

# Keel-hauler's Ka-news APRIL, 2024



**Next Keel-hauler meeting to be announced...**

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

No report this month

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

APRIL 12-14 2024  
BREAKNECK CAMPGROUND  
PORTERSVILLE, PA

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

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



Look forward to seeing you here!



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

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

Winner will be announced April 13th

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

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



**GOT USED GEAR?  
WANT USED GEAR?**

**MEGAN THOMPSON'S  
ANNUAL GEAR SWAP**

Bring any and all gently used outdoor gear to Slip Fest. Trade, barter, sell.

Camping | Climbing | Kayaking | Backpacking

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

Want to be vendor? Contact [slipfestswapmeet@gmail.com](mailto:slipfestswapmeet@gmail.com)

**WANT TO BE  
A VENDOR AT  
SLIP FEST 2024?**

EMAIL US AT:  
[slipfestswapmeet@gmail.com](mailto:slipfestswapmeet@gmail.com)

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

- **Friday April 12th, Evening**

Live Music:  
Cash O' Riley

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

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



- Community Bonfire & Camping

- **Saturday, April 13th**

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

- **Sunday, April 14th**

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

- **All Weekend Long**

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



## *The Race*

### **Saturday, April 13th on Lower Slippery Rock Creek**

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

**Visit the link below to register for the race**

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

## *The Friday Potluck*

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

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

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

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

## *Camping & Accommodations*

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

**Please pre-book your site or cabin at**

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

1757 Cheeseman Rd Portersville, PA 16051

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

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

724-368-3233

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

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

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





A few more photos from Jeff Macklin:





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

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

**Core Strengthening:**

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

**Exercises:**

- Russian Twists
- Dynamic Planks

### Shoulder Stability and Thoracic Spine Mobility:

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

#### Exercises:

Shoulder External Rotation with Resistance Band (various positions)

Thread the Needle

### Lower Body Stability and Power:

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

#### Exercises:

Resisted Hip Flexor Knee to Chest

Deadlifts

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

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

Email [PinPointPT1@gmail.com](mailto:PinPointPT1@gmail.com) for a free orthopedic wellness screening.

**Dr. Nick Anderson PT, DPT**

Physical Therapist, Owner Pin-Point Physical Therapy LLC

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



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

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



**Nantahala Slalom & DR Race**

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

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

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



**Priem and Kobak Families**

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



**Dick Priem, Bob Halsey & Brian Sammon**



**Jeff Kobak 14 years old at Bull Sluice photo by Sammon**

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

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

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

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



**Ron Montgomery**

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

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



**Dave Becker at Corkscrew**

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

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



**Lunch on the Ocoee - 2000**

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





**In 2001-02 Elliott Drysdale led the trips**



**Brent Laubaugh on Wilson Creek**



**Dave Broer - Baby Falls of Tellico**



**Lee Owen dislocated his shoulder on this run.**



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

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

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

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

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

**2024 Cheat River Festival and other events**  
[cheatfest.org](http://cheatfest.org)  
**May 3<sup>rd</sup> & 4<sup>th</sup>, 2024**

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

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

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

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

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

Other events:

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

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

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

**FOC Spring Adopt-A- Highway Litter Cleanup**, Sunday, April 14<sup>th</sup> from 11am to 2pm

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

**Upcoming Classes  
Sign up quick!**

**Common Sense Swift Water Rescue with H2O Dreams 2024**

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

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

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

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



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

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

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

Indian Creek Valley Trail – Gorge Section, Free

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

Bloom Brew, Free

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

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

**Saturday, April 6**

North Branch Release

Stonycreek Release

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

8:30am 2024 Top Yough Race

**Sunday, April 7**

North Branch Release

Stonycreek Release

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

**Friday, April 12-14th**

7:00pm Slip Fest & Race 2024

**Saturday, April 20**

Stonycreek Release

11:00am North Branch Potomac, river trip

**Sunday, April 21**

Stonycreek Release

» 11:50am North Branch Potomac, river trip

**Thursday, April 25**

6:00pm Kick Off Party! Open Invite!

**Saturday, April 27**

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

## 2024 Club Officers

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

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

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

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

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

KHCC WEB PAGE URL: [www.keelhauler.com](http://www.keelhauler.com)

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

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**Please consider writing a trip report, an article, or send a photo for the next newsletter!**  
**The deadline for the **May 2024** issue of the newsletter is **4/23/2024**. Please send articles and/or pictures to: Kelly Miller (Laubaugh) at [peetzaguy@aol.com](mailto:peetzaguy@aol.com).**

Keel-Hauler Kanews

April 2024

Kelly Miller, Editor

