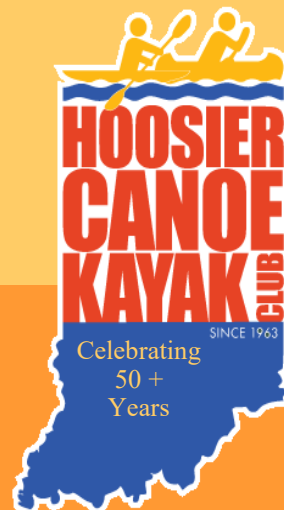


# The Hoosier Paddler

April 2021, Volume 59, Issue 4

<http://www.hoosiercanoeclub.org/>



## Skippers Note:

Our training group has come through for us with an opportunity to become a level 1 canoe or kayak instructor. This is a great chance as finding someone to deliver training for canoe is difficult but getting someone to come to Indiana to put this on for us took a great deal of effort. Thanks Richard and Brent!!!

Lots of trips coming up plus our annual meet and share— a picnic paddle chance to find new gear, trade off old gear, and meet potential new paddlers.

Any trip memories to share? Recipes for camp food? Snack ideas for mid paddle along the creeks? Send them in for publication.

Dwayne James, writing in lieu of Your Skipper, Toni Harris

## Fall Creek Trip Announcement

**Saturday, May 8, 2021**

**Trip Sponsor: Sue Foxx**

Don't have time to paddle distant rivers? Then join us for a trip down Fall Creek on the east side of Indy. This trip boards Fort Harrison much of the way before heading down 'Killer Falls' as we pass under I-465. Trip ends at Emerson Avenue. Beginners are welcome on this 7.5 mile trip. Bring a lunch and water along with sunscreen. Expect at least 1 portage since this is a small stream that can get blocked easily. Life vests are required to be worn on club trips and do NOT come if you are ill. Masks are required for the shuttle.

Meeting time: 10 am

Meeting location: McDonalds at 79th and Fall Creek by the Kroger Store.

Register online or contact Sue Foxx at [sufoxx713@aol.com](mailto:sufoxx713@aol.com) or 317-363-4074 by Friday, May 7th at 7 pm if you plan to attend. If weather or high water cancel the trip, the trip leader will contact you with an alternate date.

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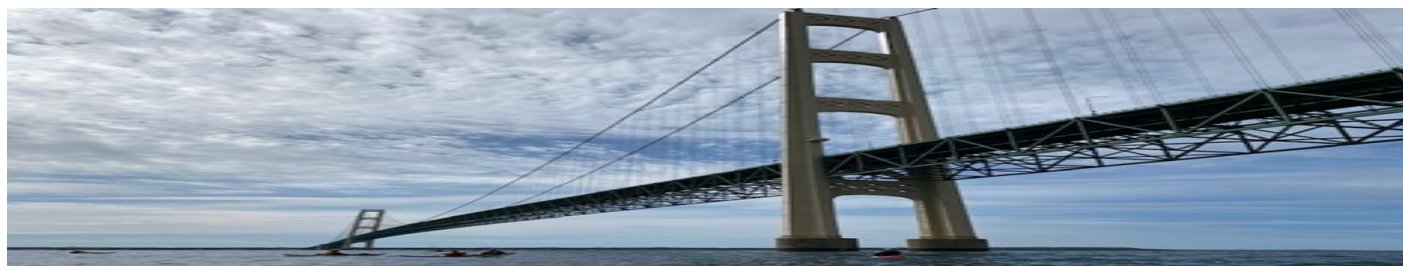
## Eagle Creek Tuesday Paddles Are On!!

Eagle Creek paddles started on May 4th and run through the end of September. These are unstructured paddles where HCKC members can explore the lake and train to develop speed-endurance or to practice skills. If you would like to paddle with other HCKC members, I would recommend coordinating that through the club bulletin board, Facebook or e-mail.

- **When:** Tuesday, May 4 through September 28, 2021
- **Starting Time - Between 1:00 pm to Closing:** HCKC Members may use the pass to enter the park with their boats any time after 1:00 pm on the specified Tuesdays.
- **Ending Time - Park Closing Time:** When you enter the park, look at the closing time posted at each of the park entrances since these times change during the year. They normally lock at least one of the gates at closing time.
- **Where to Launch:**
- **Ramp near Discovery Center** —Enter the park at either the 56th Street or 71st Street entrance and follow the signs to the Discovery Center or “Go Ape!” Use the boat/kayak ramp across the parking lot from the Discovery Center (next to Go Ape).
- **Marina Personal Boat Launch** - You can also launch from the personal boat launch next to the building with bathrooms near Eagle Creek Outfitters. Please do not launch at the beach at Eagle Creek Outfitters since it is reserved for their use.
- **Note:** This pass is not valid at the Dandy Trail ramp at the south of 56th street near Ric’s.

**2021 HCKC-Eagle Creek Pass:** Current HCKC Members **must** print the 2021 HCKC pass and show it to the Eagle Creek gate staff to get in without paying. The fee for park admittance is at least \$8 for a car with one kayak or canoe otherwise. **To Get the Pass:** This program is only available for current HCKC members. To access the pass, go to: [Eagle Creek Tuesday Pass](#) **Note:** You will be prompted to enter your e-mail and password if you are not already logged in

Jeff Stejskal



### Kayak Training Opportunity

This year we will again have introductory and intermediate training for flatwater and touring kayakers. These will be offered on 3 dates ([May 15<sup>th</sup>](#), [July 17<sup>th</sup>](#), and [August 14<sup>th</sup>](#)). Intermediate students should have taken an Introductory class at least one year prior to the Intermediate and be comfortable with forward stroke, sweep strokes, drawing maneuvers, and bow/stern rudders. Click on one of the course dates for more information or to sign up!

Thanks,

**The Newsletter of the Hoosier Canoe Club**

Save this Date  
**May 22, 1pm-6PM**  
**DEMO DAY, SWAP MEET &  
CLUB PICNIC @  
GEIST PARK**

FILL THIS MASK



**MORE INFO  
LATER**

**Register for the Spring Trifecta Here:** [Hoosier Canoe and Kayak Club - HCKC](https://www.hoosiercanoeclub.org/)  
[SPRING TRIFECTA: DEMO DAY, SWAP MEET & PICNIC \(hoosiercanoeclub.org\)](https://www.hoosiercanoeclub.org/)

*Bring as many boats as you can carry, Bring used gear for swap or sale,*

**\*Picnic with paddlers, club members and guests** (*Bring a side dish; drinks and grilled brats and dogs provided*) **\*If you would like to advertise some items, send a description to me @ [Marianndvs@gmail.com](mailto:Marianndvs@gmail.com)** **\*\*Event will be cancelled and rescheduled due to inclement weather; emails will be sent.**

**PADDLE...PLAY...PICNIC...SWAP MEET...DEMO MEMBER'S  
KAYAKS & CANOES**

**The Newsletter of the Hoosier Canoe Club**



## Rescue Courses, Training and Instructor Assessments

**Sponsor: Richard Clapham**

These are the 3 areas the Safety and Instructor group are focusing on this year

We are offering 2 types of rescue courses this Spring and Summer. The first is ACA L2. This is suitable for most intermediate and above paddler. We teach core rescue skills, swimming techniques and initial rope skills, for all types of craft on stationary to slow moving water. The second is a deep water rescue class, more focused for the sea kayakers or intermediate to advanced rec paddlers.

**In June**, on 4 evenings we are doing a review of core skills. Focusing on those skills expected for L1 or L2 paddling in Canoe or Kayak. Whether it's the forward stroke, carving or support strokes, my guess is we can all improve.

**JULY – We are excited to put on a L1 Instructor assessment.** Being a part of this club you will likely have been taught by one of our experienced members or instructors. To keep the high quality of instructing moving forward, and ensuring it is not on just one or two people why not look at if you can be an instructor. This is for both Solo Canoe and Kayak and we are limited to 10 places for kayak and 5 for canoe. The club is subsidizing this course and we are bringing in experts from outside the region to provide the training and assessment. It will take place over 1 weekend.

All the courses are on the website, and if you are interested, but not sure if it is for you – please reach out

Thanks Richard

## Volunteers Needed!!

**Eagle Creek Triathlon Safety Boats**

**June 12, July 10, August 14**

Swimming portion of the [Indy Sprint Triathlon Series](#). HCKC members and guest provide safety boats for the swimmers in the 500 meter course. Participants are there to provide assistance to swimmers, guide them on the course, allow a place to rest or signal for extraction. We will be on the outside of the course while city lifeguards are on the inside of the course. Meet at the Eagle Creek Park office on 56th street just northwest of the main park entrance and just before you get to the bridge over the reservoir.

If you are bringing a guest or another family member please register them separately.

We must be unloaded and on the water by 7:45-50 as the swimming starts at 8am. Instructions will be given just prior to the event. No special skills needed. Items which may enhance your effectiveness are whistle, short throw line and float, extra PFD. We are usually done by 9. Some go to breakfast, some go paddle around, some have to go home and do chores.

This is an important event to HCKC as we the club is paid for helping with this event. You will get an event T-shirt for participating, please register with shirt size. Canoe, Kayak or paddle board OK.

**If you have questions or concerns please contact John Wainscott**  
@ [wldleak@sbcglobal.net](mailto:wldleak@sbcglobal.net) or 317-250-8107. Thanks for your help.

**The Newsletter of the Hoosier Canoe Club**

## The Box

Submitted by Toni Harris

When I start working with a new or an experience kayaker that wants to work on their form, I talk about "The Box." This box is a way for a paddler to keep their shoulders/ hands within a safe range to prevent injuries. The box refers to the position of the hands in relation to the shoulders and the paddle. When our hands are on the paddle and held out in front us, the box is the rectangle shape that can be traced from the belly bottom, as wide as the shoulders, up to the paddler's nose. Whenever we move when paddling we rotate our body torso and adjust the angles and directions of the paddle but the 'box' remains the same. No matter how we move; we always keep our shoulders and hands within the box. If our hands go outside of the box we expose our shoulders to injury. This is one way we can keep our bodies healthy and have a lifetime of paddling adventures and avoid injuries.



**Come join us on our paddles. You never know who you will meet!!**

**June 2004 Thelon River, Nunavut, Canada**



**Wild Horse on island near Beaufort, NC, May 2014**

**The Newsletter of the Hoosier Canoe Club**

# How to unpin your canoe/kayak using the Thomas Rope Trick

**Situation:** We are paddling down a moving water stream in Indiana and we come along an obstacle that pins one of our canoes sideways to the obstacle with the canoe facing upstream filling with water. Paddler has been rescued and is safe on the bank. You can stand behind the obstacle in the river. There are a few thwarts but not very strong for a single point anchor. Also we have several trees along the bank to provide a strong anchor.

**Gear Needed:** Pin Kit and a Throw Bag

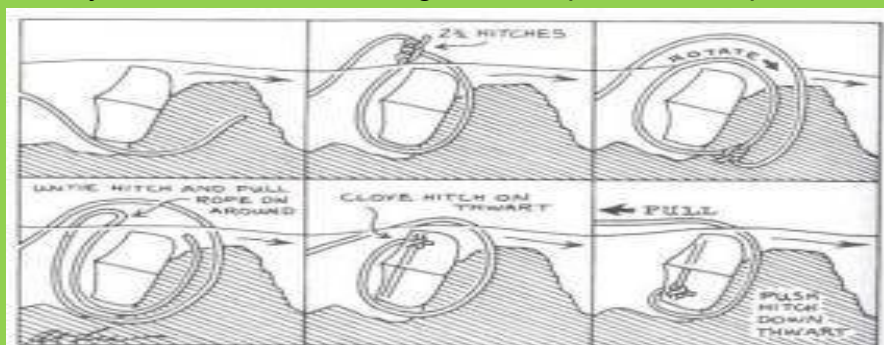
**Set up:** I'm going to list the steps as bullets. **\*\*\*\*\* This is a recovery not a rescue so time is not an issue unlike a rescue where time is because you are rescuing a person not gear. You recover gear!\*\*\*\*\***

**Secure The Scene:** make sure the paddlers/ paddlers are safely out of the water. Make sure the canoe is pinned and is not floating down the stream. Set up someone upstream of the pin and downstream of the pin so no one comes down on the scene and causes more issues. The person downstream needs to carry a throw bag so they can rescue a swimmer if someone is swept away from the recovery team.

**The Pin Site:** get a person or team to the downstream side of the pin site using a safe technique. We will call them the "Pin Team". Once the Pin Team is set and is secure so you can work. The Pin Team will need a throw bag and pin kit with them.

**The Shore Site:** Another team called the "Pull Team" will be upstream of the Pin Site. The Pull Team will need a throw bag and Pin Kit to set up the mechanical advantage so you can pull this water filled boat off the obstacle. This team will throw a rope to the Pin Team so they can wrap the boat. As the Pin Team is working, the Pull Team needs to be setting up the anchor so when the wrap is done you can hook up the rope and start pulling. The anchor system will depend on what size the trees or rocks are but we will go over that in a future article.

**The Wrap:** The Pin Team will receive an end of the rope and will start wrapping the rope around the boat. We do this because it spreads the load out across the boat so you are less likely to destroy the boat. See the diagram to explain the wrap.



**The Pull Team:** after the wrap is complete; the Pull Team sets up a Z-Drag (Which we will go over in a future article) and pull the boat off the obstacle.

## Helpful hints on this technique:

Make sure you pay attention to the direction of the rope and how it wraps because it does not work if it is in the opposite direction.

The more wraps around the boat the more the load is spread out across the boat.

If the rope is getting short because of the wraps; have the Pull Team attach another rope so you have a longer rope.

Make a loop and attach the loop together with a carabineer. The loop is attached to a thwart of the boat.

The carabineer on the boat needs to be able to lay flat so you don't load the carabineer in the wrong direction.

**LAST Thing is PRACTICE, PRACTICE, PRACTICE, and MORE PRACTICE!!!!!!!**

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### Paddle Fu

The true Ninja Paddler uses his/her whole body in concert with his/her chosen river vehicle to achieve perfect harmony with the river environment...

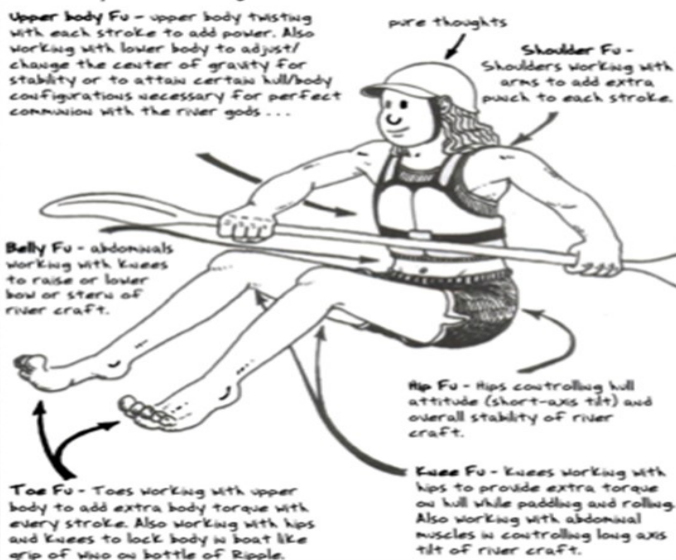
#### Anatomy of the Ninja Paddler:

**Upper body Fu** - upper body twisting with each stroke to add power. Also working with lower body to adjust/change the center of gravity for stability or to attain certain hull/body configurations necessary for perfect communion with the river gods...

pure thoughts

**Shoulder Fu** - Shoulders working with arms to add extra punch to each stroke.

**Belly Fu** - abdominals working with knees to raise or lower bow or stern of river craft.



**Hip Fu** - hips controlling hull attitude (short-axis tilt) and overall stability of river craft.

**Toe Fu** - Toes working with upper body to add extra body torque with every stroke. Also working with hips and knees to lock body in boat like grip of wino on bottle of Ripple.

**Knee Fu** - Knees working with hips to provide extra torque on hull while paddling and rolling. Also working with abdominal muscles in controlling long axis tilt of river craft.

As I was growing up in the club, I was brought up in a world that taught the basics based on slalom racing and form. William Neily in the mid-80s came out with a book titled: Kayak: The New Frontier: the Animated Manual of Intermediate and Advanced Whitewater Technique.

That form he called "Paddle Fu" which defined that perfect form while you were sitting in your kayak that made what we did in our boats graceful and like a dance down the river. Reggie and Debbie Baker would drill into my head to practice that form so that I was graceful and be able to put my boat exactly where I wanted it. I would follow the likes of Chuck Lunsford and Dave Ellis to see who could put their boat in the smallest of eddies. After that, Jordan Ross taught me how to play on the river and those skills I had made me enjoy surfing waves and holes with Jordan for hours at a time. Those drills made me a better graceful paddler. If you ever get the honor of paddling with

Debbie Baker watch her and see how graceful she paddles. She floats across the water because she puts into practice the fundamentals in "Paddle Fu". Those fundamentals are as true as they were in the mid-80s as they are today. With the boats of today, a paddler can fit that boat exactly to their body instead of spending hours and hours cutting and forming and then gluing foam into place so the boats fit the paddler.

"Paddle Fu" is a way for us to become one with the boat and then the water. A paddler must 'wear' his or her boat so when they raise a knee the boat reacts. When you are relaxed in the boat, you feel the water and how it is reacting to your boat. Example of this is when I'm paddling a rapid like Pillow on the Upper Gauley, when I take a left hand sweep so the boat turns toward the right. I have a right hand angle as I approach the big pillow I can do a left hand brace and the water typewriters me across the river to river right.

So the next time, you have a few moments and you are looking at your boat in the garage get it down and sit in it. Does your outfitting allow you to get into a "Paddle Fu" position? After you have trained your boat to get you there then get it out on the water and slowly practice your form. Have someone watch or video tape your form, is it graceful or choppy? The practice you conduct on your form will pay bonus points the next time you are on the water and you are less tired paddling and playing on your favorite play feature!

Submitted by Toni Harris on behalf of John Gates

## **Trip Report**

### **March 27, 2021 Eagle Creek Zionsville to Eagle Creek Reservoir**

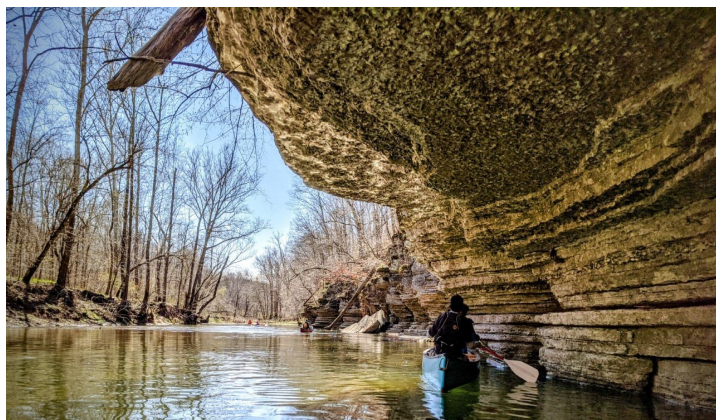
**Sponsor: Brent Saucerman**

On Saturday, March 27, I sponsored a trip on Eagle Creek from Zionsville Lions Club Park to Lafayette Road at Eagle Creek Reservoir. Despite relatively short notice due to weather, I was joined by Alfons Eggink, Sue Foxx, Ben Jackson, Theresa Kulczak, Bill Linhart, Orestes Ruffin, Jeff Stejskal, Judy Thompson, and Greg Ubelhor. The weather was beautiful, but the river gods were slightly perturbed, and smote us with a Lions Club Easter Egg drive through, which made access to the parking lot a bit of a challenge. Despite the setback, we managed to pull off the shuttle, and were on the water with minimal delay. The temperature approached 70 degrees, with water temps in the 50s. The Zionsville gauge was at 2.1' @ 100 cubic feet per second. The trip was pleasant, with somewhat shallow water. Several areas provided the opportunity to practice maneuvers with riffles and small rapids, and the spring flora and fauna made for an enjoyable day. The takeout required a 100 yard carry, but everyone pitched in to move and load boats and gear. Special thanks to Danny River Vallesky for taking on this reach of the creek last year, and providing stream beta. Based on discussions with experienced club members, it has likely been over a decade since the club paddled this section of Eagle Creek.

### **Big Pine Creek April 10, 2021**



### **Sand Creek April 3, 2021**



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## Event Announcement

**Location: East Race, South Bend**

**June 4, 5, and 6 2021 NOTE DATE CHANGE**

**Sponsor: Gregory Emmack**



East Race Whitewater Festival  
South Bend, IN

### Events:

Kayak Freestyle Competition 3 Divisions - Mens , Womens, and Masters (over 50yrs old)

Boatercross Races 4 Divisions - Mens Short Boat, Womens Short Boat, Mens Long and Womens Long  
There will be heats of 4 racers at a time and the top 2 go on to the next round  
There will be a few buoys that will need to be navigated

Riverboard Races 2 Divisions Mens & Womens  
Only whitewater designed boards allowed ( Fluid Anvil, Kern, Carlson, etc)

Pool Floatie Race Only 1 division and only 1 heat - we're looking for colorful mass chaos  
Only flotation devices designed for pool use allowed (flamingos, alligators, ducks, unicorns, etc)  
Helmets and PFD's required  
No flippers or paddles allowed  
It's for fun

### Other Activities:

We will have food trucks near all of the fun  
We have music that will be provided  
Corby's Pub (right on the East Race) will be a sponsor also  
Product/Gear vendors on site

### Schedule of Events: (Tentative)

Friday, May 28th - 6 - 8pm open practice session

Saturday, May 29th - 9 - 11am	open practice session
Noon - 2pm	Boatercross Races
2:30 - 3:30pm	Riverboard Races
3:30 - 4pm	Pool Floatie Race
4 - 6pm	Freestyle Competition
6:30pm	Awards Ceremony
7 - 9pm	Musical Entertainment

Sunday, May 30th - 11am - 4pm Sunday Funday - East Race will be open  
no competitions  
no planned activities  
Just Fun!

Watch for registration details on our facebook site.

# The Newsletter of the Hoosier Canoe Club