



FOUNDED 1989  
ACA PADDLE AMERICA CLUB

FALL, 2011  
Vol. 19 No.2b

# The MOUNTAIN PADDLER

ARTICLES OF INTEREST  
FOR OUR PADDLING COMMUNITY

## EDITOR'S NOTE by Sue Hughes

Here are pages of good articles about what RMSKC members have been doing this paddling season.

We're a diverse group of folks, from pond paddlers who kayak around home for the exercise or the joy of being outdoors to adventurers who go far and stay gone for weeks.

Regardless of why you paddle you can find lots of people to kayak with among the Club membership. Keep in touch, take care and stay in shape until your winter adventures someplace warmer or next spring here in the Rockies.

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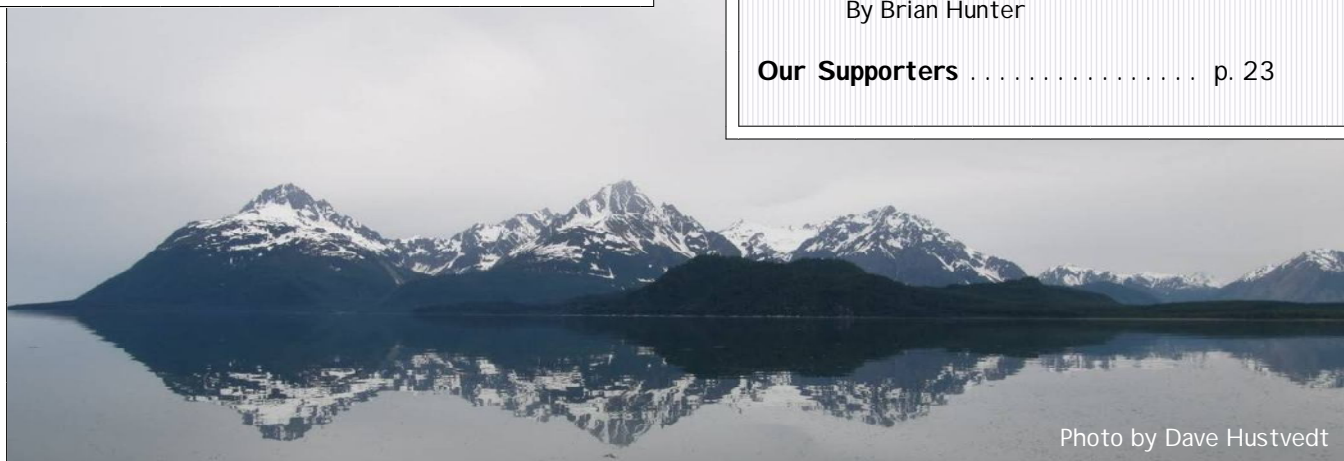


Photo by Dave Hustvedt

# A FEW OF MANY FRIENDLY PADDLES

MARCH 17, 2011:

## FIRST "AFTERWORK" AT MCINTOSH

By Anne Fiore

The plan was to meet at the North Entrance and I arrived about 5:00 pm. Russ Hardy was already there. Thinking that no one else would show and having seen a kayak headed to the south ramp, we drove to the other side. Kate Wallace was there, and while unloading, Marsha Dougherty showed up.



Russ Hardy

It was a little windy, with the wind coming out of the east, and we headed east first, mostly to be able to gauge the wind and ensure that everyone was comfortable, since we would have that as a head wind on the return.

We got to the end of the eastern cove, then turned west, staying toward the north bank. A participant suggested that we stay close to the south bank; in the event a severe wind came up it would be easier to bail and return to our cars from that side, so we headed across diagonally, aiming for a blue house. One of our group was uncomfortable with the wind, so we all returned to the put-in. Then the remaining three headed off to the west again.



Kate Wallace

It wasn't too windy, not too bad, but the farther west we went, the stronger the wind or perhaps just the more the fetch. Finally, I put my rudder down, being unable otherwise to keep my boat on track.

Then we turned around, into whitecaps and rolling waves. It wasn't as bad as Boulder Reservoir a couple of years back, but definitely challenging. We were back at the put-in after 20 minutes, much quicker than expected!

JULY 7, 2011:

## MCINTOSH: CONVENIENT AND FREE

By Rich Ferguson

Andy McKenna and I arrived at McIntosh Lake at about the same time, not long after the storm front had blown through. We enjoyed a pleasant paddle around the lake, it was good to get out, and we needed the practice. We paddled for about an hour and a half; the weather would have supported a longer paddle, although there were hints of trouble to the west.

The lake, in northwest Longmont, is user friendly, with parking near the shore, limited weeds, no power boats, and no fees. It is a little more than a mile long.



# ROCKY MOUNTAIN SEA KAYAK CLUB

JULY 16:  
PADDLEFEST 2011

Photos by Jan Faulkner

Most of the usual suspects and some newcomers enjoyed PaddleFest, our annual summer get-together at Chatfield Reservoir. Brian Hunter was the organizer and chef, and Jan Faulkner and Mike Anson did more than their share of setting up and taking down.

Games weren't as big a hit this year as in the past but everyone enjoyed paddling, the camaraderie, and the burgers or brats and excellent pot-luck offerings. As always, people tried out other members' kayaks or showed off their new boats. After lunch people took a wind surfing lesson from Lou Ann Hustvedt, which probably would have had better results if there had been more of a breeze.

People you may not have met before who were there were: Chris Dohmen, William Donaldson, Jay Gingrich and Jan Lewis, and Trish Grodzicki.



Kristy Webber with Lou Ann Hustvedt instructing



Pam Noe demonstrates edging in a canoe, her first paddle craft



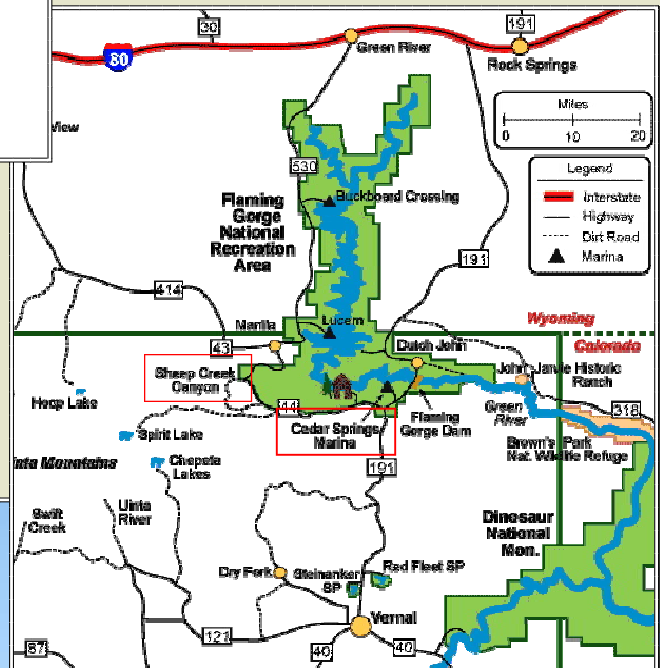
Rich Webber shows some of the balance tom-foolery he and Kristy enjoyed during their lessons with Body Boat Blade



# FLAMING GORGE RESERVOIR

## AUGUST 19 TO 23, 2001

MARSHA DOUGHERTY REPORTS, with additional details and pictures from Anne Fiore: We had a very enjoyable trip to Flaming Gorge Reservoir this August. Members on the trip were Deb and Walt Jenkins, Anne Fiore, Gary Cage, Bernie Dahlen, Brian Hunter, Jay Gingrich, Jane Lewis, Dick Dieckman, Marsha Dougherty and our trip leader, Jud Hurd.



The 12-mile group heading east toward King Fisher Island where, later in the day, they would take refuge from a lightening storm. Their destination was Horse Shoe Canyon.

Starting Friday night we camped in Utah at the Deer Run campground on the south side of the lake near the dam. We had campfires, and a pot-luck on Saturday night.

The camp ground was exceptionally clean and had many nice flat tent spots in between the juniper trees and free showers.

Paddling started on Saturday morning. We drove 20 miles to put in at Sheep Creek Bay boat ramp. The water was beautiful, pristine and clear.

We divided into two groups; one group paddled eight miles round trip and the other paddled twelve. The 12-milers might have paddled more but the weather was iffy and they started heading back, and then got caught in hail and spent some time on shore huddled together. I think it was Jay who had the forethought to pack a small tarp which was used to break the impact. I think it was Gary who discovered a new and special technique of holding a paddle blade horizontally over the head to deflect the incoming hail.



The view from above Sheep Creek Bay. From here you can see King Fisher Island and beyond, the 12-milers' route from the first day.

Sunday's paddle also had two groups, but the people were rearranged. One group checked out a "boat-in only" state camp ground which required you to pack in your own water but was only was three miles or so from the put-in.

The third day, Monday, we had three groups. We put in close to the dam at Cedar Springs Marina. One group paddled toward the dam and discovered a keeno finger to paddle in and then docked their boats and took a formal tour of the dam. Another group paddled way up to the area that they had paddled on Saturday and then came back. The last group paddled upstream and checked out another state run boat-in campsite which was very nice, with nice outhouses that had solar powered fans, some shore-side campsites and, farther up river, an awesome spot (not state run) that was flat for camping and very scenic.

DEB JENKINS ADDS: The trip to Flaming Gorge was awesome fun! The Gorge is a beautiful place to paddle and the campground was perfect. We will definitely go back when the opportunity presents itself. We are also looking forward to more kayaking camping trips with the group.

Walt and I do not have a lot of experience in our kayaks but we enjoy paddling very much. RMSKC is a great group of people. This was the first trip with the group and I have to say that the kayak club has amazing members.



Walt Jenkins, Gary Cage, Jud Hurd, Bernie Dahlen, Marsha Dougherty, Anne Fiore, Dick Dieckman, Jane Lewis, and Jay Gingrich with Brian Hunter holding Wilson; Deb Jenkins took the photo.

Everyone was willing to lend a hand and every person on that trip helped us in some way. Some were eager to share a paddling tip or technique or answer a multitude of questions about how to dress while boating. Some were right there lending us something we needed or sharing some equipment to try out. Some stayed right with us and gave us encouragement while paddling across the bay in a really strong headwind.

I am grateful to each and every one of you for all your support! Thanks for making it such a fun trip.

More pictures on the next page →

The *RMSKC News* and *The Mountain Paddler* are produced to communicate Club news, and the ideas and experiences of the our paddling community. If you have questions or concerns about a particular article please contact the editor or the author for clarification.





Getting there was half the fun

## FLAMING GORGE RESERVOIR

AUGUST, 2001



Bernie Dahlen



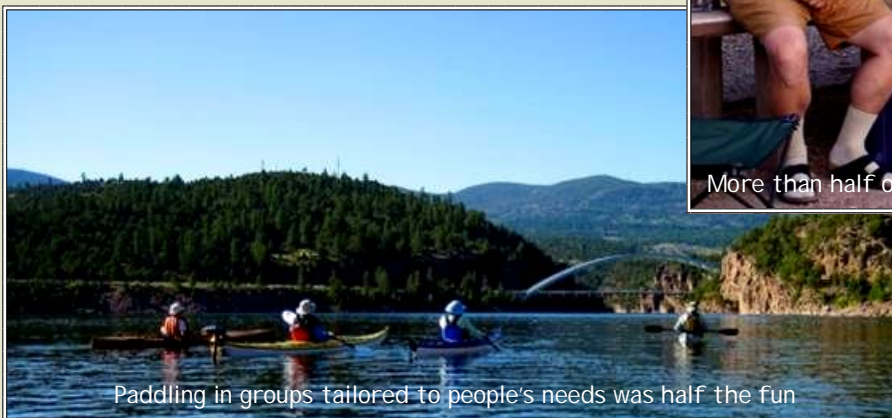
Sharing good food was half the fun



A good trip coordinator is half the fun



More than half of the group of people who had a lot of fun



Paddling in groups tailored to people's needs was half the fun

Jud, Brian, Jane, Jay, Bernie,  
Deb, and Marsh, with Walt and  
Dick seated in the front;  
the other participants were  
Anne Fiore and Gary Cage,

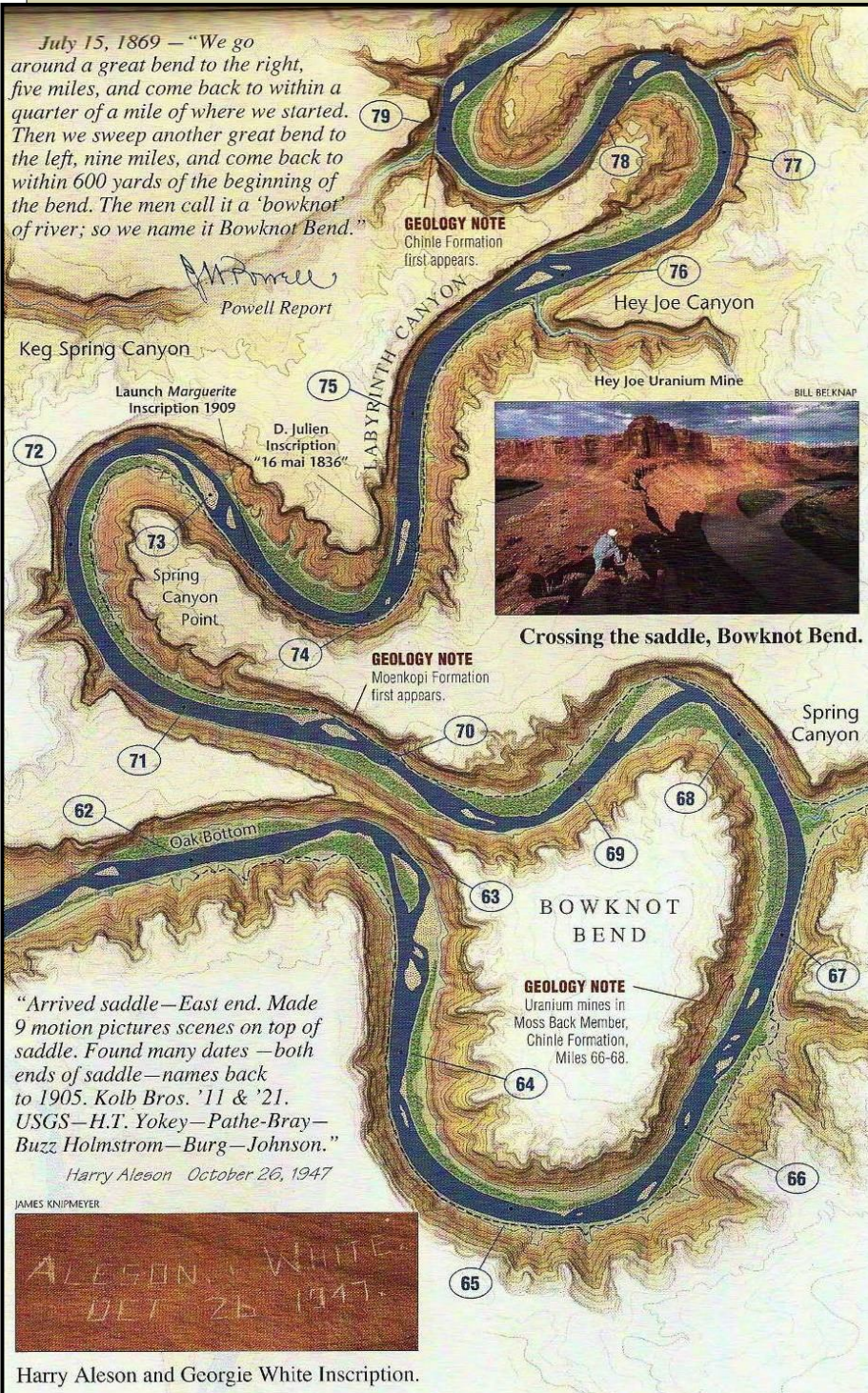


## HEAVENLY PADDLING ON THE GREEN

By Brian Hunter

Moving water has been my nemesis for a long time. Last year I worked and improved my skills to the point that the thought of paddling 70 miles down a river was still intimidating but no longer terrifying.

My apprehension was quickly laid to rest by the tutelage of our trip coordinator, Gary McIntosh, and others who were also helpful and supportive in their guidance on several occasions. I am so thankful I went.



I paddled sweep and had the joy of seeing the others as they were inspired and awed by the remarkable beauty of Labyrinth Canyon. One paddler commented, "I'm in Heaven". I admit I shared the sentiment.

Paddling the Green River is a little like paddling Lake Powell but it is narrower and has the added element of moving water which helps the miles to melt away. Another difference is the meandering bends that present amazing monoliths of red sandstone crowned by towering mesas on one side opposed by box-like alcoves on the other (mile 78-77 in the illustration). One such bend, The Bowknot, is seven miles around and only a quarter mile across at its narrow point (mile 70 to 63). Some of our group climbed to the saddle of this mesa for a breath-taking view of the other side.

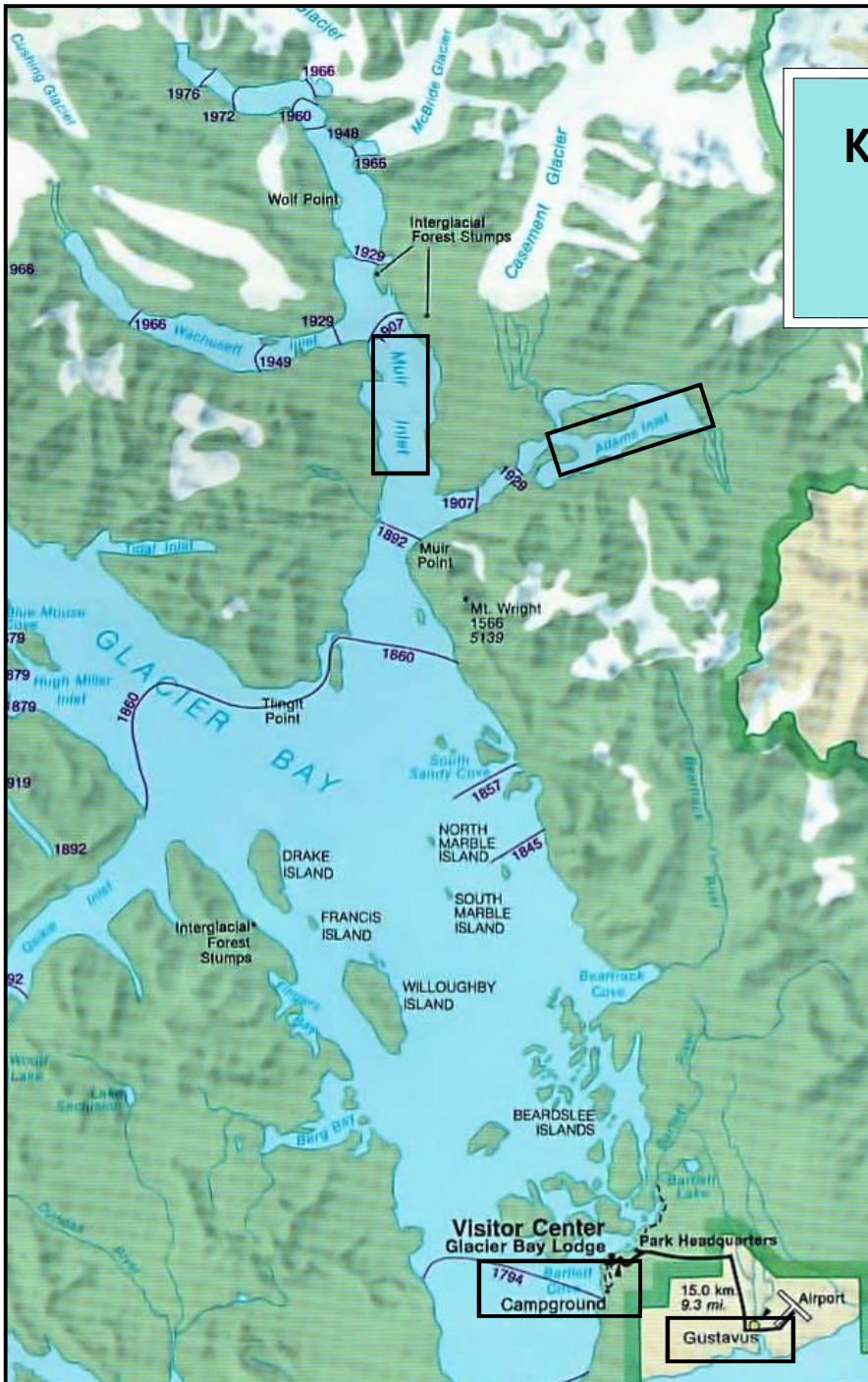
I recommend Belknap's waterproof *Canyonlands River Guide*. As you can see from the illustration this book is chock full of excellent information about the trip.

Mother Nature truly conspired to make this a "bucket list" trip for us. The days were not too hot and the nights not too cool. According to someone who was on the river ten days earlier the bugs were horrific, but we had very few. We found good camp sites which is never a given on the Green. There was no wind which is also not often the case, and the scenery is to die for, as was evidenced by some of us thinking we were in the Promised Land.



# KAYAKING GLACIER BAY 2011

by Dave Hustvedt



In late 2010 Lou Ann and I decided to kayak in Glacier Bay, Alaska. A friend told me about his trip with his wife in Muir Inlet in his folding kayak; it sounded like a great trip that would be pretty much an extended trip around Lake Granby, although with 20-foot tides, whales, and 40° water.

Our planning began in earnest early in 2011. The first question was: Should we use our own kayaks or rent in Alaska? Using our own kayaks would require us to drive to Seattle and take the ferry (the Alaska Maritime Highway) to Gustavus. This approach would make for a spectacular excursion but would add about two weeks to the overall trip; the ferry schedule alone would cost several “wasted” days. The cost for the drive/ferry approach was about the same or slightly more than the alternative fly/rent approach. In the end, we decided to fly to Gustavus and rent kayaks in Bartlett Cove, the gateway to Glacier Bay and the headquarters of the Glacier Bay National Park.

There is only one kayak rental in the Park, Glacier Bay Sea Kayaks. They weren't able to talk to us seriously about reserving kayaks

until March because the principals spend the winter leading kayak trips in Antarctica. Their communication by email was great and all the necessary reservations and equipment choices were made without problem. They stressed the importance of waterproof boots and suggested the use of regular stuff sacks lined by plastic bags in lieu of dry sacks. We opted for two of Easy Rider's single 17' Eskimo kayaks, mainly because we had never used a double. Next time we will rent a double: more speed and only one boat to carry up the beach every day.

There are almost no guide books specifically for kayaking in Glacier Bay. Some books describe kayaking up the inland passage from Seattle to Glacier Bay, but are not really useful for planning a trip. The only guide that gave details that we needed was *Adventure Kayaking — Trips in Glacier Bay* by Don Skillman. At that, it is somewhat out of date. Overall we spent about four months planning the trip—getting navigation charts, studying tide tables, buying needed gear, laying out an itinerary, planning menus, packaging food, and practicing self rescue techniques in pool sessions.



**FLOAT PLAN:** We decided to paddle up the eastern arm of the bay called Muir Inlet. This side of the bay is more sheltered and has shorter open water crossings than the western arm (three miles wide versus more than seven miles). We decided that June would be best month; it tends to be the driest though not the warmest. We would be dropped by a tour boat at the mouth of the inlet, paddle five days, and be picked by the boat at the same spot. Initially, we planned to paddle all the way up to Muir Glacier at the end of the inlet, but decided not to after talking to a group of paddlers being picked up as we were being dropped off.



**EQUIPMENT:** In addition to the normal minimalist kayak camping equipment we took a rainproof/bugproof tent (REI's Half Dome 2 was ideal for this trip), a compass, a GPS loaded with detailed maps, appropriate sections of the Glacier Bay nautical chart double laminated, Brian Hunter's SPOT so we could email our fussbudget adult children or call for help, a 12' Kelty tarp and

poles, a VHF nautical radio (it floats!), wet suits, waterproof paddling gloves, mosquito face guards and Outdoor Research hats with ear flaps. No flashlights are needed in June.



Bear can with lunch for Day 3.

**FOOD:** We planned for 3,000 calories per day per person and packed breakfast, lunch, and dinner food in bags marked with calorie counts.

Dinners were freeze-dried meals with cheese added (from big Costco blocks). We tested all the freeze-dried entrees to make sure we liked them before they were added to the menu. Lunches were nuts, tuna fish, and dried fruit. Breakfasts were oatmeal with dried fruit added. Chocolate almond butter was put into squeeze tubes. The Park Service provides plastic bear-proof containers for food and trash; we used four of them.

**WASTE:** Unlike river travel here in the West, all human waste is deposited between the high and low tide lines with toilet paper being burned. The only thing we packed out was trash. All meals were eaten below the high tide line to avoid leaving food smells to attract bears. Food was stored in the bear-proof containers away from the tent.



**WILDLIFE:** We saw whales, seals, otters, porpoises, oyster catchers (imagine a crow with a carrot for a beak walking around at the campsite) and eagles in abundance. None of our campsites were bothered by bears and we never saw any bear sign except in Bartlett Cove. Bear spray is an option but you have to buy it in Gustavus since the airlines won't accept industrial strength spray in checked luggage. In any event, I have used bear spray against a charging bear and found it worthless; the bear didn't stop and I was blinded. On this trip I decided to bring a .44 revolver in my checked luggage.

**TIDES:** There are two tides every day. During the time we were in the bay, the tides were about 25 feet from low to high, and the highest high tide was late at night. The tent and all equipment had to be above the high tide line



or be gone in the morning. That meant unloading and loading the kayaks every day and hauling them up and down the beach. The tides also made for currents as much as six knots, though in the Muir Inlet itself the currents were never more than two knots. As always, the tides determined when to paddle in order to go with the flow.

#### THE ITINERARY

DAY 1: Fly to Seattle, Juneau, and Gustavus. Alaska Air flies a 737 for the short hop from Juneau to Gustavus that ends with an exciting landing on Gustavus's short runway—think of an aircraft carrier with trees. A ten-mile ride to Bartlett Cove with a stop for stove gas at the general store. Set up camp and get permits and a back-country briefing.



Very low tide at Bartlett Cove, looking north

DAY 2: Shake-down paddle in Bartlett Cove and load boats on the small tour boat for an early morning departure.



Castaway with gear on Sebree Island

DAY 3: Pack-up and load our gear on the boat for the twenty-mile trip to Muir inlet. Unneeded gear is left in a small shed. After an hour tour, the boat drops us at Sebree Island. The people on the boat watch with disbelief, and grave doubts about our survival, as our gear and kayaks are unloaded. As the boat leaves and all is quiet, I think that they might be right. We load the kayaks and paddle nine miles to our first camp at Mt. Wright.



Rigg's Glacier from mid-channel the first day of paddling

DAY 4: We leave early to catch the rising tide to carry us into Adams Inlet. The depths shown on our chart are wrong; the land is rising about an inch a year and the bay that we had planned to stop in is too shallow to enter. We wait for the tide to ebb and paddle back down the inlet for a campsite. A 13-mile day. Two water bags are carried away by the high tide that night when I forget to drag them above the high tide mark.





Bergy bit in Muir Inlet

DAY 5: We leave on a rising tide and cross Muir Inlet and head north. Small ice blocks (bergy bits) start to show up as we head up the inlet to Hunter Cove and camp. A twelve-mile day with a three-mile open water crossing.



Rocky beach at Hunter Cove



McBride Glacier from the west side of Muir Inlet

DAY 6: We leave very early to catch the falling tide and head back south to Sebree Island. The water is perfectly smooth and reflects the 5,000' peaks around us. We camp on the east side of the island away from the drop point on the west side.



Heading back to Sebree Island



DAY 7: We have a late breakfast and paddle around the island and into the west branch of the bay, then back to camp. The traverse around the island is fairly exposed and provides some excitement with wind-driven waves.

DAY 8: We break camp and load the kayaks to paddle around the island for our 9:00 am pickup. We meet another couple at the pickup point—the first people in several days. We load the gear and kayaks on the tour boat and get to enjoy a ride around the rest of Glacier Bay's western arm to view the large calving glaciers. There seems to be more wildlife in the western arm; bears, sheep, and otters are common. Camp back at Bartlett Cove.



DAY 9: The flight to Juneau is late in the day so we spend time hiking around and see our only close-up bear as he ambles along the beach near the Park headquarters. In the town of Juneau a cable car goes up the hill. We thought the cable was squeaking until we realized it was the flock of eagles in the trees.



Lou Ann and Dave on the boat back to Bartlett Cove

EDITOR'S NOTE: Next year the Hustvedts plan to paddle the Beardslee Islands which are just north of Bartlett Cove but offer interesting wildlife viewing and challenging navigation. Dave says going with some other paddlers from Colorado would make for a great trip.

Here is a link to the pictures from this trip; they're all wonderful and each has an informative caption:  
<https://picasaweb.google.com/lahustvedt/GlacierBay2011?feat=email#>





# ROCKY MOUNTAIN SEA KAYAK CLUB AT GIRL SCOUT WATER SPORTS SAMPLER JULY 25-29 2011

EDITOR'S NOTE: RMSKC members help lots of different charities and social service organizations where boats in the water are part of the plan. Here's a report on a week of fun Lou Ann Hustvedt and Brian Hunter had this summer.

LOU ANN HUSTVEDT SUMMARIZES THE SCENE: At Big Soda Lake in Bear Creek Lake Park Girl Scouts tried canoeing, sailing, windsurfing, paddleboarding and, for the first time, kayaking. Sue Hughes and Brian Hunter loaned sea kayaks, Wildwasser (Prion) loaned four white water kayaks, and Larson's Sports loaned two sit-upons. Brian brought the kayaks on Monday morning, saw that Skipper (that's Lou Ann's name at Girl Scout camp), needed help and stayed for the whole week. He earned his camp name, Splash, because he enjoyed splashing and getting splashed.



A group of eight girls spend half a day at each sport. We started out on shore with the paddles demonstrating how to hold and use them. Then in the water the girl would straddle a white water kayak and try to sit down before

lifting her legs into the cockpit. Next we pulled the kayak out into the water and dumped her out.

Then each girl chose a kayak and set out paddling toward the swim beach. We rafted up and demonstrated strokes and paddle signals. The next task was to circle around Skipper, but the girls in the long kayaks had trouble turning, and the girls in the shorter kayaks had trouble going straight.



The beach across the lake at the trees was the next destination, although white water kayaks are not really made to travel across a lake. We had a snack, and headed back. Splash then helped the girls do capsizing and re-entry practice.

Now the Girl Scouts are looking to obtain 10 or 12-foot kayaks and a trailer for next summer's camp, and perhaps trips down Class 1 rivers.

**BRIAN HUNTER ADDS HIS TAKE ON THE FUN:** I went for a morning to deliver some kayaks and stayed for a week, helping "Skipper" take five groups of 8-9 Girl Scouts in each group for the kayaking portion of their summer day camp. I went home feeling dog-tired, like I had been digging ditches all day, because those young ladies had more spunk and spark than a spring thunderstorm.

I was in awe of how quickly many of the Scouts learned how to handle a kayak. Most of us try to avoid capsizing but not these youngsters. They wanted to capsize and then perform an assisted rescue, and several of them even did cowgirl scrambles, usually successfully on the first try. I demonstrated low and high brace turns and several other maneuvers. Some of the girls simply followed suit and did a pretty good imitation of those skills.

If you want to have a good time, be impressed by some great young people, get your exercise and receive the heart-felt thanks of the Scout leaders and scouts alike, contact Lou Ann about helping with the Girl Scout day camp next summer. You will be surprised how much fun you will have and you will appreciate the gratitude of the girls and their leaders.



## STUPID HALLOWEEN JOKE

**QUESTION:** What do ghosts wear while kayaking in the rain?

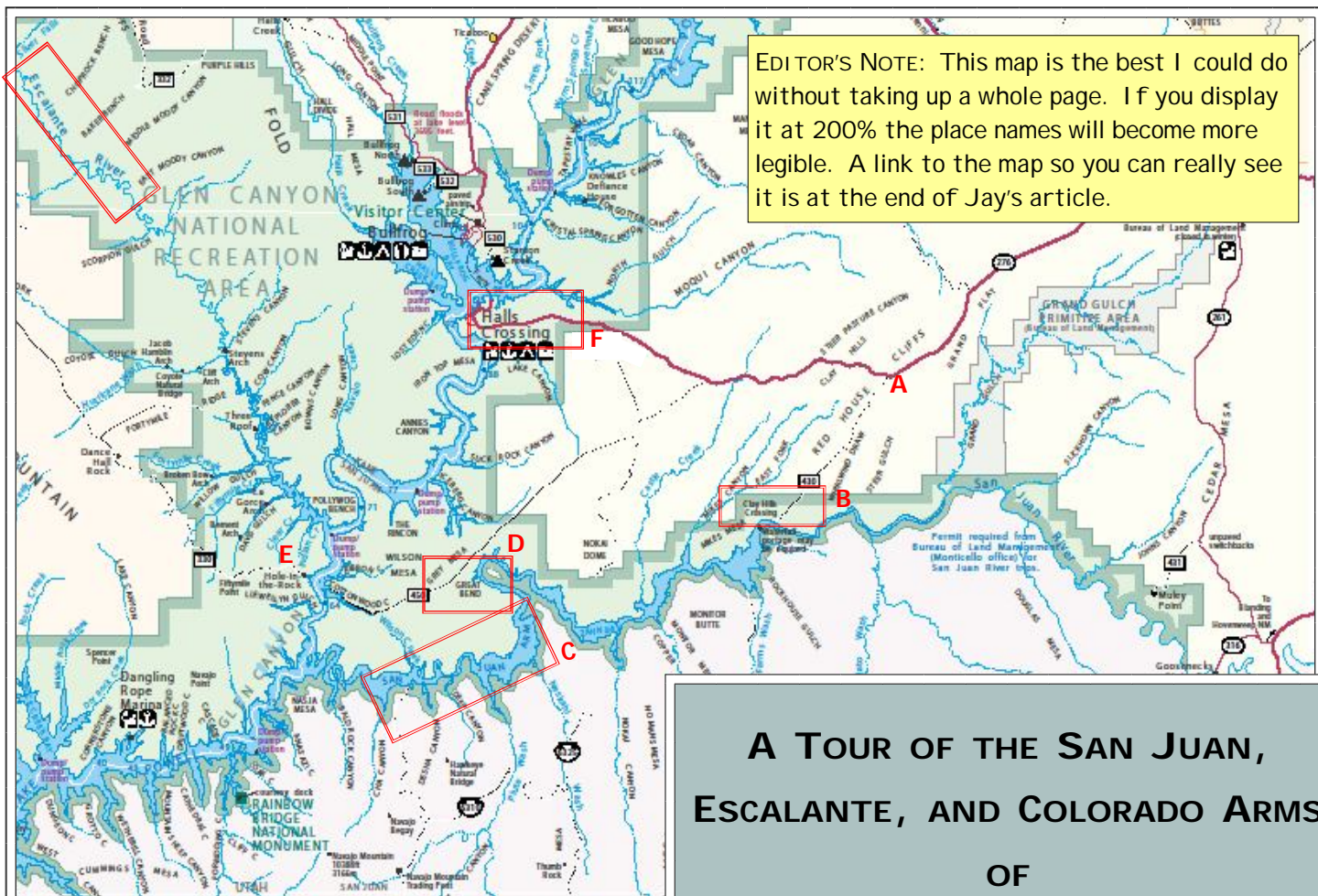
**ANSWER:** Caghoul's \*



Brian Hunter in his cag

\* Properly spelled cagoule. Cagoule is a British term (often shortened to "cag" or referred to as a "storm cag") for a knee-length waterproof anorak with a hood. They are made large enough for kayakers to wear over their sprayskirt if the weather gets nasty. They are like tuiliks.





## A TOUR OF THE SAN JUAN, ESCALANTE, AND COLORADO ARMS OF "LAKE" POWELL

By Jay Gingrich

Once, many years ago, I saw a documentary mourning the death of the San Juan behind the cork of Lake Powell, showing river runners floating to the Colorado confluence. The sound track featured a folk rendition of the "Old San Juan, the ghost of a wild old river."

After several kayak trips on the San Juan River to the Clay Hills takeout, where the San Juan dies into Powell reservoir, I wanted to return to this old haunt. Jane Lewis and I decided to see what is below the usual takeout, using sea kayaks. (In September of 2000 Paul Ekhart and I did a similar trip with the San Juan at 800 cfs, and the lake at 3679 feet. Then the river seemed to be diverted more to south, with no drops or waterfall and thick syrup-like mud until it met the clear water of the lake.)

THE PLAN: Jane and I would launch at Clay Hills [B]. We would paddle the San Juan Arm [C] to the Colorado Channel, then paddle the Escalante Arm [E], and finish at Halls Crossing [F], with trips up interesting side canyons and a bit of hiking, but mainly a more paddling-intensive trip. We'd be on the water a full eight days.

The Glen Canyon National Recreation Area (GCNRA) extends to the 3720' contour on the Navajo Reservation side of the San Juan Arm, or 20 feet above the maximum high water mark (HWM), so campable areas on that south side are also within the GCNRA.



Jane at the put-in at the river runners' takeout



An appeal of this trip is the short shuttle. On the way to the put-in we stashed and camouflaged an old mountain bike in a big tamarisk bush at the Highway 276 turnoff to Clay Hills [A] The truck was left at launch site twelve miles down Clay Hills Road 430 or Whirlwind Draw. After the trip, I hitched from Halls Crossing to the bike stash and rode to the truck. The National Parks and GCNRA prohibit hitching so it is best to ask for a ride at boat ramp/gas station/store; you should not be seen by a passing ranger with your thumb out.



Small drops over ledge rock

We put in on September 15 with the San Juan at 1700 cfs and the lake at ~3654 feet. There has been a sign at the San Juan normal takeout warning of a waterfall for many years, but it seems to come and go; there was nothing there but sludge in 2000. Good current flowed from the put-in. After noting a rock ridge on the right coming down to the river channel, we encountered several small Class 2 ledge drops, with rocks in the drops and no cleared channel as in the older rapids on the upper San Juan. The tami bushes are very dense through here, making portage more difficult at higher levels of flow. These drops would be fairly easy in plastic kayaks, given enough flow to create an open channel. One must have good river paddle skills to handle loaded kayaks through eddies, ferries and drops. With composite

boats, you should always carry some fresh resin and cloth, in case a fix is needed. Most of the drops could be portaged or lined depending on water levels.



Waterfall, portage on left!  
GPS location: N37 15.181 W110 26.343

Finally, there was the unmistakable sound of a waterfall and chocolate-colored mist rising. Nope—not some new drink at Starbuck's. There is a pullout on river left, on the rock ledge across the river which creates the waterfall, and also a portage trail down to a whirlpool and sandbar beyond, where a camp spot is located. The waterfall is ~20 feet with a reversal/keeper below and what appears to be rock debris in the reversal; it's ugly from the view on the left at the scout/portage. With the sediment load here, the power of a keeper would be magnified.

There is access by a double track that appears to follow below a line of cliffs, perhaps from the old Piute Farms Marina access. A group of Navajos arrived by truck to fish as we were breaking camp. Despite several days of rain, their trucks did not look too muddy.

After the waterfall there was a slight current toward a narrowing of the canyon, where a blockage of logs, wood, trash, and clay/mud/soil has collected. It was very difficult to push through this mass of



Waterfall drop over ledge with portage on river left





Sandbar camp below drop

debris with dried soil on top, even with narrow sea kayaks. Water under the pileup is several feet deep. Each kayak stroke gained maybe 12 inches; it's a good place to pull out that old heavy duty spare paddle.

So much for the approach, and on to the good part. After the first mud/waterfall stretch the San Juan Arm becomes clear. This area is a long way in terms of fuel from the marinas, so not many boats travel this far, compared to the main Colorado channel; it is pretty deserted until below Great Bend [D]. In three days we didn't see any houseboats,

loud speed boats, or jet skis, and just a few small fishing boats. Campable spots are open; it is remarkably quiet. There are also many birds. Fish seemed to be abundant, and I regretted not getting a Utah license to have some tasty fish to fillet for dinner. Trolling would be easy.

There is plenty of driftwood on the beaches for fires in the San Juan Arm. Castle Canyon, for example, has a good landing, a clear stream, hiking, and a nice campable area.



Camp spot in a cove



Beach at Castle Canyon

One should camp higher above the main washout from canyons, in case of flash floods. There is NOAA weather radio working throughout most parts of the lake for weather updates. Occasionally, cell phones pick up reception.

The best drinking water can be found from seep/springs between sandstone layers, as marked by vegetation and dark water lines. Other water was taken from clear spring-fed streams in short side canyons, often with dryfalls at the head. Water was filtered with an MSR bag filter, which worked really well, using MSR Dromedary or Platypus bags. The output bag can be filled a bit over full, then pop out the filter hose from the input bag and drop it down hill, putting pressure on the output bag to backflush the filter.

(The same filter element has been used for over three months, trekking in the Bolivian Andes and Colorado, with no plugging. The filter was invaluable on a self-supported mountain bike trip home from Wyoming to Salida on Forest Service trails, after the RMSKC Flaming Gorge trip. The secret seems to be to collect settled water, and not



Spring seep between sandstone layers



start running the filter until the bag has hung a while to allow sediments to settle into the tapered area below the intake screen. MSR has a good design, with this elevated intake. These filters cannot be exposed to freezing.)



Lots of uncrowded camps in the upper San Juan Arm

Looking back at the relative quiet on the San Juan Arm uplake from Big Bend, it is worth spending plenty of time there, rather than paddling in the Colorado channel where you will see more houseboats and noisy watercraft. We never saw a houseboat until almost to Wilson Creek.



Zane Gray Arch  
in Explorer Canyon of the Escalante Arm



Petroglyphs in Explorer Canyon

The Escalante canyons are worthwhile for camping and hiking, but are more visited by houseboats, powerboats, and jet skis, with fewer open beaches for camping.

#### RESOURCES FOR MORE INFORMATION:

The area map on the first page is located at: <http://www.nps.gov/glca/planyourvisit/upload/mapglencanyonra.pdf>

Michael Kelsey has hiked most of these canyons and written a book about approaching them from the lake, *Boater's Guide to Lake Powell*. He created many maps with geological profiles; it's an excellent reference. Of course, much can change with varying lake levels; camp locations can totally disappear, leaving only vertical Wingate sandstone walls.

The Fish-n-Map company makes good maps of the lake with depth contours. One can also use Google Earth to scan the lake edge for campsites, by comparing the date of the images and the water level at that time with the current water level.

The lake or buoy miles given on maps are from the original river channel, but going point-to-point will shorten a transit considerably. Think about visibility and listen at sharp turns of the channel. A GPS can be useful for locating a heading across large open bays.

I have some GPX files and map notes of campable beaches at levels seen on this trip to share if you are interested. You can email me at: [jaymtb@amigo.net](mailto:jaymtb@amigo.net)



#### FINAL NOTES FROM THE AUTHOR:

In September the water temperatures are quite warm and inviting for swimming, while spring temperatures in June can be chilly. Take into account there is a 4-day weekend in early October when Utah schools shut down, bringing a pulse of people to the lake.

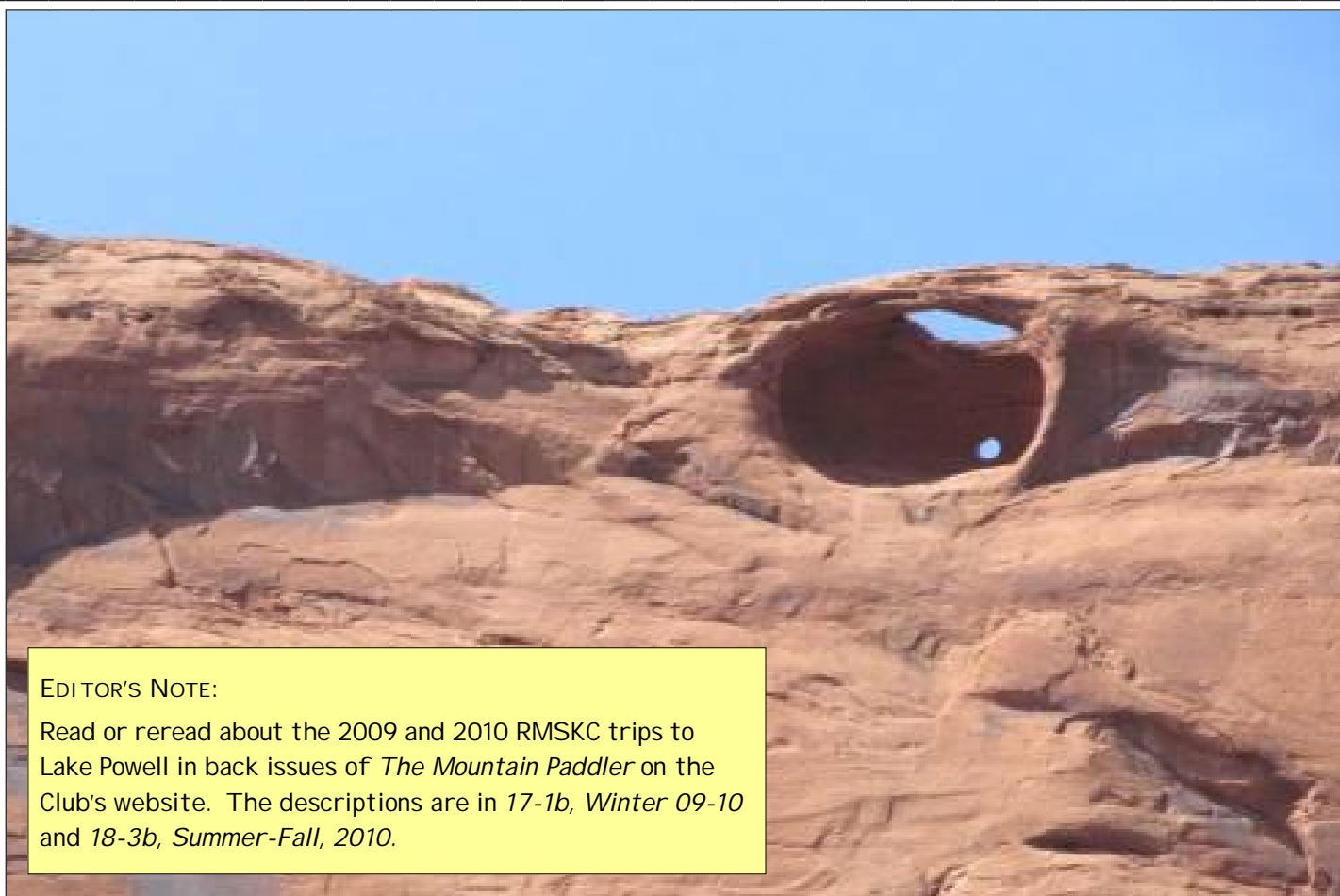


The author  
looking for a ride back to his bike

A groover or WagBag is required for all boaters. There are pumpout/dump sinks at the Escalante Arm intersection.

To avoid the waterfall and small drops, a shuttle or drop-off from Piute Farms Wash could be arranged, but the shuttle distance would be long, compared to the twelve miles of dirt road and a section of Highway 276 that we used.

**SERIOUS CONSIDERATIONS:** Lake Powell can have significant winds blowing over many miles of fetch which can combine with boat wakes to create large steep waves. In many places there are tall walls on both sides of the channel with no takeout available. You need good open water paddling and rescue skills and endurance, as well as a seaworthy boat. Your kayak deck should be clear of baggage which would be a liability in rough water and wind.



#### EDITOR'S NOTE:

Read or reread about the 2009 and 2010 RMSKC trips to Lake Powell in back issues of *The Mountain Paddler* on the Club's website. The descriptions are in 17-1b, *Winter 09-10* and 18-3b, *Summer-Fall, 2010*.

# HOW FAST WERE YOU GOING?

By Larry Kline

If you have ever wondered how fast you were paddling during one of your on-the-water training sessions and wanted a graphical record of it, you are in luck. Technology has come to your rescue. And how could it not? In today's world almost anything is possible.

It turns out you can use GoogleEarth to keep a record of your exploits. An example is shown on the attached map. My day paddle is shown in green and below it is a graph showing the speed (in a light shade of purple) I paddled during the day.



Here is how to make such a recorded map of your efforts. You will need a GPS and to have GoogleEarth downloaded on your home computer.

- Get in your boat, turn your GPS on and put it in TRACK MODE.
- After your paddle, save the track in your GPS.
- At home hook up your GPS to your computer.
- Turn on GoogleEarth and your GPS to download the track.
- On the top Tool Bar on GoogleEarth is a drop down labeled TOOLS. Open it and select GPS. The menu lets you select either a Garmin or Magellan device.
- Under IMPORT select TRACKS, and then click the Import button. (Sometimes you may need to select ROUTES as well as TRACKS; I'm not sure why). Your track will be listed on the left-hand window pane of GoogleEarth at the bottom of the PLACES section, under TEMPORARY PLACES.
- Open the TEMPORARY PLACES folder and keep going until ACTIVE FILE appears.
- Your track will appear (if it hasn't already) on the GoogleMap. Now comes the neat part:
- Right click on ACTIVE FILE and a drop down menu will appear. Scroll down to SHOW ELEVATION PROFILE. Click on this and voilà, your graph will appear.
- Move your cursor along the graph and the red arrow will appear in the map above and you can pinpoint any time slot on your track. There is plenty of data on the top and bottom of the graph to keep a data freak enthused for hours. You can even drag the cursor along the graph to highlight a section of interest and get max and average speed data for that section displayed above the graph. Have fun!

You can do this with tracks you make of hikes, ski tours, and bicycle rides. In these situations you will also get an elevation profile, as well as slope and distance information.





## SERIOUSLY SICK? JUST DRIVING HOME FROM A TRIP?

By Brian Hunter

### DEEP VEIN THROMBOSIS?

Sure, I had heard of it but I never knew anyone who had one. I'm in good health and I never considered the possibility it would happen to me. A deep vein thrombosis, sometimes called a DVT or a blood clot, did happen to me. You could get one too. I was lucky; mine did not break off and end up in my heart or a lung, which can happen and which will cause severe problems or death.



### WHAT HAPPENED?

I went on an eight-day kayak camping trip with RMSKC in August of 2009. The trip was fantastic! We had a great bunch of people, good weather and very few mosquitoes. The drive out was broken up into two days so that we would get to the park in the early afternoon to check in, but we drove back home in one long day switching drivers several times.

A few days after getting back I had a minor ache in my right calf, the next day it was more noticeable but still not painful. I shrugged it off as a symptom of age and figured it would go away on its own. The following day it was a little worse but by that evening my calf had swollen noticeably. At this point I went to the emergency room to discover I had a DVT.

Although some people with DVTs have no pain at all, I was in extreme pain for three weeks. For those first few weeks I was bed-ridden or wheelchair-bound. I had to give myself Heparin injections for a week and I took Warfarin for six months. (Heparin works to turn off the clotting system, Warfarin works to keep the clotting system from becoming activated once it has been turned off.)

### HOW DID THE KAYAK TRIP CONTRIBUTE TO MY DVT?

- As often happens, I became mildly dehydrated during the eight days on the water.
- On the way home I was in my vehicle for over ten hours without getting out to walk around and exercise my calf muscles.

**BRIAN SAYS:** Keep in mind that I am not offering medical advice, just sharing my experience with you. This is a serious matter you should discuss with your doctor.

#### WHAT SHOULD PEOPLE LEARN FROM THIS?

If you suspect a DVT get medical help immediately; there is no time to delay. Here is a list of the symptoms but beware, some people have no symptoms or they are so minor they ignore them:

- Swelling in one or both legs
- Pain or tenderness in one or both legs, which may occur only while standing or walking
- Warmth in the skin of the affected leg
- Red or discolored skin in the affected leg
- Visible surface veins
- Leg fatigue

A DVT can happen to anyone, and a few simple steps can go a long way toward prevention. To lower your risk and help prevent a serious clot, take these steps:

- Maintain an active lifestyle with regular exercise. Walking, swimming, dancing, bicycling and kayaking are all great activities.
- Remain well-hydrated while driving or flying, remembering exercise requires more fluid intake than usual.
- Discuss your family or personal history of blood-clotting problems with your doctor and follow his or her advice.
- If you are going on a long road trip, stop every 90 minutes or less, get out and walk around. If you are on a long flight, move your legs and feet to contract your calf muscles and move blood back toward the heart.
- Wearing compression stockings can actually reduce the risk of a travel DVT on long car trips or flights. The slight pressure applied from the socks helps to prevent blood from pooling in the legs. Check with your doctor for the correct type of stockings and remember that they will not replace the benefits of doing regular exercise while driving or flying.

#### FINAL THOUGHTS:

Don't think for a minute that "it won't happen to me". Take simple steps to prevent a DVT and you will be preventing a whole host of other health problems at the same time. Live long, prosper and kayak in health!

#### BLOOD CHEMISTRY AND CLOT FORMATION:

Human blood is made up of four main parts: red blood cells, white blood cells, platelets, and plasma. Platelets combine with other proteins to form clots which prevent bleeding. Under some circumstances small clots can grow into plugs that stop blood flow in veins and arteries. Plasma is the liquid that transports all the blood components throughout the body. Plasma is about 90% water which explains why staying hydrated is important.

DVTs form in veins deep in the groin or leg. Since the heart is not capable of pumping blood from the legs back up the body to the lungs there are valves in the veins that only allow flow in one direction. Each time muscles in the legs contract it forces some blood past these valves back toward the heart. If there is insufficient blood flow around these valves a clot can start to form. Sitting for long periods of time means the leg muscles are not contracting to move blood back to the heart.



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