



THE SPRAY

THE NEWSLETTER OF THE COLORADO WHITEWATER ASSOCIATION

VOLUME 58, NUMBER 7, March-April 2013

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Movie Night
Congo
Tomorrow!
March 12
[Click Here](#)

Spring Dinner
April 5th

Maggiano's, 7401 South Clinton Street Englewood
 \$25 Members/\$30 Non-members

Training
Camp
 May 17-19
[REGISTER](#)
[HERE](#)

Embracing Your Inner Dumbass: A Girl's Guide to Paddling Like a Guy

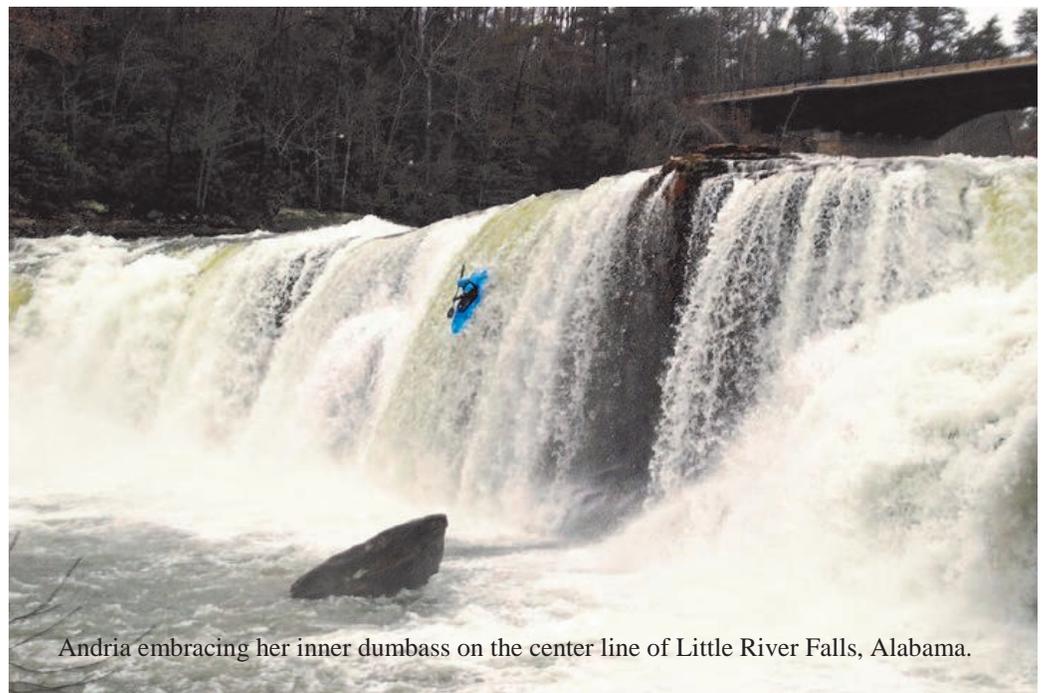
By [Andria Davis](#) and Courtesy of [NRS](#)



Andria Davis knows first-hand that natural caution can be a woman paddler's biggest limitation. Sometimes embracing your inner dumbass and paddling like a guy is all it takes to push past the fear.

A few years ago, a friend told me about her frustrations with pushing through her fear. She told me that on her home river, when she got to a certain rapid, she would get out and look, then walk back to her boat and portage. She was really frustrated by her actions because she knew she could run it, but it was like her fear was in total control. I wrote her back and told her that she needed to start thinking like a guy.

Guys often have this ability to look at a rapid and not really care what the outcome will be and just run it. I told her to get in touch with her "inner dumbass" and just get in her boat and run it without any thought of the outcome. Since then, I have



Andria embracing her inner dumbass on the center line of Little River Falls, Alabama.

watched her progress into an amazing and confident class V paddler and have often found myself envying her self-confidence. We often laugh about my "dumbass" statement and remind each other of it when we need it.

Continued on Page 8

Golden



River Sports

**806 Washington Ave.
Golden, CO 80401
303-215-9386
GoldenRiverSports.net**

**March is the
Month of
Expectations**

Take advantage of our 50/50 Deal: Put 50% down now and pay 50% by April 30, 2013. Take your gear home right away with half down or put a brand new boat on order for spring!

Save NOW on 2012 closeouts on Wave Sport Habitats, Diesels, Fuses and Project X's! Prices under \$799!

Demo / Purchase a new 2013 Pyranha Nano, Pyranha Loki or Wavesport Recon and get ready for spring, spring, SPRING!

Complete youth packages are available!

Check out Astral's new redesigned Green Jacket for 2013 and try on a pair of awesome Astral Brewer kayak shoes and fall in love.

Also new for 2013 - GRS will have SUP boards/gear for rental and purchase from Hala Gear, NRS and Badfish.

Photo by Brett Hochmuth

**CW Members
ALWAYS get 15% off!**

CW MISSION

The Colorado Whitewater Association promotes the sport of whitewater paddling in the Rocky Mountain region. The club introduces new paddlers to whitewater, provides training in technique and safety, supports racing, informs the public about whitewater issues, including river access and conservation, and works to resolve related problems. CWWA is a 501(c)(3) nonprofit organization run entirely by volunteers.

CW was founded in 1954, and is the oldest club in the United States of America devoted wholly to whitewater paddle sports.

CW BOARD OF DIRECTORS

President	Scott Winkleman	sewinkleman@msn.com
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MEMBERSHIP QUESTIONS?

To Join CW, visit our website at www.coloradowhitewater.org and join online. To change your e-mail or other contact information: Contact Helen Johnson at hellionbiz@gmail.com.

2012 Spray Submission Schedule

The Spray encourages article submissions on all whitewater related issues. Please send submissions to Erik Rist at erik@ristlaw.com.

<u>Issue</u>	<u>Submission Date</u>
Jan/Feb	January 1, 2013
Mar/Apr	March 1, 2013
May/June	May 1, 2013
July/Aug	July 1, 2013

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Submissions

We welcome your contributions on topics related to whitewater paddling.

Written Material

We prefer e-mail submissions, preferably in Microsoft Word, RTF, or plain text. Maximum length: 1,000 words.

Don't be shy, even if you don't think you're a great writer. We'll edit for length, style, grammar, and spelling as needed to make your writing more clear and readable.

Photos and graphics files: We much prefer bitmap, jpeg, pdf, or tiff format, but can work with others. Please use a minimum resolution of 300 dpi.



When: Tue, March 12 (6:30-10)

Where: Oriental Theater, 4335 West 44th Avenue, Denver,

Cost: \$10 Members/\$15 Non

COLORADO WHITEWATER 2013 SPRING INSTRUCTION SCHEDULE

Simply come to the pool (Myers) to practice and tune up for the upcoming season on your own without instruction. The pool will be open for kayaking practice from 1:00 - 5:00 p.m. Sundays, starting January 27, 2013 through May 5, 2013, except for February 17, March 31, and April 14, 2013. **Cost:** \$9 pool entry fee. **Myers Pool: 7900 Carr Drive, Arvada**

Rafting Class Class-

Even if you don't own a raft it is important to learn the basics of boat care and rigging so that when you join a trip you can lend a hand without fear of damaging gear.

In the first two hours you will learn terminology, rigging, strapping, proper care, and repair.

After two hours of information you are ready for the fun part- FLIPPING! We will spend two hours in the pool with a raft learning how to climb back in and re-flip it. This is a great class for kayakers, beginning rafters, or anybody without experience who has been invited on river trip.

May 5 (12:30-5pm) Myers Pool, Instructor: Erik Rist \$20... WOW, Really?!? [REGISTER](#)

Beginner Kayaking Class

Beginner classes provide instruction in a safe and comfortable pool environment. All classes are led by ACA-certified instructors. These classes are suitable for those who have never been in a kayak before. You will learn about boats, essential gear, basic paddle strokes, river safety, and we'll introduce you to the kayak roll.

Once you've learned the basics in the pool, you can join your instructors for a weekend of intensive instruction on flat and moving water, May 4 & 5.

Cost: \$130 course fee plus pool admission for each pool session. Includes three 2-hour pool sessions, the flat-water/moving water weekend and rental equipment (boat, spray skirt, and paddle) for the three pool sessions.

March 10, 17, 24 (3-5pm) Inst: Pat Brown, Robert Bacca
[April 7, 21, 28 \(1-3pm\)](#) Leslie Tyson, Jenny McCurdy
[April 7, 21, 28 \(3-5pm\)](#) Elizabeth Austen, Sean Stevenson
Flat Water Weekend: May 4 and 5

Beginning Roll Class

Never tried to roll a kayak before? Tried but just didn't quite get it? Come learn the basic steps in mastering this essential white water kayaking skill. Learning to roll your boat upright will open the door to enjoying the rivers as opposed to being intimidated by them. Plus, learning in a safe and warm environment makes it all the more fun.

Cost: \$35 course fee plus pool admission. Includes one 2-hour session in the pool.

We suggest you provide your own equipment (boat, paddle, spray skirt).

Boats, paddle and spray skirts will be available with request.

March 10 (1-3pm) Pat Brown

March 17 (1-3pm) Steve Dougherty [REGISTER](#)

March 24 (1-3pm) Elizabeth Austen [REGISTER](#)

Roll Tune-up Class

This class is for kayakers who have learned and practiced the basics of the kayak roll, but would like help with technique and consistency.

Cost: \$35 course fee plus pool admission. Includes one 2-hour session in the pool.

We suggest you provide your own equipment (boat, paddle, spray skirt).

Boats, paddle and spray skirts will be available with request.

April 21 ([1-3pm](#)) ([3-5pm](#)) Steve Dougherty

Stroke Tune-up Class

This class is for kayakers with at least one season of experience on moving water. We will review strokes and techniques for more advanced paddling this season.

Cost: \$35 course fee plus pool admission. Includes one 2-hour session in the pool.

We suggest you provide your own equipment (boat, paddle, spray skirt).

Boats, paddle and spray skirts will be available with request.

April 28 (1-3pm) (3-5pm) Dick Alweis [REGISTER](#)

Playboating For Solid Roll

Playing in holes on the river is one of the best ways to improve your roll. This class is for kayakers who would like to improve their roll by playing in holes. Basic playboating skills will be learned, but the emphasis will be on rolling. After practicing your roll and learning some playboating basics in the pool, participants will get a chance to take these skills into a hole at the play park.

Cost: \$65 course fee plus pool admission. Includes one 2-hour session in the pool and one session on moving water.

Participants should have their own equipment (playboat, paddle, spray skirt, helmet, PFD, etc.).

May 5 (1-3pm) Robert Bacca, Peter Holcombe

[REGISTER](#)

Youth Kayak Class

This class is intended for youth, 8-18 years of age and will provide a progression of entry-level skills instruction in the pool throughout the 8 class sessions. All 8 sessions are required. This class is suitable for youth who have been introduced to kayaking and would like more in-depth instruction. You will learn about boats, essential gear, basic paddle strokes, river safety, and we'll introduce you to the kayak roll. The focus will be on safe boating and FUN! Participants will need parental approval. Equipment will be available. The cost for the course is \$80 for all eight sessions, plus the \$9 pool entry fee.

NOTE: Individual classes are on the following dates/times-
READ THIS SCHEDULE CAREFULLY AS THE TIMES CHANGE FOR CERTAIN DATES!!

March 17 (1-3pm)

April 7 (1-3pm)

April 28 (3-5pm)

May 5 (3-5pm)

Boating Betties

Beginner/Advanced Beginner classes for women taught by women. These classes are designed for women who are interested in taking their boating to the next level. One session will be taught at the pool and will focus on basic paddling skills and roll practice. There will also be a class on moving water so paddlers can improve their technique on the river. (The location will be decided by the instructors.) After the on river session, join your classmates for a relaxing spa session at one of Colorado's famous hot springs resorts.

Cost: \$65 course fee plus pool admission (does not include spa session). Includes one 2-hour session in the pool and one session on moving water.

Participants should have their own equipment (boat, paddle, spray skirt, helmet, PFD, etc.).

March 24 (3-5pm) Elizabeth Austen, Jenny McCurdy, Laurie Maciag

[REGISTER](#)

Advanced Whitewater Class

So you have run Brown's Canyon for the 50th time, and you want to move up to the Numbers, but you are not sure that you have the skill or confidence to execute the moves in order to safely navigate class IV whitewater. Or perhaps you have been dreaming of that southern hemisphere vacation over the winter, but hesitate to jump into class IV whitewater where portages are difficult and an early exit from the river means a two day jungle tramping nightmare.

This class is designed to teach you skills required for class IV boating and give you the experience to execute them with confidence. You will learn:

- How to effectively catch eddies and use them to control your progress down a rapid and boat scout.
- How to read the river not just for "The Line" in a rapid, but to find eddies and break down a difficult rapid into a series of easier moves.
- Basic slalom kayak skills and how to apply them to running whitewater.
- Basic playboating skills and how to apply them to running whitewater.
- Advanced paddling skills to help you catch eddies, use the current to your advantage and avoid obstacles.
- Eddy-quiete; how to safely paddle difficult whitewater in a group.

Instructors: Mark Robbins, Matt Rensel, Tim Bliss

Prerequisites:

- Basic river rescue class
- River roll
- At least one season of solid class III boating experience

Cost: \$180 course fee plus pool admission.

Register with the instructor, Mark Robbins:
mrobbins@frii.com

Participants should have their own equipment (boat, paddle, spray skirt, helmet, PFD, etc.).

CPR/First Aid

This will be a First Aid, CPR, AED class sponsored by the National Safety Council. This class will satisfy ACA certification requirements for instructors. We will put a river side twist to it to tie in with the main objective of the group. The "certification" will be good for two years if desired. Marty Gill, (Westwinds Enterprises), will donate the instructor time and travel. Thank you Marty!

When: [April 23](#) OR [April 24](#) 6:30-10pm

Where: TBD

Cost: FREE

Flatwater Fundamentals with Stephen Wright

Renowned kayaker Stephen Wright will teach you fundamental playboating skills and share tips and tricks in this 2 hour pool session.

In our Freestyle Fundamentals classes, we will focus on the skills that will help kayakers of all levels learn to move their boats in every direction. These clinics are really fun and will not only work on specific freestyle skills, but will give students a pathway to improve the movements that make EVERY freestyle trick happen. This way they can build the strength and skills necessary to learn any trick much more quickly This will also be a great work-out--you will be sore after! These are also many of the same drills that I (and many of the other best kayakers in the world) use as a part of our daily warm-up and practice routine.

Date: March 24 (3-5pm)

Cost: \$35

[REGISTER](#)

ACA + Swift Water Rescue

Colorado Whitewater has partnered with Renaissance Adventure Guides for ACA Swiftwater Rescue Clinic's for only \$175 this year which is over 25% off of list price! This clinic is for all Colorado Whitewater members who are kayakers, canoeist, rafters, duckie captains or just like splashing around in the river.

Somewhere, at sometime, you will wish you knew what to do in a river emergency. Just rescuing gear can turn into a nightmare, never mind rescuing a person. Quick response time and the knowledge to set up a rescue safely are skills you should have as a boater. Make this the year to bring your rescue skills to a higher level. Friends owe it to friends to be capable of river rescue. Kayakers must be of Class II-III ability. Rescue PFD's are considered personal equipment and are highly suggested. This clinic qualifies as an ACA sanctioned course.

Dates (Two Day Class – Time 8am-6pm each day)

June 1-2 [ACA Swiftwater Rescue Clinic](#)

July 20-21 [ACA Swiftwater Rescue Clinic](#)

Price

\$175!

Knots

This class will go over a series of rope knots that are very helpful for swift water rescue scenarios, safety, mechanical advantage and every day use. These knots will be helpful to not only kayakers but also, rafters, SUP, river boarders or even aspiring swr professionals. During this 3 hour class we will provide in-person instruction on how to tie each of the knots below, some basic scenarios on when you would use them, as well as a section of cordelette to keep as well as printed instructions to take home and keep practicing.

[May 1](#) OR Aug 7 at 2750 W. 5th Ave, Denver, CO 80204. **Cost: \$15**

Mechanical Advantage

This class will teach the basics of mechanical advantage. We will teach the principles of creating anchors, vector pulls and 3 to one pulley systems. These skill sets will be useful for not only kayakers but rafters, SUPers, river boarders or even aspiring SWR professionals. During class you will be taught the principles of mechanical advantage and will be provided a crib sheet for a 3 to one z-drag.

All materials for class will be provided however it will be expected that you know how to tie the following knots prior to class. Please note that all of these knots are taught the prior week in the Knots for Safety class.

Figure 8 on a bight, double loop figure 8, followthrough figure 8, figure 8 bend, alpine butterfly, double fisherman's, prussic, one sided over hand bend in webbing.

May 0 OR Aug 14 at 7pm. Where: 2750 W 5th Ave, Denver, CO. Cost \$20

[REGISTER May 8th](#)

1 on 1 Playboating Clinic

NOTE: These one hour clinics are for 1-3 participants and may be scheduled on any Sunday that the pool is open. Contact Bart Pinkham (coloradoburn@hotmail.com) to schedule your clinic and for the registration code.

May 5 Meyers Pool

[REGISTER](#)

“Inner Dubmass” cont. from page 1

Let me be clear: I am not saying that guys are dumbasses and are always running things without thinking about the consequences. I’ve been hanging out and boating mostly with guys, and I have noticed, and discussed with them, this ability to run rapids. What I’ve discovered is that guys tend to question things less than women do. They don’t worry as much about what will happen to them, trusting themselves to handle the outcome. This is a trait that I admire in males. Of course, this gets guys into trouble sometimes, but it also allows them to progress in sports such as whitewater. This ability to take their licks is one reason why there are way more men in this sport than women.

I am also not saying that women are always timid. There are many women out there who paddle aggressively. What I am saying is that I and many other female paddlers are usually more cautious than males. This can be a fantastic trait to bring to a group of paddlers, but sometimes it gets in the way and holds a girl back. I saw this in my friend and told her that she needed to quit analyzing the consequences of this rapid that was well within her ability. She needed to embrace this typically male trait to just go for it and trust that whatever happened; she was skilled enough and tough enough to handle it.

Women paddlers and non-paddlers alike have told me how brave I am and how they could never do what I do. I call “bullshit.” When I put on rivers and get to big rapids, I am often terrified! My brain goes nuts telling me how I should sneak or walk. I have given in to this fear way too many times! But I am here to tell you that the only way to get through fear is to challenge it. You will never get braver if you don’t feel that fear and then run the rapid anyway. You will never get braver sitting on the bank watching your boyfriend, and you will never get better by walking that rapid every time. When you step it up, you will take your licks. But if you’re being smart and know where to draw the line – paddling with appropriate partners, and setting safety – you will handle it, sister.

I’ve seen this quote somewhere: “Courage is important. Like a muscle, it is strengthened by use.” I’ve also come to understand that without fear, there is no courage. Do you think that people are just born brave? I’ve heard some paddlers say that they feel no fear. Either they are full of shit, or I feel sorry for them. Without that fear and

then pushing your self through it, how would you ever know the elation of finding that courage inside of yourself? One of the reasons that I loved paddling from the very beginning was that I found myself pushing beyond what I thought was possible for me: styling Bull Sluice in a raft at 2.5 ft. for the first time, hitting my first combat roll at Nantahala Falls, running the Little White Salmon without swimming, and running an 80-footer. I didn’t start out in whitewater thinking I would accomplish these things. I often even declared how they were out of my reach. I’ve cried in self-pity, stating that I sucked. But I got up every time and went back out to the river, surrounded myself with my friends to cheer me on, and worked my way back into confidence. My paddling has been like a huge wave train of ups and downs. What makes all the difference is taking those baby steps to bring me back up when I’m down. Every time I do that, I find this space of self-confidence that I’ve never felt before.

Finding that confidence sometimes means that I need to take a step back and boat below my ability, but sometimes it means I just need to quit thinking and run something bigger to push myself so that I can move forward. If you notice, many guys don’t like hanging out too long in an eddy or re-scouting that same rapid. It’s because as soon as you do, you start thinking. Over-thinking is often the enemy of your paddling. Sometimes it’s okay to let go and trust your abilities and your instincts. This is what I mean by your “inner dumbass.” It’s that part of you that just wants to let go and do something that might challenge you. Of course, if you take this over the edge, you create danger for yourself and your friends. So, remember that harnessing your inner dumbass comes with homework. Make sure that you are taking a step that you are really ready for, not something ludicrously dangerous.

As women in a male-dominated sport, we often need to separate ourselves from the masculinity of the sport in order to make it more relevant to our feminine learning processes. However, there are many ways of thinking that men tend to use that we can also utilize, and that will actually help us to progress. I’ve gone back and forth from trying to be “one of the boys” to being more girlish in this sport, and I enjoy both. I think that both ways of being and thinking offer chances for learning, growth, and achieving self-expression and confidence.

Andria is a writer and owner of [Brushy Mountain Publishing](#)

Are Things Crystal Clear for Golden? By Patty Pinkham

As summer temperatures broke records in 2012, so did attendance numbers at Golden's Clear Creek Whitewater Park on 10th Street. As the fly fishermen and kayakers did their traditional, but respectful dance for space on Clear Creek, along came the floaters and swimmers seeking relief as well. For most of June, July and August, the thermometer soared over 80 and 90 degrees and the CFS tumbled well below 200.

The Clear Creek area and corridor became super popular for visitors and a large variety of users specifically in the summer of 2012. I myself spent many evenings clearing trash out of eddies long after most people had left. It soon became a game of who could find the best Walmart Special Craft sunk or wrapped rocks and get it to shore in one piece. I also had plenty of practice towing swimmers to shore or warning others of foot entrapments as they tried to stand and walk their way out of rapids. Learning to playboat while dodging the legions took a whole new meaning in 2012. Don't get me wrong – I've taken my share of spins via paco-pads down many rivers and even rode a GIANT inflatable purple dragon down half of Westwater with my husband last year. I'm all about it! However, after attempting to playboat the evening of July 7th, 2012 in Golden – I was done with my struggle for the season. I was lucky enough to find parking right away, but I literally could not get near the sidewalk, let alone Rodeo Hole (see photo). I cleared out – and did not return for the rest of the season. It was too much of a struggle. Sad, but true.

The volume of visitors has led to the City of Golden and the National Park Service to seek out new regulations starting this spring and heightened enforcement is on the way. Which is not necessarily a bad thing. Is it? The public engagement process is underway and there's still time for you to participate. The goal of the plan is to “establish a framework for managing a wide variety of recreational uses while balancing the need to restore and preserve the creek and its banks.”

The first of three meetings took place in the form of an “Open House” on February 12 at the Golden Community Center. It was very well attended with over 150 people. Participants were asked to tour each work station, ask questions and give opinions. We were asked to vote via colored sticky dots and some of the posters got filled up very quickly. Dots ran out. People started writing comments instead. All-in-all it was a very constructive evening.

The first station involved environmental problems – mostly how to deal with erosion along the banks and in the river as far as fish habitats. More egress control needs to be estab-

lished. In other words – specific places for folks to actually get *into* the water and specific places for folks to get *out* of the water. Restrict picnic areas and so on. Control trash. In troubled areas, fences will be built, hopefully, and people will be asked to go around and asked to stay out all together. Areas will be marked with language such as “Environmentally sensitive areas. Rebuilding in process.” Simple enough. Makes sense. Right?

Other stations involved issues with alcohol and tobacco use. Too much broken glass. Too many cigarette butts. So while you are there, don't drink – don't smoke. Simple enough. Makes sense? But what after that after-Rodeo-Hole-Kicked-My-Butt refreshment? Can I still bring cans? They make Fat Tire in cans now ya' know. Make sense? I'm not so sure

Dog enforcement was also asked to be voted on like leash laws, limiting pets during special event or prohibiting pets during certain times of day. Creek flow strategies – should certain activities be limited during certain flows? Should tubers be asked to stay out of the water at high flows? Should ALL users be asked to stay out of the water at low flows so the fish habitats are not disturbed? Simple enough? Makes sense? Maybe not, as kayakers can still playboat as low as 50 CFS. Right? (Fifty cfs? It can be done. I know. I've done it and I know many of you have as well).

Parking is a huge concern. Should there be a traditional permit system for people who live on 8th, 9th, 10th, 11th and 12th Streets? Are visitors more important than residents or do residents take precedence? Should visitors be asked to park at CoorsTek and asked to take a shuttle? Egads. I hope not. That's a long way to go in stinky kayak gear in an enclosed environment.

There was also a safety booth at the event which had the least attendance which was very surprising. I asked a lot of questions as to why the City of Golden has not considered enacted a PFD law? Not only would it help with safety issues in the future, which is *always* a good thing, it is also a proven fact it helps with overcrowding issues. I spoke with Fire Chief John Bales, Amber Hill and Rod Tarullo, City of Golden Parks and Recreation Manager who were all very willing to listen and bring this idea to the planning committee. I also spoke with Head Ranger of the Arkansas Headwaters Recreation Area Stew Pappenfort. The Arkansas River has PFD regulations in place which have been extremely successful. They are as follows:

CPW regulation # 103-l-1(a)(3)

Innertubes, air mattresses, and similar devices are permitted on the Arkansas River from the confluence of the East Fork/Lake Fork of the Arkansas within the boundaries of the Arkansas Headwaters Recreation Area. All occupants of these devices must wear a U.S. Coast Guard approved type I, III, or V personal flotation device.

CPW regulation #100-d.10.c.

Swimming is permitted in the Arkansas River from the confluence of the East Fork/Lake Fork of the Arkansas within the boundaries of the Arkansas Headwaters Recreation Area. All persons under the age of 13 swimming in the Arkansas River within the Arkansas Headwaters Recreation Area must wear a properly fitting U.S. Coast Guard approved type I, III or V personal floatation device.

Would having a PFD Regulation in Golden help? Makes sense. Right? But is it simple enough? How is it enforced? Is it more of an education process at least in the first year of regulation? Should free PFD rentals be made

available?

At any rate, make sure you *at least* participate in the survey here: <http://www.cityofgolden.net/hot-topics/your-input-needed-clear-creek-management-plan/>

Be sure to voice your opinions and any ideas you may want to share on the official forum at: <http://goldenvision.cityofgolden.net>.

Feel free to write an email to Rod Tarullo Rtarullo@CityofGolden.net

There are two more meetings scheduled for the Clear Creek Management plan. The next one is a public workshop on March 18th from 6:30pm to 8:30pm at the Golden Community Center at 1470 10th Street. And in all seriousness, please join me and wear your PFD if you think a PFD regulation is a good one to have. I will be there with bells-on. As well as my Astral.

The Golden Community Rodeo Series 2013

Presented by Golden River Sports and the Colorado Whitewater Association - will embark on its 10th Annual Whitewater Kayak Rodeo Series in the summer of 2013.

- Events at Clear Creek Whitewater Park in downtown Golden at 5:30 p.m.
- Events will be Wednesdays in late May, early June water level dependent.
- Open to all paddlers of all skill levels.
- Categories include Sport, Intermediate, and Experts
- Each event offers prizes to 1st, 2nd, and 3rd place in each category
- Come have some fun, everyone is welcome and supported!
- Each week, additional awards will be given in specialty categories .

The Golden Community Rodeo is a grass-roots effort that brings together whitewater enthusiasts, local residents, local businesses and industry representatives to participate in this community event. The GCR is organized, managed and run exclusively by local volunteers whose common characteristic is the hope that all levels of boaters will feel welcomed at this event – from the meekest “newbie” to the local heroes. The goal is to provide fun events where everyone is welcome and everyone is supported - including spectators!.

Each year this series has grown, with each event attended by 40+ paddlers and 50+ spectators.

- Clear Creek Whitewater Park in Golden Colorado
- Registration: 4:30 pm
- Rodeo begins: 5:30 pm followed by an after party at a local Golden restaurant
- Course is located at the west end of Tenth Street, adjacent to Lions Park in Golden.

Thanks,
Patty Pinkham
Whitewater Freaka Chica
(303) 246-2976 (Cell)

R U OLD School?

Did you know that Confluence Kayaks is celebrating 18 years in Business in 2013? We are Denver's Kayak Headquarters because we believe in these OLD school values.

HONESTY * SERVICE *
SKILL * EXPERIENCE
* FOLLOW THROUGH *
SAFETY * CONVENIENCE *
SELECTION * FAIR PRICES
TRADITION * FOCUS *
& A FRIENDLY STAFF!



NEW

2013!

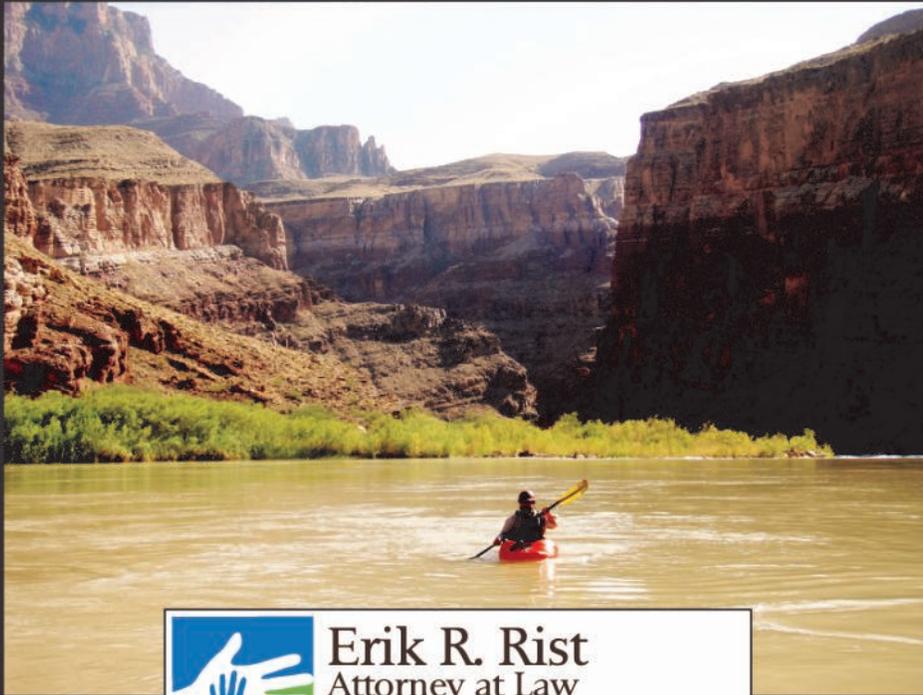
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Erik R. Rist
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Wills, Trusts, and Estate Planning

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- Living Wills
- Guardianship Nominations

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CW Member

CW Events

March 12: CW Movie Night
 March 23: All group S. Platte Paddle Kickoff
 April 5: Spring Dinner
 May 4-5: Flatwater/Moving Water Weekend
 May 17-19: Training Camp
 May-June: TBA Golden Rodeo Series
 June 7-9: Poudre Weekend
 June 21-23: Durango Weekend
 July 12-14: Arkansas Weekend
 Sept 6-9: Upper-C Weekend
 TBD: Fall Dinner

CW Classes

March 10: Beginning Roll & Kayak
 March 17: Beginning Roll II
 March 24: Beg. Roll III, Boating Betties, Stephen Wright (Freestyle fundamentals)
 April 7: Beginning Kayak II
 April 24: CPR Certification
 April 28: Stroke Tune-up
 May 1: Knots
 May 4-5: Flatwater/moving water
 May 5: Rafting Class, Playboating for Solid Roll, Playboat Clinics

May 8: Mechanical Advantage
 May 15: Swimmer/boat Recovery
 May 17-19: Training Camp
 June 1-2: Swiftwater Rescue
 July 20-21: Swiftwater Rescue
 Aug 7: Knots
 Aug 14: Mechanical Advantage

Colorado River Festivals

April 6: Snow Boatercross (Monarch)
 May 18: Rapids & Rhythms River Fest (Pagosa Sprngs)
 May 24-26: PaddleFest (Buena Vista)
 May-June: TBA Golden Rodeo Series
 May 31-June 2: Lyons Outdoor Games
 June 6-9: Mountain Games (Vail)
 June 13-16: Fibark (Salida)
 June 21-22: Gunnison River Festival
 June 22-23: Royal Gorge Whitewater Festival (Canon City)
 July 13: Cruise A Thong (Pagosa Springs)
 July 20: Cruise A Thong (Glenwood Springs)
 Aug 9-11: Bailey Fest
 TBD: Rocky Mt. Surf Festival (Glenwood)
 TBD: Gore Fest