. With the right approach, you can keep your hands—and the rest of your body—ready for the next adventure.

This blog post will not only educate whitewater kayakers about nerve radicular symptoms but also emphasize the importance of prevention and early intervention, keeping them safe and active on the water.

Nimisila Purple Martins From Kristen Walters Maag

On Monday, August 19th a few Keel-Haulers got together to picnic and view the Purple Martins out on Nimisila Reservoir before they flew south for the winter. Even though it was only 70 degrees and windy the show was spectacular as usual. Thank you for participating.

Video:

<https://www.facebook.com/reel/2531710613688492>

Mahoning River Cleanup Saturday, August 31st

When: Saturday, August 31, 9am – 12pm

Where: 75 N Leavitt Rd NW, Leavittsburg, OH, United States, Ohio 44430 ([map](#))

Description: Event: [\(4\) Mahoning River Clean Up | Facebook](#)

Location: Canoe City Metro Park

Event Details: Registration and participation is FREE! -All necessary cleanup supplies will be provided -A brief orientation on safety and procedures -Opportunity to meet fellow river enthusiasts and community members

Join Us for a River Cleanup Event with Mahoning River Adventures!

Help us keep the Mahoning River beautiful and clean! Mahoning River Adventures is hosting a river cleanup, and we need your help to make a difference. This river cleanup is supported by H2Ohio Healthy Rivers Livery Program!

Why Join? -Make a positive impact on the environment -Enjoy a morning out on the river -Great opportunity for community service -Fun and rewarding experience for all ages

What to Bring: -Comfortable clothing and sturdy shoes -Sunscreen and a hat -A reusable water bottle - Your enthusiasm and positive spirit!

How to Participate: Simply register for an on land or on water spot & show up at Canoe City Metro Park at 9 AM. Bring your friends and family for a meaningful morning of giving back to our beautiful river.

Register with link below. Let's come together to keep our river clean and pristine. Share your cleanup photos with #MahoningRiverCleanUp!

Registration link: [Booking River Clean Up Kayak Registration for 8/31/24 - Mahoning River Adventures \(fareharbor.com\)](https://fareharbor.com/bookings/mahoning-river-adventures-8-31-24)

Akron University Pool Sessions start again on August 27th

For more information such as cost, rules, etc.:

[Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club \(keelhauler.com\)](https://www.keelhauler.com/roll-sessions-clinics-and-practice)

Keel-hauler Trip Planning 2024 Calendar of Events on our website

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Saturday, August 31 9:00am Mahoning River Clean Up
Monday, September 9 6:00pm Open Water Rescue Training
Wednesday, September 18 7:00pm KHCC Conservation Meeting
Thursday, September 19 8:00am Gauley Fest 2024
Friday, September 20 Gauley Fest 2024
Saturday, September 21 Gauley Fest 2024
Sunday, September 22 6:00pm Gauley Fest 2024
Monday, September 23 6:00pm Open Water Rescue Training

2024 Club Officers

President:	Brian Smart	330-809-7409
VP:	Ted Moore	330-608-9456
Secretary:	Jennifer Hughes	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

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Please consider writing a trip report, an article, or send a photo for the next newsletter!
The deadline for the **October 2024 issue of the newsletter is **9/23/2024**. Please send articles and/or pictures to: Kelly Miller at peetzaguy@aol.com.**

Keel-Hauler Kanews
September 2024
Kelly Miller, Editor



Keel-hauler's Ka-news OCTOBER, 2024



Next Keel-hauler meeting ...

Keel-Hauler's October Election Meeting

Saturday, October 19, 2024

6:00 PM - 8:45 PM

Octagon Shelter, Cuyahoga Valley National Park

801 Truxell Road, Peninsula, OH, 44264

<https://maps.app.goo.gl/2dDieBVu1jngVYH78>

The club will provide beef brisket, beef hotdogs, and drinks. So come hungry and bring whatever you want to contribute. Be creative! (Please keep in mind that Cuyahoga Valley National Park rules prohibit the possession or consumption of any alcoholic beverage on park property, including rented shelters.)

After the feast, we'll hold our annual election of officers and trustees. We'll set up a projector and a good microphone and broadcast the meeting portion of the evening to our members who can't make it in person. (Link coming soon.) The online meeting will be from 6:45 to 7:15.

Sign up Today! <https://www.keelhauler.com/events-calendar/2024/10/19/october-meeting-24>

Hope to see you there!

2025 KHCC Membership Dues are PAST DUE
By John Kobak, Membership Chairman

All members should **pay their 2025 dues now**; our 2024 membership year ended on 9/30/24. There is no need to resubmit a club application, unless something has changed.

Use this link to pay your 2025 Dues or pay for 2025 & 2026 and save \$4.00

<https://www.keelhauler.com/ezpay25>

If you can't use Paypal just mail your check to:

**Keel Haulers Canoe Club
1649 Allen Dr
Westlake, OH 44145-2506**

Over **170** Members have already paid their dues for 2025, so please **disregard this notice if you have already paid your dues** for 2025. The e-mail you were sent will indicate whether you are paid for 2025 or not.

You can **review** your current membership status using this link:

https://www.keelhauler.com/s/khint_pw.pdf

If the last column by your name is 4 or 43, then you are only paid for 2024. If it shows 45, you are paid for 2025. If it shows 456, you are paid for 2026 as well.

Our membership list is password protected and is for our members only; use the current 2024 password which is sent out in our monthly e-mail.

I would like to thank all our members for telling their friends & paddlers about the KHCC.
We now have **350** paid family memberships.

All whitewater paddlers should belong to AW (American Whitewater), our members can get a \$10 discount. Use this link: <https://membership.americanwhitewater.org/s/lightningmembership> to pay \$25/yr. as an affiliate member. See AW's 2023 Impact Statement for everything they did for paddlers and the environment last year.

https://www.americanwhitewater.org/resources/repository/AW_Impact_Report_2023.pdf

**Keel-hauler Treasurer's Report
August 23, 2024
From Anthony Lazzaro**

Checking	\$ 6,468 .91
CD	\$ 2,323 .41
CD	\$ 2,324 .01
PayPal	\$ 751.54
Total	\$ 11,867.87

**Officer and Volunteer Slate for the new
Keel-hauler year beginning October 2024
From Brian Smart**

We have 2 candidates running for President this year. Robin Shell and Ted Moore.

Please vote for this year's club President by using the link below.

Voting link:

<https://www.keelhauler.com/events-calendar/2024/10/19/october-meeting-24>

You can also indicate whether or not you will be coming to the October meeting.

Following are the letters to the club from the 2 candidates for President:

**My Application for Presidency
From Robin Shell**

I've been honored to be approached for the role of President of the Keel Haulers. Though I'm just over a year into my whitewater kayaking journey, I've fully immersed myself in our club activities—participating in clinics, festivals, soccer, roll practice, and numerous trips down Lock 29. The new confidence clinic (which will be a regular part of what I do), along with volunteering at events like Falls Fest and the Boat Show.

I've also organized several Wednesdays on the Water and spontaneous river runs. While I may not yet know everyone in our community nor have the experience of the Keel Haulers like Ted Moore does, I have a strong network of support behind me. One of my key goals is to reactivate the women's kayaking group, an often-overlooked segment of our community. I'm also eager to build on the fantastic programs Brian Smart has established.

If you have any questions or thoughts, please don't hesitate to reach out. I may not have all the answers, but I'm committed to putting in the hard work and dedication needed to keep our club thriving and at the forefront of our sport. Thank you for considering my candidacy!

About that election for President... From Ted Moore

As you already know, a historically important Presidential election is fast approaching. It takes place on the evening of October 19, and, as of the publication date of this newsletter, only one candidate – me – is on the ballot.

Like any contender for high public office, I come with advantages and baggage. Let's review both:

Last I checked, I'm #23 on the Keel-Haulers seniority list, having joined over 30 years ago. With that comes legacy knowledge of the club and how it got where it is today, relationships that might be helpful to the club in achieving its goals and fulfilling its mission, and informed opinions about how we can work together to improve things around here and assure that, 30 years from now, the place is still thriving.

I am 70. As such, I deal with the distractions and challenges common to those of us who have come this far down the trail. The more serious of those have kept me off the water and away from many of the events I very much wanted to help organize, lead, and attend over the last nearly 2 years. Those are supposedly behind me now. But re-reading those 6 words makes even me chuckle.

I'll be working full time running the very small business I founded nearly 20 years ago for at least another year. Like all of you, other obligations take up time. I have limitless admiration and respect for Brian's everything, everywhere, all the time creative energy, personal presence, and commitment to all the initiatives and events he has worked so hard to implement and/or expand. And this with his own more-than-40-hour typical work week, entrepreneurial ventures, and family obligations, which vastly exceed my own. But that can't be me. Which means, if elected, I'll need the help of many of you even more than Brian has during his tenure.

Many of my fondest memories have been made on club outings, especially from the early 90's through the mid 2000's. All those Southern Rivers Trips. The dislocated shoulder on Pillow Rock and the epic hike out made possible by a dozen or so Keel-Haulers who gave up the rest of their day. Steve Ingle's freezing-but-fabulous Forks of the Cheat expeditions. John Kobak's life-saving verbal beatdown on Section 4 ("PADDLE, dammit!"). The constant encouragement from Cliff Wire to stay in the game no matter what. And, at the pinnacle of it all, an early 90's month in the Grand Canyon with Steve, the serene and elegant Anne Kmieck, the never-to-be-forgotten Grandmaster Chuck Singer, and the \$5 bill-waving Barry Adams (if you know, you know).

The phrase "giving back" is often tossed off carelessly. In this case, a term as President can't begin to be even a down payment on what I owe this club and its members. So, if you want me in that seat, I'll give it all I have, with gratitude and uncharacteristic humility.

I'm honored to run unopposed, at least so far, but maybe one or more of you thinks you'd be a better option. Perhaps you're younger, have more time and energy to devote to the club, have spent more time on the river than I've been able to over the last 20 years, or whatever. If so, please step right up. The water's warm, and maybe the membership will agree that you're the future.

If that happens, I promise a clean campaign based only on the issues, and to never suggest that I would exploit your youth and inexperience for political gain. See you in October.

2024	2025
President - Brian Smart	President - Ted Moore
	President – Robin Shell
Vice President - Ted Moore	Vice President - Brian Smart (or not yet nominated candidate)
Secretary - Jennifer Hughes	Secretary - Jennifer Hughes (nominate for 2nd term)
Treasurer - Anthony Lazzaro	Treasurer - Anthony Lazzaro (nominate for a 2 nd term)
Trustee 1 - John Banach (2022-2024)	Trustee 1 - John Banach (end of term) (or not yet nominated candidate) Candidate's - Seth Anderson (2025-2027)
Trustee 2 - Mike Gillam (2023-2025)	Trustee 2 - Mike Gillam (requesting replacement) Nominate Jacki Zevenbergen to finish term (2023-2025)
Trustee 3 - Kelly Miller (2024-2026)	Trustee 3 - Kelly Miller (2024-2026)
Membership Chair - John Kobak	Membership Chair - John Kobak
Conservation Committee - Jacki Zevenbergen, Kristen Maag, and Annaleigh Koch	Conservation Committee - Kristen Walters Maag (Chair), Michele Crum, Annaleigh Koch
Training Committee - Annaleigh Koch (Chair), Brian Smart, John Zevenbergen, Josh Scott, Mark Spang, Moneen McBride, Seth Anderson, Ted Moore	Training Committee - Annaleigh Koch (Chair), Brian Smart, John Zevenbergen, Josh Scott, Mark Spang, Moneen McBride, Seth Anderson, Ted Moore
Safety & Rescue Chair - Seth Anderson	Safety & Rescue Chair - John Zevenbergen
	Safety & Rescue Assistant - Seth Anderson
Pool Session Chair - Linda Kuhajda	Pool Session Chair - Needs Volunteer
Recreational Paddling Chair - Dan Hardwick	Recreational Paddling Chair - Needs Volunteer
Newsletter Editor - Kelly Miller	Newsletter Editor - Kelly Miller
Librarian - Cliff Wire	Librarian - Cliff Wire
Meeting Coordinators - Jeremiah Richard, Chris Guthrie, and Brian Smart	Meeting Coordinators - Needs Volunteers
Sea Paddling (Erie) Chair - Josh Scott	Sea Paddling (Erie) Chair - Josh Scott
Trip Scheduling Committee - Ethan Kay and Andrea Morgan	Trip Scheduling Committee - Ethan Kay and Andrea Morgan
Website Development Committee - Brian Smart, Chloe Shepherd, Domenic Bentz, John Kobak, Kelly Miller, and Rachel Faber	Website Development Committee - Brian Smart, Chloe Shepherd, Domenic Bentz, John Kobak, Kelly Miller, and Rachel Faber
Slip Fest 2024	Slip Fest 2025
Festival Director - Brian Smart	Festival Director - Rachel Faber
Assistant Festival Director - Rachel Faber	Assistant Festival Director - Brian Smart
Race Director - Matt Pascal	Race Director - Andrea Morgen
Assistant Race Director - Martin Wick	Assistant Race Director - Matt Pascal
Registration Director - Andrea Morgen	Registration Director – Kristen Walters Maag
Assistant Registration Director - Mike Vogel	Assistant Registration Director – Robin Lockshine Shell
Safety Director - Seth Anderson	Safety Director - Seth Anderson
Safety Assistant - None	Safety Assistant - Needs Volunteer
Timing Director - Annaleigh Koch	Timing Director - Needs Volunteer
Swap Meet Director - Kristen Maag	Swap Meet Director - Needs Volunteer
Human Resources - Ted Moore	Human Resources - Ted Moore
Summer Picnic 2024	Summer Picnic 2025
Brianna Wiser	Brianna Wiser
Seth Anderson	Seth Anderson
Fall Colors 2024	Fall Colors 2025
Rachel Faber	Needs Volunteer
Annaleigh Koch	Needs Volunteer
Stony Fest 2024	Stony Fest 2025
Chloe Sheperd	Andrea Morgen
Matt Fredmonsky	Mike Vogel
Jeremiah Richard	
	Cuyahoga Fest 2025
	Needs Volunteer
	Needs Volunteer
	Cheat Fest 2025
	Needs Volunteer
	Needs Volunteer
	Week Of Rivers 2025
	Needs Volunteer
	Needs Volunteer

	Paddle Fest 2025
	Needs Volunteer
	Needs Volunteer
	Cleveland Boat Show 2025
	Needs Volunteer
	Needs Volunteer

Please consider volunteering. Positions that need volunteers are highlighted in yellow.

**Proposed 2025 Budget to be Voted On
at the October meeting**

	2025 Budget
ASSETS	
CHECKING balance at start of FY	\$7,220.45
CD (2) balance at start of FY	\$4,647.42
INCOME	
Conservation	\$25.00
Dues	\$5,800.00
TeeSpring, Inc.	\$50.00
Slippery Rock Race	\$2,000.00
TOTAL INCOME	\$7,875.00
TOTAL ASSETS	\$19,742.87
LIABILITIES	
EXPENSE	
Conservation Donations	\$4,850.00
Access Donations*	\$600.00
Internet Domain	\$50.00
Webpage	\$300.00
Marketing	\$2,000.00
Education/Training/Outreach	\$1,000.00
Insurance	\$1,335.00
Meeting Hall	\$1,500.00
Postage and Supply	\$50.00
Refreshments	\$600.00
Yearbook Expense	\$0.00
Pool Sessions	\$1,500.00
TOTAL LIABILITIES	\$13,785.00
OVERALL FINAL TOTAL	\$5,957.87

DONATIONS:	
American Whitewater	\$1,500.00
Friends of the Cheat	\$1,000.00
Friends of the Crooked River	\$100.00
Grand Canyon Private Boaters Association	\$150.00
American Rivers	\$300.00
West Virginia Rivers Coalition	\$300.00
River Network	\$100.00
Nature Conservancy	\$100.00
Mountain Watershed Assoc.-Yough Defense Fund	\$500.00
Portage Park Dist.	\$100.00
Special Donation/Benscreek-Stonycreek *	\$600.00
Friends of the New River Gorge	\$100.00
Kent Tannery Park	\$0.00
Save Slippery Rock Defense Fund (SSRC)	\$0.00
Additional Conservation	\$600.00
TOTAL	\$5,450.00

John Kobak and the Keel-haulers Scale By Alton Chewning

This article first appeared in the *Carolina Paddler*, the journal of the Carolina Canoe Club. Alton Chewning, editor.

[ALTON CHEWNING](#) POSTED ON [SEPTEMBER 23, 2024](#) POSTED IN [ARTICLES](#), [CAROLINA PADDLER](#), [PROFILES](#) [NO COMMENTS](#)

Let's get this stated right off. The Keel-Haulers scale began as a means of self-assessment, not for comparing rivers. Paddlers could give themselves a quick test and if they were honest, they would know how prepared they were to paddle various rivers. The self-assessment was developed by Chuck Singer and John Reising of the Ohio-based Keel-Haulers Canoe Club in 1973. Using the self-assessment, a person could rate their paddling skills from 0 to 35.



John Kobak, 1971, in his first kayak.

Dick Priem and John Kobak lived in Cleveland, Ohio and worked together as engineers at the NASA facility there. They were both paddlers. Dick and John began refining the self-rating system and quickly realized they needed to numerically correlate river ratings to self-ratings. A paddler could score 0-35 on the self-assessment. Rivers should score 0-35. A paddler with a 25 rating should be competent on a river with a 25 rating.

Between 1974 and 1976, John and Dick worked on matching the two systems. How do you rate rivers? Kobak: "We started reading how people came up with different ratings. We fooled around with it. Let's say a river is in an isolated area where it's hard to get rescue in, that makes it more difficult. Has nothing to do with the rapid. You need to have better skills because you could get into trouble. Consider the width of a river, a big river like the New River, or a smaller river, like the Upper Yough. Big rivers are more dangerous, even though the rapids may be easier. They require more skill. We realized that from paddling and started to take that into account."

Kobak and Priem approached judging the river from a paddler's perspective. The river ratings indicate the skill level a paddler should have to attempt a river. *The ratings are not ratings of the rapids.* John explained, "Many river ratings consider that a river may have a rapid or two that are commonly walked by less skilled paddlers. We mark an * next to the rating, indicating a larger rapid typically portaged." To include that rapid into an overall rating of the river could keep some less skilled paddlers from attempting that river section. If they walked the one or two difficult rapids, the river was in their range. For clarity, the

official language is this: ** If a record has an asterisk, the rating is based upon a short portage of rapid(s) that would otherwise significantly increase the rating.*

John and Dick started the list with rivers they personally knew. They would consult with other experts on rivers they did not know or know well. Kobak explained, "I would say a person has to paddle a river at least 4 or 5 times to discuss it intelligently, not one or two times. As you become more familiar with moves, and lines, you realize this river is not as hard as I thought it was." John stressed the importance of this expert community input. The various regions of the country rated the difficulty of their rivers differently, the West tending to rate their rivers lower.

The original Singer-Reising ratings topped out at 35. With input from paddlers all over the country, Priem and Kobak refined the system, adding 5 points to both the Self-Assessment and the River Rating, to better reflect the subtle differences in river difficulty.

John recalled, "As we all ran more and more rivers all over the world, we were able to tie the ratings into considering river water level too. We continuously refined both the [self-rating](#) and [river rating](#) systems and got many paddling clubs and groups into agreeing with these ratings. Some critics may not fully agree but I found that this system works for most novice to high intermediate paddlers. Experts can run most anything and forget the learning curve they had to attain to get to their skill level."



John Kobak on Arkansas River, CO, 1980. John wore glasses most of his adult life.

The Basis of K-H River Ratings

John and Dick considered the following factors when rating rivers. Although they were engineers and very methodical and objective in their observations, the individual elements were not assigned a numerical score. A degree of "feel" or interpretation went into the appreciation of the following factors.

- Average Gradient
- Maximum Gradient
- Volume of River vs Gradient
- Width of River
- Ease of Rescue
- Inaccessibility
- Difficulty of Rapids
- Continuousness and/or rapid length
- Obstacles, rocks, trees, undercuts
- Water Temperature

By assigning a larger scale of numbers to the rating scale, more gradation was allowed in comparing river difficulty. This is reflected in the chart below, where Class III has 11 increments.

A comparison of the International Scale and the Keel-Hauler River Rating

Class	Keel-Hauler Rating
I	0 - 7
II	8 - 14
III	15 - 25
IV	26 - 33
V	34 - 37
VI	38 - 40

Keep in mind, the K-H scale is not a rating of the river itself, it is a rating of the skill needed to paddle it successfully. The K-H River Ratings only make sense when paired with the K-H Self-Ratings. The purpose of the river rating system is to correlate a river's difficulty to the personal assessment of the skills of a paddler.

- +/- 1 point – Very Similar
- +/- 2 points – Noticeable Difference
- +/- 3 points – Meaningful Difference
- +/- 5 points – Profound Difference



John Kobak on Oceana, Tallulah Gorge, GA. 1998.

Other Versions of River Ratings

In 1995 Monte Smith wrote the guidebook "Southeastern Whitewater." Monte used a complex system of weighting factors. Here is one iteration of Smith's River rating system.

Criteria	Weighting
Rapid difficulty	23%
Volume x gradient	20%
Average Gradient	17%
Streambed Morphology	10%
Continuousness of rapids	7%
Max gradient/mile	7%
Total Gradient	6%
Entrapments	(added later)

Inaccessibility 6%

Reputation 4%

John and other K-H experts read Smith's book and gathered several points. First, Monte's ratings, when adjusted for the differing numerical scale, matched up well with the Keel-Haulers' ratings. Secondly, Smith used many of the same parameters as the K-H's, like volume/gradient ratio and inaccessibility and added other fine points like reputation and streambed morphology. John and Dick were especially intrigued by Smith's tendency to rate less familiar rivers higher, a trend they had encountered elsewhere. After studying his system, the Keel-Haulers made a few changes and further refined their numbers. John explains, "We were quite proud that we had a system to compare paddler's skill with river difficulty that was not hard to understand. We didn't ever feel we needed to show exactly how we came up with a rating like Monte did."

Kobak concludes, "It all comes down to is, do we have a general agreement of which rivers are harder than others. There is such a big difference in International Class III and Class IV ratings. Intermediate paddlers often get into trouble thinking they can jump from Class III to IV. In the K-H system that's a span in points from 15 for a low III to 33 for a high IV, while 1 point out 3 points is a meaningful difference and 5 points a profound difference."

A lower self-rating does not mean that a paddler can't run a harder section, only that the paddler will be much more challenged. Kobak: "An example I often use is the Ocoee is Class III – 25 vs Chattooga Section 4 at Class IV – 31". Again, consider the relevance of these numbers.

- +/- 1 point – Very Similar
- +/- 2 points – Noticeable Difference
- +/- 3 points – Meaningful Difference
- +/- 5 points – Profound Difference

John appreciates the influence of the Monte Smith system and other versions of river ratings that he feels are helpful. John highlights the following sources of ratings.

The now inactive Monocacy Canoe Club had a [similar system](#) to the K-H. [This article](#) explains how a ratings survey conducted by the Blue Ridge Voyagers of Northern Virginia was used in developing the system. The California Creeks website, developed by Bill Tuthill, has a well-regarded [ratings list](#) for California and valuable links to other western rivers ratings.

The Self-Rating criteria kept evolving too. Kobak; "I kept changing the self-rating system to take into effect new techniques like Boofing and other skills. The scale tended to help the [Boy/Girl] Scout groups and Intermediate groups. They said. 'This is obvious. What we have to do to get better, to get our rating better. We need a boat we can roll. We have to get our open boat outfitted properly with air bags, we better have a kayak rather than an open canoe. If I had more experience or if I could play in some of these big holes it would make me a better paddler.'"

Kobak admits not everyone was a fan. People who got good quickly pooh-poohed the system. Others overrated themselves and got into trouble, sometimes putting friends in danger. The friends were skilled enough, but they weren't.

Self-Rating is the Key

Kobak says, "I am not aware of anyone else's self-rating system."

Ted Moore is the Vice-President of the Keel-Haulers Canoe Club. He's been paddling since 1978. Ted, "I'm number 19 on the K-H longevity list (John is 1). I taught whitewater for the Red Cross, I'm an ACA instructor and Wilderness First Responder. John Kobak has been my river mentor for over thirty years." Moore feels strongly about the importance of the Keel-Haulers self-ratings. "The Scale is saving lives every day."



John Kobak on Pillow Rapid, Upper Gauley, WV, 2011

Moore explains, "If you assess your capabilities of doing anything: kayaking, surfing, long-distance hiking, you can overestimate your capabilities, or athletic abilities, or fitness. If you apply a system that is objective, you can honestly say, "either I can do this or I can't. If I can't it doesn't mean, I'll never be able to do it. It means I need to keep working on it to develop the skills and fitness."

Moore recounts his experience with students. "At the end of the training we'd ask the paddlers to assess themselves. We'd encourage them to come on trips with us. You don't have to join the club if you don't want to. Never boat by yourself. Boat with people who are more advanced than you. Paddling can be a great experience, but it can also be heartbreaking."

Moore: "I'm not aware of a K-H self-rating equivalent in the mountaineering world. It's the only system I know about with a self-appraisal."

The Keel-Hauler Yearbook

When the system started in the early 1970's the internet was an unknown. The K-H Club had a yearbook since 1968, so this was the obvious place to publicize the new scale. Copies of the Yearbook were distributed by mail and with the advent of the web, the Yearbook went digital.

The Keel-Haulers started their website in the 90's. Kobak was the one to set it up. John shared, "I got the keel-haulers.org domain name. Learned HTML and wrote all the stuff to get it up and running." John continues to have an active hand in keeping the website full of up-to-date information.



Charlie Walbridge on Lower Big Sandy. April 26, 2019. -Photo by Jeff Macklin

John Kobak, Charlie Walbridge and the change in paddling culture

Ted Moore feels John Kobak and Charlie Walbridge are part of a small group of people who embraced whitewater paddling and took the machismo, he-man element out of it. Ted shared, "Over the decades, John and Charlie said, 'You're not going to beat the river. No matter how tough you are you're not going to beat the river' The only thing you can do is honestly assess your skills. Honestly look at what the river is doing on the day. Say, 'I'm at 15 and that river's at 31. Maybe I should stay off.' I'm confident there are people alive today who would not be if not for the Keel-Hauler system. It's like Charlie Walbridge's safety work. When we describe and publish why people get killed or seriously injured, or need rescue, we're not being judgmental, we're not blaming them. We're publicizing the mistakes others make so you don't make them."



John Kobak on Cheat Canyon, PM Goof, June 25, 2021 -photo by Jeff Mackey

The Kobak Method of Teaching Rivers

Kobak acknowledges, "I've been a guy who talked to people before they came on my trips and say rate yourself, tell me your skill. Elsewise, I'm not going to take you down. It's too difficult a section. I turned down a lot of people because of that. Some people don't question the paddlers they take on trips. To me, that's negligent."

Kobak stresses making sure boaters have the necessary skills for the section in question. Explain the difficulty and why those skills are necessary. Kobak adds, "I've had people who say 'I'm going to run it anyway. Or I'll put in after you.' Some people refuse to believe they don't have the skills to run the

river.” Kobak admits he usually take the person. He knows they will swim and he doesn’t want them swimming alone. He feels leaving them alone would be morally negligent.

John explains his method of showing people down a river. “When I first ran the Upper Yough, I basically did it myself. After that, I’ve led, easily, 400 first timers down the Upper. After they did it, they often say, “Wow, this is way easier than I thought.” That’s because I know what to tell you and where to go. Now sometimes, after your third time, you’re going to get trashed because you’re going to get confident and alter your moves.



John Kobak on the Upper Yough, Aug. 2, 2019 -photo by Jeff Macklin

I had a definite way of taking people down. Small groups. Make sure there was a person next to the newcomer in case they did get into trouble. The thing I do, which is different from most people, is I don’t explain the rapid and I don’t let them follow me. I say I’m gonna go from this eddy to this eddy. After I’m in this eddy, you come. Read it any way you want. You decide how to get to this eddy. Because if you’re following me, all you’re doing is looking at the boat, you’re not looking at the river. I found it’s a bad way to lead people. All they’re doing is looking at the best people and they’re not learning anything. The Upper Yough is full of eddies, so you can just say, I’m going from this eddy to this eddy to this eddy and don’t follow me. I’ll be sitting in the eddy waiting for you. And that worked really well.

Other people would say, ‘Go here and you’ll see the rock barely sticking out of the water and make a hard right there and they’ll be a boof over this rock and then pull in over here.’ Well after the first move, people aren’t exactly sure where they are anymore. They can’t remember more than one instruction. I

watch their eyes glaze over. "Oh my God" They just couldn't take in all that information. Too complicated. They get concerned with *Remembering* rather than *Reacting*.

John's Story

John started paddling in canoes, along with his wife, Peggy. They took a whitewater course, bought a C-2 canoe and paddled the Lower Yough. John recalls, "Peggy thought it was too scary. She also knew I was interested in kayaks, so she encouraged me to take up kayaking. We continued to paddle open canoes together if it was no harder than Class II.

John began paddling a kayak. He knew about the Keel-Haulers Club but thought, "I don't need to belong to a club. Until the people I was paddling with got into trouble, into hypothermia and damned near drowned. I changed my mind, 'This is more complicated than I thought.'"



John Kobak with his 13-year-old son, Jeff, on Spanish River. Canada, 1977.

Kobak joined the K-H Club in 1968, a year after it formed. After the last charter member died in 2022, John now is the most senior K-H'er. Soon after joining, John was elected treasurer and found one of the tasks for the treasurer was selling paddles and wet-suits, items not commonly available.

Soon John was building his own kayaks. Dick Priem and John layed up two kayak molds, one copied from a Lettmann IV and one from an Old Town kids kayak. This led Kobak to branching off the sales into a separate business, Keel-Hauler Outfitters. The product line expanded to "everything you needed." They

made paddles and life vests and bought skirt kits and throw rope kits from one of his competitors, Charlie Walbridge. His son, Jeff, joined him in the business and they put out a catalog. The basement business and production space included all the gear for sale as well as the molds and kayak-manufacturing apparatus. John brags, "I had 55 gallons of resin on tap." After fifteen years of constant coming and going of customers, at all hours, and the noxious fumes of building, Peggy drew a line. She was ready to kick John and the outfitting business out of the house.

By now son, Jeff, had graduated from college. He offered to take over the business with the understanding it could no longer operate from the basement. Jeff did well with the business, operating from 1985 to 1997, selling to people across the US and as far as Japan. However, as he and his wife started a family, and three kids arrived, it became apparent he would need to do something more lucrative. The business was shuttered, Jeff moved on and is now the father of eight children.



John Kobak on Wonder Falls, Big Sandy, WV. 2002.

Rocket Man

Meanwhile, John had a day job. He started his career in 1958 with NACA, the National Advisory Committee for Aeronautics, a precursor to NASA. When NASA was formed Lewis and Langley NACA centers joined Huntsville and Houston military facilities, as well as Cape Canaveral. The Cleveland center

was staffed with civil servants, typically experts in their field of research. Cleveland had started testing rockets and propulsion and under NASA (National Aeronautics and Space Administration) Cleveland became the rocket center.

During this time John was working with another rocket man, Dick Priem, also a paddler and one of the other innovators of the K-H scale. Dick would go to Russia, on good terms with the US at the time, and teach rocketry in their schools. As John said, "Dick was a world expert on rocket engines. But he was a kayaker." If you'd like to engage in a little light reading, peruse the article, ***"Development of a Sinusoidal Pressure Generator for Pressure Transducer Dynamic Calibration" done for Richard J. Priem, Project Manager Chemical Rocket Division, NASA."***

John's engineering work was varied. He started with rocket propulsion testing and then had a three-year interlude when NASA rocket engine funding dried up and the Department of Energy provided NASA with funds to do coal research, testing a Fluidized Bed Coal Reactor. Kobak ended his career at Lewis Research Center testing the solar power system for the international space station. In 1994, John retired after 36 years of government service. In 1999, the NASA Lewis center was renamed for the astronaut, John Glenn.



Peggy and John Kobak

Peggy

John continued paddling, often on big whitewater, which was scary, sometimes on the open ocean, which was even scarier. Peggy and John would vacation abroad on many occasions, often bringing a 17ft. foldboat with them. John remembers, "Of course Peggy had no fear of paddling a 17' foldboat in the ocean in Belize. I was more afraid of the big waves and open water than she was. I just thought it was scarier than the Upper Gauley."

If you're wondering about the caps Peggy and John are wearing in the photo above, John explains, "Everyone calls paddlers from Ohio, "F**king Idiots from Ohio – FIFO" The paddlers in our Beaver Creek community near the Yough came up with stickers for our boats and hats to embrace the slur. A few years later, John Garcia, the instigator, decided that our non-paddling wives should also have hats, WIFO's and had them made for our spouses.

John rides a bicycle regularly. Peggy also cycled. They had a tandem bike that Peggy loved.

Peggy died from cancer three years ago. Peggy and John were married for 62 years.



John Kobak on Wilson Creek, 2014

The Southern Trips

I led what I called my Southern trips. We would do the Nolichucky, the Little, the Tellico, Wilson, the Ocoee, the Chattooga, the Nantahala, maybe the French Broad, the North Fork. I'd have 25-30 people every year. I did that for 25 years. I finally said I just don't want to do that anymore. Somebody else take it over. Somebody took it over for one or two years and it went away. Now everybody goes to the CCC Week of Rivers.

For 12 years I led Colorado and Idaho trips. Also trips to Mexico, Central & South America, Canada and Alaska. No one leads trips like those anymore.



John Kobak on Cucumber, Lower Yough, 2024.

In the photo above you may notice a couple of things, other than John is still having a blast running whitewater at 87 years of age. John is using a wooden whitewater paddle made by Jim Snyder from WV, alias Jimmi Sticks. Jim also was a Keel-Hauler in the 70's.

Look again and you'll see John isn't wearing glasses, like he did in most of the photos up to now.

John: "I wore glasses my entire life until about 15 years ago when I went blind in my left eye. I then had cataract surgery restoring my right eye to about 20/30 vision. After I lost sight in the left eye, I have had a very hard time with depth perception and paddling larger rivers."

87 years old, blind in one eye, and yet....



John Kobak celebrating his 80th birthday by running Wonder Falls on Lower Big Sandy, May 28, 2017 - Photo by Peter Bross

Comments from users of the K-H Rating systems

Michele Crum: As a new member of Keel-Haulers and a brand-new whitewater paddler (since July 2024), I just found out about this rating system. As someone who doesn't know the rivers and everything is new and feels unknowable, this system is invaluable. The questions made apparent skills I should work on both on and off the water to advance to more difficult rivers and made clear what water I am ready for now to hone my current skills. I currently am in my boat 2-3 days a week and I feel more armed with knowledge about how to improve my paddling and work within my skill set to stay safe (I am not a risk for the sake of glory paddler as a mom and person in my 40s trying something).

Andrea Morgan: I think the rating system is wonderful! I use it regularly! It is one way I evaluate a new river and decide if it's in my ability. I especially like how it gives a baseline flow, because flow can dramatically change a section.

Jacki Zevenbergen: I use this all the time and encourage new boaters to do the same. It's valuable in 2 ways. It recognizes the many factors that determine skill level of the individual and acknowledges the nuances of difficulty in rivers that are rated as similar under the class system. I find this particularly useful as an older intermediate boater choosing new rivers. It's great at WOR!

Dena River: I used this and found it to be very good and accurate based on my own skills and the rivers I've done. I only started paddling during Covid. I used to check if I was ready for some step-up Class III/IV runs and I survived and did quite well. I will say that a rating system related to the highest-class WW is a way more personal decision and just because it says you are ready doesn't mean you are. Only you can know that when you are ready to step beyond IV.

Special Thanks to all the helpful people with the Keel-Haulers Club of Ohio. What is Keelhauling?

Keelhauling was a form of corporal punishment that was formerly practiced as a punishment in the Dutch and English navies. It was used as a way to punish members of the crew who were guilty of serious breaches of the ship's code of conduct. Keelhauling involved tying the hands of a crewmember to a rope and hauling him under the keel of the ship. If the crewmember lived he was set free. The barnacles did a job on him even if he could hold his breath for a long time. While the practice of keelhauling was formally abolished in 1853, the Keel-hauler lives on.

REFERENCES:

Self-Assessment Test:

<https://www.keelhauler.com/self-testing>

Automatic scoring system for the Self-Assessment Test by Peter Staehling

River Ratings:

<https://www.keelhauler.com/river-ratings>

"Southeastern Whitewater: Fifty of the Best River Trips from Alabama to West Virginia" by Monte D, Smith, Pahsimeroi Press, 1995, 467 pages

Monocacy Canoe Club ratings: <https://www.monocacyboard.org/mboard/rank1199.htm>

Blue Ridge Voyageurs ratings survey <http://blueridgevoyageurs.org/rvr%20survey%20form.htm>

California Creeks and other western river ratings. <https://cacreeks.com/irecom.htm>

Miscellaneous Keel-Hauler Info:

<https://www.keelhauler.org/khwhat.htm>

<https://www.keelhauler.org/khcc/webmasphoto2.htm>

<https://www.keelhauler.com/club-newsletters>

<https://www.keelhauler.com/paddling-stories>

-

**Akron University Pool Sessions
started again on August 27th**

For more information such as cost, rules, etc.:

[Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club \(keelhauler.com\)](https://www.keelhauler.com/roll-sessions-clinics-and-practice)

**Keel-hauler Trip Planning 2024
Calendar of Events on our website**

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event! [Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](https://www.keelhauler.com/calendar-of-events)

Wednesday, October 2

6:00pm Flatwater Playboating Workout Session

Friday, October 4

6:00pm Kayak Pool Class (Ohio Kayak Instruction)

Saturday, October 5

11:00am The Wagner Subaru Outdoor Experience Whitewater Kayak Races

11:00am Whitewater Kayak Races/Freestyle Competitions

11:00am Cheat Narrows with Don and Highwater Hobbies

Sunday, October 6

» 5:00pm The Wagner Subaru Outdoor Experience Whitewater Kayak Races

» 5:00pm Whitewater Kayak Races/Freestyle Competitions

Saturday, October 12

10:00am Middle Yough Trip

Saturday, October 19

6:00pm Keel-Hauler's October Election Meeting-See first page of the newsletter for more details.

2024 Club Officers

President:	Brian Smart	330-809-7409
VP:	Ted Moore	330-608-9456
Secretary:	Jennifer Hughes	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. **Membership Chairman: John Kobak**
New memberships, renewals, change in address or phone, mail to:
John Kobak, 1649 Allen Dr, Westlake, OH, 44145.

Any opinions, views or recommendations expressed in the articles in this Newsletter are those of the article's author. Printing these articles in no way implies approval or advocacy of any of the opinions, views or recommendations by the Keel-Haulers Canoe Club or any of its Officers, editor, or members. Water sports are a potentially dangerous activity. Keel-Haulers Canoe Club recommends and encourages all of its members and others to abide by all laws, regulations and recommended practices when engaging in such activity. Each member is responsible for assessing her/his own abilities and for not engaging in activities which are beyond those limits. Members assume any and all risk when choosing to participate in any activity and the Keel-Haulers Canoe Club is not responsible for any damages resulting from such participation.

KHCC WEB PAGE URL: www.keelhauler.com

Non- Commercial advertising is free to all members. To place an ad, send the information the way you want it to appear. Please write or call when the item is sold. It will appear for 2 months unless canceled. Commercial ads may be submitted by club member's owned businesses four times each year with a maximum of four lines of copy per ad.

Please consider writing a trip report, an article, or send a photo for the next newsletter!
The deadline for the November 2024 issue of the newsletter is 10/23/2024. Please send articles and/or pictures to: Kelly Miller at peetzaguy@aol.com.

Keel-Hauler Kanews

October 2024

Kelly Miller, Editor



Keel-hauler's Ka-news



NOVEMBER, 2024



**Next Keel-hauler meeting: Save the date!
More details to come...**



**Minutes from Keel-hauler's Meeting
10/19/2024
From John Banach**

Minutes from last meeting.

No new business to discuss.

1. Budget vote: In favor. 21 votes yay. Opposed. 1 pass.
2. Positions:
 - a. Secretary- Jenn Hughes. passes
 - b. Trustee replacement 2025 for Mike Gillam- Jacki Zevenbergen passes
 - c. VP position: Brian Smart passes
 - d. Treasurer: Anthony Lazzaro passes
 - e. Trustee- Seth Anderson passes (2025-2027)
 - f. Club President- Robin Shell wins 21-10.
3. Closing remarks from Brian Smart on his 3-year term as President

Meeting adjourned.

**President's Corner
By Robin Shell**

Hello Keel Haulers. My name is Robin, and I am being afforded the privilege of being your club president. I want to thank you all for believing in me. Ted Moore was a fierce opponent, and I appreciate his desire to be of service to the Club and me (and we all look forward to his retirement next year.)

We've already got things rolling here on the administrative side, ensuring a smooth transition from Brian to me. Brian staying on as VP will be a HUGE benefit to me – along with all of the other support and assistance I'll be getting. This is a family affair, and it takes the entire community to keep us going and move us forward.

A women's committee (unofficially called the Beater Babes – please let us know if you have any name suggestions) has already been formed, being headed by Andrea Morgan, Michelle "Meesh" Crum, Rachel

Faber and Annaleigh Koch. If you have ideas or would like to participate, please reach out to any one of us.

I would like to take this opportunity to thank John Kobak for his years of service as our Membership Chair. John is stepping down from this position and Rachel Faber has assumed responsibility. We are already discussing ways to automate membership dues, ways we can increase membership, what we can do to retain membership and even reaching out to old members. If you have ideas or would like to help, please feel free to reach out to Rachel or me.

Lastly, we still have some volunteer positions to fill. I'd love to expand our core volunteers. If you've been in the club, paddling with us, but not taking a volunteer role, this is a great time to leave your comfort zone and help out the Club. You won't be doing it alone. Those who have come before you will be great mentors. Ideally, we have more than one person filling the roles so that no one is working alone. This is a great way to give back.

Upcoming Events in 2025:

- Fall Colors
- Cuyahoga Falls Fest
- Cheat Fest
- Week of Rivers
- Paddle Fest
- Cleveland Boat Show

Committees:

- Pool Session
- Recreational Paddling
- Meeting location and refreshment
- Social Media

Slip Fest:

- Timing Director
- Swap Meet Director

**2025 Membership Dues are Overdue
From John Kobak and Rachel Faber**

All club memberships have ended on October 1st for our 2024 membership year.

You can review your current membership listing using this link [KH Members](#).

If the last column by your name is 4 or 43, then you are only paid for 2024. If it shows 54, you are paid for 2025. If it shows 564, you are paid for 2026 as well. Our membership list is password protected and is for our members only; use the current 2024 password which is sent out in our monthly e-mail.

To renew, hit "Join Now" in the upper right corner of the website. [Keel-Haulers Canoe Club](#)

Make an account, and pay your membership. Use this if you are a new member or if you are renewing and paying your 2025 dues. This is now set up as a "subscription" and you will be charged your dues at the same time every year. You can log into your account and cancel at any time.

Anyone who has already paid there is no need to do anything. This only applies to those who have not paid for 2025, and new members.

OR

If you still want to mail a check or use your bank's Bill Payer, please send **\$20** for your **2025 Membership Dues** directly to our treasurer:

Keel Haulers Canoe Club
34555 Chagrin Blvd Suite 250
Moreland Hills, OH 44022

Also, all WW paddlers should **join AW**, the one organization that fights to remove dams and provides us with river access and existing dam scheduled water releases. Our club members can get a \$10 discount. Pick \$25.00 – Affiliate Club Member from this link: [Join American Whitewater](#)

The Possibilities are Endless
By Brian Smart

Keel-Haulers Meeting 10/19/2024, a Speech Influenced by Jim Rohn

In the early days I sat in these meetings just like you and took notes and wondered about the possibilities. Could it be possible that this stuff is really that simple? If it was possible to make a real difference? If I even had it in me to be a good leader? I had never been in a club before, and kayaking was brand new to me. When I was nominated to be president, I really didn't know how it was going to go. I was stepping outside of my comfort zone and in turn started becoming someone new. The full gravity of all the chances I was going to be given was profound. A chance to learn A chance to serve A chance to travel A chance to teach A chance to inspire A chance to tell one more person the possibilities are endless no matter what has happened in the past I have gained new relationships that are extraordinary, that have changed my life in so many positive ways that I will never be the same. If you work on your gifts they will make room for you. They will make a place for you, you will be invited to some amazing places if you continue working on your gifts. Make yourself valuable, make yourself attractive, make yourself unique, work on your gifts. If you work on becoming a person who has plenty to give whether that is ideas, or money, or treasure, or time. If you work on your gifts the possibilities truly become endless. When I'm gone. People always ask, what do you want said after you're gone? I came up with something the other day. It is pretty simple Brian Smart made a major contribution to someone and then another and then another, and another. That journey continues for me today. Here I am, in this beautiful place surrounded by all of you

wonderful people and I couldn't be more fortunate. One thing's for sure none is this would be possible without the dedicated and hard working volunteers this club has! As the club's Vice President I will do my very best to give the same high-level energy that you have all seen out of me the last few years, and I am honored to be here.

Year End Financials October 2023 through September 2024

FY2024 Budget	FY2024 Actuals	FY2025 Budget	
			ASSETS
\$9,568.73	\$9,568.73	7,186.20	CHECKING balance at start of FY
\$4,643.99	\$4,643.99	4,647.42	CD (2) balance at start of FY
			INCOME
\$150.00	\$57.44	\$150.00	Conservation
\$6,400.00	\$5,443.72	\$5,000.00	Dues
\$50.00	\$98.65	\$100.00	Teespring, Inc.
\$100.00	\$1,121.19	\$2,000.00	Slip Fest
\$0	\$1,359.27	\$0.00	Raffle Income
\$6,600.00	\$8,080.27	\$7,250.00	TOTAL INCOME
\$20,812.72	\$22,292.99	\$19,083.62	TOTAL ASSETS
			LIABILITIES
			EXPENSE
\$5,250.00	\$3,950.00	\$4,850.00	Conservation Donations
\$600.00	\$600.00	\$600.00	Access Donations*
\$50.00	\$41.98	\$50.00	Internet Domain
\$300.00	\$538.13	\$300.00	Webpage Development
\$600.00	\$314.30	\$2,000.00	Marketing
\$1,000.00	\$580.49	\$1,000.00	Education/Training/Outreach
\$750.00	\$1,335.00	\$1,335.00	Insurance
\$1,200.00	\$2,193.18	\$1,500.00	Meeting Hall
\$50.00	\$0.00	\$50.00	Postage and Supply
\$600.00	\$66.29	\$600.00	Refreshments
\$0.00	\$0.00	\$0.00	Yearbook Expense
\$1,500.00	\$826.11	\$1,500.00	Pool Sessions
\$11,900.00	\$10,445.48	\$14,435.00	TOTAL LIABILITIES
\$8,912.72	\$11,847.51	\$4,648.62	OVERALL TOTAL

FY2024 Budget	FY2024 Actuals	FY2025 Budget	
			DONATIONS:
\$1,500.00	\$1,500.00	\$1,500.00	American Whitewater
\$1,000.00	\$1,000.00	\$1,000.00	Friends of the Cheat
\$100.00	\$100.00	\$100.00	Friends of the Crooked River
\$300.00	\$300.00	\$300.00	American Rivers
\$300.00	\$300.00	\$300.00	West Virginia Rivers Coalition
\$100.00	\$100.00	\$100.00	River Network
\$100.00	\$100.00	\$100.00	Nature Conservancy
\$300.00	\$300.00	\$500.00	Mountain Watershed Assoc.-Yough Defense Fund
\$100.00	\$0	\$100.00	Portage Park Dist.
\$150.00	\$150.00	\$150.00	Grand Canyon Private Boaters Association
\$600.00	\$600.00	\$600.00	Special Donation/Benscreek-Stonycreek *
\$100.00	\$100.00	\$100.00	Friends of the New River Gorge
\$100.00	\$0.00	\$0.00	Kent Tannery Park
\$0.00	\$0.00	\$0.00	Save Slippery Rock Defense Fund (SSRC)
\$1,100.00	\$0.00	\$600.00	Additional Conservation
\$5,850.00	\$4,550.00	\$5,850.00	TOTAL

**Keel-hauler Treasurer's Report
October 28, 2024
From Anthony Lazzaro**

Checking	\$ 4,574.48
CD	\$ 2,323 .47
CD	\$ 2,324 .06
PayPal	\$ 2,058.48
Total	\$ 11,280.49

Easiest Way to Reduce Injury and Improve Performance by Nick Anderson

Easiest Way to Reduce Injury and Improve Performance

The Importance of Maintenance Work for Kayakers: Injury Prevention and Performance Enhancement

As a kayaker and a physical therapist, I've seen firsthand how regular maintenance work can make a huge difference in both injury prevention and athletic performance. Kayaking is a demanding sport that requires a combination of strength, endurance, and mobility, often pushing the body to its limits. The repetitive motion, powerful strokes, and intense engagement of the upper body muscles—especially the shoulders, back, and core—can lead to tightness, imbalances, and eventually injury if not properly managed.

This is where preventative maintenance comes into play, and techniques like dry needling, cupping, and physical therapy can be game-changers for kayakers looking to stay injury-free and perform at their best.

Dry Needling: Tackling Muscle Tension at the Source



Dry needling is a highly effective technique to relieve tight muscles and trigger points, which are common in kayakers due to the repetitive movements and high demand placed on the upper body. By targeting deep tissue with fine needles, dry needling helps release muscle tension and improve blood flow to the area, promoting quicker recovery. For kayakers, this can mean less stiffness in the shoulders and back, improved range of motion, and reduced risk of overuse injuries.

Cupping: Enhancing Mobility and Blood Flow



Cupping therapy has been gaining popularity among athletes for its ability to increase blood flow, reduce muscle tightness, and promote recovery. The suction created by cupping helps draw fresh blood into tense or sore muscles, speeding up the healing process and enhancing overall mobility. This is especially beneficial for kayakers, who rely on fluid upper body movement to maintain proper form and endurance on the water. Regular cupping sessions can help prevent muscle stiffness and maintain optimal flexibility, key for paddling performance.

Physical Therapy: Your Personalized Approach to Longevity



Physical therapy goes beyond addressing pain or injuries. It's about creating a personalized plan to optimize movement patterns, strengthen weak areas, and enhance flexibility, all of which are crucial for kayaking. Regular check-ins with a physical therapist can help identify early signs of overuse, correct posture and technique issues, and develop a strengthening program tailored to your needs as a kayaker. Incorporating physical therapy as part of your routine maintenance not only helps in injury prevention but also boosts endurance and overall performance.

The Long-Term Benefits: Injury Reduction and Performance Gains

Incorporating dry needling, cupping, and physical therapy into your training routine can yield significant long-term benefits. By staying ahead of potential injuries, you reduce time off the water, allowing for consistent training and growth in your skills. Furthermore, these maintenance techniques help improve recovery times, allowing you to paddle longer and harder without the risk of overtraining or burnout. Kayaking places unique demands on the body, and taking proactive steps to maintain your musculoskeletal health is key to staying injury-free and performing at your peak. Whether you're new to the sport or a seasoned paddler, regular maintenance work can keep you in the game for years to come.

Reflections on Loss and Opportunity in Flood Ravaged Western North Carolina By Kevin Colburn Posted in American Whitewater, 10/9/2024

Link to the article:

https://www.americanwhitewater.org/content/Article/view/article_id/SONIfS4LggbKPtHUHkTIn/

Keel-hauler Trip Planning 2024 1 event in November [Calendar of Events on our website](#)

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event! [Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

Sunday, November 24-3:00 – 5:30pm

Roll Practice ONLY / no lessons, Reservations required

More information: [Calendar of Events — Keel-Haulers Canoe Club](#)

[Countryside YMCA](#)

Event: <https://facebook.com/events/s/roll-practice-only-no-lessons-/1084677346385225/>

Demo video link <https://youtu.be/9d3ki6juCwY>

Update: Reservations required. Fees: \$65 first lesson; \$10 pool fee

Do not call the YMCA. Call Gwen English. Contact info below. No walk ins are allowed.

Bill Cacciolfi and his crew are teaching rolling to up to 7 new students each week at Countryside YMCA, in Lebanon, OH. We guarantee you will roll a kayak in this class, or we will refund the \$65 fee. 7 more can sign up for practice. New students pay \$75 cash only for the first session only. You learn using our equipment. After that, each session is \$10, to cover the YMCA fee. You must contact Gwen English to register. Her contact information is at the bottom of this event notice. You will be added to

our email list, unless you let us know that you do not want that. We also need a good contact phone number, so the YMCA is able to contact you about any medical issues as needed. Once registered, you will be sent an email from one of us, giving you class details, including how to enter the complex. This facility is the largest YMCA in the U.S. Getting to the right place is important with 5 pools. We guarantee you will be rolling in the first lesson. All subsequent sessions for tune ups are free, except for the \$10 pool fee that goes to the YMCA to pay the lifeguards. Come out now and be ready for the spring! The Lebanon pool will be available for kayak roll practice. Please pay Kathy Peterson the fee of \$10 before putting your clean boat in the pool no earlier than 2:30 pm. Please bring exact change. The pool deck must be cleared by 5:45 pm. ~~105~~ PS. This event is just an FYI. Signing up here does NOT give you access. **Again, you must register with Gwen English to attend.** You cannot just show up. The YMCA wants a head count prior to the event. Fees collected when you arrive. Show up with a clean boat (smaller boats are easier to accommodate per Ms. Peterson), and exactly \$10.00.

New World Expeditions, 830 Xenia Ave, Yellow Springs, Ohio 45387,
Bill 937-213-1888 Bill@newworldexpeditions.com, George Davis 214-909-7000
purduegeorge@gmail.com, Gwen English 937-478-8701 Itsahillgetoverit@yahoo.com

Akron University Pool Sessions through December 3rd

For more information such as cost, rules, etc.:

[Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

Or go right to the Akron University Website: [Open Kayaking : The University of Akron, Ohio](#)

2024 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Brian Smart	VPkeelhaulers@gmail.com
Secretary:	Jennifer Hughes	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber
New memberships, renewals, change in address or phone, mail to the Treasurer: Keelhauler Canoe Club, 34555 Chagrin Blvd Suite 250, Moreland Hills, OH 44022

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Kelly Miller at peetzaguy@aol.com.

Keel-Hauler Kanews

November 2024

Kelly Miller, Editor



Keel-hauler's Ka-news

DECEMBER, 2024



Next Keel-hauler meeting: December 14th

[Winter Party and Meeting — Keel-Haulers Canoe Club](#)



Raffle at the Next Keel-hauler Meeting

The club will be raffling off a Lifetime sit on top children's kayak and paddle on December 14th at the meeting. You do not have to present to win, but you do need to work out a pickup option if you are the lucky winner. All Keel-haulers can enter once for free at the following link. Extra tickets can also be purchased. Jacki Zevenbergen will be selling raffle tickets at the December potluck meeting. [Winter Party and Meeting — Keel-Haulers Canoe Club](https://bit.ly/KHRaffle)

Enter here:
<https://bit.ly/KHRaffle>



RAFFLE

Win a Lifetime sit on top children's kayak and paddle (150lb weight limit)
Generously donated by Falls Outdoor Company

1 ticket for \$5
3 tickets for \$10

Keel Hauler members get one free entry.

You do not need to be a member to win.

Winner must arrange for pick up.

Entry Deadline
12/14/24,
4:00 pm



KEEL-HAULERS
CANOE CLUB



FALLS
OUTDOOR
COMPANY

Keel-hauler Treasurer's Report November 25, 2024 From Anthony Lazzaro

Checking	\$ 4,665.30
CD	\$ 2,323.53
CD	\$ 2,324.12
PayPal	\$ 2,174.02
Total	\$ 11,486.97

President's Corner By Robin Shell

Hello Keel Haulers. It's been one month since you've elected me President and we have already made so much progress on so many things.

Membership/Dues Payments: We have revamped our membership and dues payment process by automating it. We are billing on a subscription basis, and you can pay with whatever means you prefer. You will be charged annually based on the day you first pay. This makes the process so much easier, for you and for us. The cost is staying at \$20.00/year. If you are already paid through 2025 or 2026, you can wait until October of that year to join. You can join here: <https://www.keelhauler.com/membership-application> and if you have questions, reach out to membershipkeelhauler@gmail.com. Rachel Faber and Brian Smart have done amazing work getting this up and running so fast. And, of course, I want to give a big thank you to John Kobak for all the hard work and hours he had put in before stepping down as Membership Chair.

Instagram: We now have an Instagram presence!!! @keelhaulerscanoecub. Tag us in your story and we will repost you! If you want to "steal" our account for a trip and post a day in the life of, please reach out to me. We're trying to get the word out about our club, and this is a step in that direction! It's been less than a month and we're at 105 followers.

Pool Sessions: If you're not a cold weather paddler, this is the best time to practice your skills in the pool. This is a great way to not lose the momentum you gained over the spring, summer and fall. We have sessions scheduled in Akron, Cuyahoga Falls, Cincinnati, Kent, and Lakewood and we're gathering information about Cleveland State. Check it out at <https://www.keelhauler.com/roll-sessions>.

Committees: We have an increased presence in recreational kayaking and our Beater Babes are starting to think of great events they can host. We still have open positions. Volunteering and paying it forward is paid in feeling good and many thanks. The following positions are still available: Slip Fest timing director and swap meet director; fall colors, falls fest, blazing paddles paddlefest, and I'd love to form a raffle committee.

Chat Rooms: Brian Smart has created chat rooms within our Facebook community. These sometimes focus on the river, but we're expanding because Keel Haulers have so many great interests: skiing, climbing and mountain biking to name a few. Come check out our chats. (Please note: if an event date/time is decided on, please create an Event on the KH Facebook page so that the whole membership can see it.)

I want to thank everyone for helping me transition into my new role. I could not do this without all of you backing me up and helping me out. Happy paddling!

Stronger Rotator Cuffs for Kayaking by Nick Anderson

Building Stronger Rotator Cuffs for Whitewater Kayakers: Essential Exercises to Stay Paddling Longer

Whitewater kayaking demands strength, endurance, and mobility, especially from your shoulders. Your rotator cuff—a group of four small yet vital muscles in the shoulder—plays a crucial role in stabilizing the joint and powering your paddling. Because the rotator cuff is prone to overuse injuries and imbalances, strengthening these muscles can help you paddle longer and avoid setbacks.



Why the Rotator Cuff is Important for Kayakers

When navigating turbulent waters, your shoulders are subjected to repetitive movements, high forces, and some times awkward angles. The rotator cuff keeps the shoulder joint stable while allowing for the powerful and precise motions necessary for paddling. Weakness or dysfunction in these muscles can lead to:

- Shoulder impingement
- Tendonitis
- Dislocations

Strengthening these muscles prepares your shoulders for the demands of kayaking and reduces injury risk.



5 Rotator Cuff Exercises for Kayakers

1. Side-Lying External Rotation

Purpose: Strengthens the infraspinatus and teres minor, two key rotator cuff muscles for stabilizing the shoulder.

How to Do It:

1. Lie on your side with your bottom arm under your head for support.
2. Hold a light dumbbell (2–5 lbs) in your top hand with your elbow bent to 90 degrees and pinned to your side.
3. Slowly rotate your arm, lifting the dumbbell toward the ceiling.
4. Lower with control.
5. Perform 3 sets of 10–12 reps per side.

2. Internal Rotation with Resistance Band

Purpose: Targets the subscapularis, which helps maintain shoulder stability during paddle strokes.

How to Do It:

1. Attach a resistance band to a secure anchor point.
2. Stand sideways to the anchor, holding the band in the hand closest to it.
3. Bend your elbow to 90 degrees and keep it pinned to your side.
4. Pull the band across your body, rotating your arm inward.
5. Return to the starting position slowly.
6. Perform 3 sets of 10–12 reps per side.

3. Scapular Retractions

Purpose: Enhances shoulder blade stability, critical for efficient paddling mechanics.

How to Do It:

1. Hold a resistance band in both hands with your arms extended in front of you.
2. Squeeze your shoulder blades together as you pull the band apart, keeping your elbows slightly bent.
3. Slowly return to the starting position.
4. Perform 3 sets of 10–15 reps.

4. Turkish Get-Up (Lightweight)

Purpose: Builds shoulder stability and full-body control under load, mimicking dynamic paddling movements.

How to Do It:

1. Start lying on your back, holding a light kettlebell or dumbbell in one hand, arm extended straight toward the ceiling.
2. Follow these steps to rise to standing:
 - Bend the opposite knee and plant the foot.
 - Roll onto your elbow, then your hand.
 - Bridge your hips and slide the straight leg through to kneeling.
 - Stand up while keeping the weight overhead.
3. Reverse the sequence to return to the floor.
4. Perform 2–3 reps per side.

5. Stability Ball Wall Walks

Purpose: Challenges shoulder stability and endurance through controlled motion.

How to Do It:

1. Stand facing a wall with a stability ball at shoulder height.
2. Place your hands on the ball and press lightly into it.
3. Slowly "walk" the ball up the wall using small circular hand motions.
4. Walk it back down in the same manner.
5. Perform 2–3 sets of 1-minute walks.

Additional Tips for Kayakers

1. **Warm-Up Thoroughly:** Before any paddling session, include dynamic shoulder warm-ups like arm circles or band pull-aparts.
2. **Balance Strength with Mobility:** Incorporate stretches for the chest, lats, and shoulders to prevent tightness and maintain range of motion.
3. **Progress Gradually:** Start with light weights or bands and build resistance over time.

By incorporating these exercises into your training routine 2–3 times per week, you'll build stronger, more resilient shoulders capable of handling the demands of whitewater kayaking. Not only will you reduce your risk of injury, but you'll also paddle more powerfully and with greater control—ensuring you can keep chasing those rapids with confidence.

Paddle On!

For more tips on injury prevention and performance for kayakers, feel free to reach out or join our upcoming workshops. Let's keep you on the water and doing what you love!

Keel-hauler Trip Planning 2024
[Calendar of Events on our website](#)

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event! [Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

Pool Sessions 2024-2025

Check out the website for all the information on upcoming roll sessions. This winter, there are sessions in Akron, Cuyahoga Falls, Cincinnati, Lakewood, and Kent. For most of these, pre-registration is required, and they all have fees to cover the cost of pool rental, etc. For more information such as cost, rules, etc.:

[Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

Happy Holidays!

2024-2025 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Brian Smart	VPkeelhaulers@gmail.com
Secretary:	Jennifer Hughes	Secy@keelhauler.org
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Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber
New memberships, renewals, change in address or phone, mail to the Treasurer: Keelhauler Canoe Club, 34555 Chagrin Blvd Suite 250, Moreland Hills, OH 44022

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KHCC WEB PAGE URL: www.keelhauler.com

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Please consider writing a trip report, an article, or send a photo for the next newsletter! The deadline for the **January 2025 issue of the newsletter is **12/23/2024**. Please send articles and/or pictures to: Kelly Miller at peetzaguy@aol.com.**

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