



The Prairie Dog Companion: Newsletter of the North Texas River Runners

Commodore's Column

by Allen Harrison

Who says you can't enjoy paddling activities this time of year? It isn't true! Last weekend, even in the throes of a real bad cold or some kind of flu, I still enjoyed my paddling activities. It is that time of year, you know, for making application for river permits. I spent a couple or three hours just as enjoyable as a couple or three hours that I could have spent paddling. Completing the applications after reading about the trips for the nineteenth or twentieth time can bring a lot of joy into your life. I think about what the water level might be like. How many miles

can we expect to do each day? Who will I invite to participate on the trip? What opportunities will there be for side adventures? Is the food going to be any good? Will everyone get along famously and have a trip to remember or will there be some personality clashes that ruin the trip for everybody? What if I receive approvals for all the applications I sent, what will I do then? How will I choose?

In the end I decided that I was getting the cart before the horse. There will be no trip unless the application is chosen in one of the lotteries. The chances of getting chosen for a

launch date are pretty slim. Therefore, I can stop worrying about the matter. It won't happen to me. My time will be better spent thinking about sausage making, or landscaping, or mountain biking, or any one of a dozen other activities that are more certain to happen for me rather than a river permit. But, what if I get lucky? Someone will get chosen. What if I am one of the lucky ones? Who should I invite? Will everybody get along? What will the food be like? What if.....How many.....How much.....???

The fact is I can't wait to get my permit. What about you?

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Membership Renewals

For most of the club members, this is the time when your yearly renewal is due! A form is provided on the last page of the newsletter. Just fill it out and mail it to the address provided (or bring it to the club meeting).

Hypothermia

by Jean Muncrief

We have all flipped our boats at some time in our paddling careers. But has this ever happened to you or someone you know after being in the water:

- ??Teeth start to chatter
- ??Shivering begins uncontrollably
- ??Speech begins to slur

If so, you have experienced or observed the initial stages of hypothermia.

Hypothermia occurs when the body loses more heat than it generates. The body core temperature only has to drop about 3 degrees for hypothermia symptoms to begin. And it is very near the top of risks associated with

paddling sports because of the potential for getting wet.

Other symptoms to identify hypothermia include:

- ??Apathy and fatigue
- ??Impaired judgment
- ??Glassy stare
- ??Numbness

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Hypothermia (Con't)

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Loss of consciousness

A good way to remember symptoms is The Umbles – fumbles, stumbles and mumbles

Hypothermia can occur not just in cold weather or in cold water. Charles Smith, TCC Instructor, states that if you add the outside air temperature and the water temperature and the sum is less than 120 F, then it is time for a wet suit because of the risk of hypothermia if you get wet.

It is important to know how our bodies lose heat to help us guard against hypothermia. The first two are:

1. Respiration – heat escapes when air is exhaled
2. Evaporation – Perspiration evaporates from the skin

The next three methods of heat loss are most important to paddlers:

3. Conduction - heat is lost by sitting on the ground, touching cold equipment including the bottom of your boat, being rained on or flipping and getting wet.
4. Radiation – Heat loss from uncovered skin especially the head, neck and hands where blood vessels do not constrict to conserve heat.
5. Convection – This is the loss of heat from body surfaces due to exposure to wind or cold water. The body continues to try to rewarm the air layer or “dead airspace” around it

Let's look at some tips to reduce your chances of developing hypothermia if you get wet while paddling. Remember that water colder than 70 F can quickly cause hypothermia. *(See Chart that shows water temperature and expected survival time if you immersed at end)**

1. Wear your life jacket. It provides some insulation plus allows you to conserve energy by keeping your head above water for you.
2. Dress in non-cotton fabrics that wick water away from the body such as wool, polypropylene, etc.
3. Eat foods rich in carbohydrates, proteins and fats. Snack often on the river!
4. Drink warm, non-alcoholic beverages.
5. Take occasional paddling breaks to walk around and get the blood flowing to the extremities
6. Carry dry clothes on the water and change into them if you get wet. Also take an extra layer to put on if you get cold.

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US Olympic Gold Medal Champion to Teach Local Paddling Clinic

February 13th, 7pm

Joe Jacobi became America's first ever Olympic Gold Medalist in Whitewater Slalom at the 1992 Olympic Games in Spain and competed again in Athens in 2004. In 2008 he will go to China as the Canoe/Kayak color analyst for NBC Olympic coverage. On Wednesday night, February 13 Joe will conduct a clinic for kayakers and canoeists. **Sign up for our two hour pool clinic at Tarrant County College, Northeast** to learn about paddling like a champion.

After the clinic join Joe at T.G.I.Friday's in North Richland Hills for an informal chat about the Olympic experience past and present.

**Clinic Price: Only \$45
Hurry Space Limited**

Activities

March 27-30, join us in the Big Thicket

Sam Rayburn Reservoir to Bevelport 17.5 miles

This 17.5-mile section of the Angelina River is one of the most scenic waterways in East Texas. Located within the boundaries of Jasper County, the stream width varies from 75 to 150 feet with the water being clean and deep. The current is moderate when the dam at Sam Rayburn Reservoir is discharging. However, analysis indicates that there will usually be enough water to permit recreational activities even if no water is being released. The Angelina National Forest borders the river along the upper half of this section and portions of the shoreline are public property. Also, the river contains many sand bars which often lend themselves to camping and day use. Fishing and wildlife observation opportunities are excellent. No particular hazards were found along this section.

April 4-6 check out the San Marcos Springsfest. There will be boats to demo, classes, and races.

April 17-20, Ronnie will lead through the Texas lighthouse trails.

The Lighthouse Lakes Paddling Trail was the very first Texas Paddling Trail and is actually a series of four loops ranging in length from 1.25 miles to 6.8 miles. The trails meander through an extensive black mangrove estuary, into sloughs and back lakes near the historic 1857 Lydia Ann Lighthouse on North Harbor Island. Paddlers can glide through mangroves and seagrass flats that provide outstanding bird watching and fishing for red drum, spotted seatrout and flounder in the maze of tidal channels and flats.

May 3, Cardboard Boat Race

Design, build and navigate boats made entirely of corrugated cardboard. Held at Six Flags Hurricane Harbor, youth test the sea-worthiness of their cardboard creations in the Lazy River, while adults brave the waves of the Wave Pool.

Hypothermia (Con't)

(Continued from page 2)

7. Keep your head and neck covered in cool weather as more heat escapes through your head than anywhere else.
8. If you fall in a cold lake and are not rescued immediately, you can position your body to minimize heat loss. The Heat escape lessening position or HELP is much like a fetal position with knees held to the chest or you can bring straight legs tightly together with arms to your sides and head back.
9. Also you can huddle with your tandem partner to keep warm (another good reason to paddle tandem) by facing each other and getting close.

Okay, what if you on a paddling trip and recognize that one of your paddling partners is developing hypothermia, what should you do?

1. Move the person out of the cold. If possible, get them to a warm place or at least out of the wind as best you can.
2. Remove wet clothing and warm the person by wrapping them in a dry blanket, sleeping bag or by putting dry clothing on the person. Be sure to cover their head.
3. You can share your body heat by stripping and getting in the sleeping bag or under the blanket with the victim for skin to skin contact.
4. Always insulate the victim's body from the cold ground.
5. If the person is alert, give them warm liquids to drink in small amounts that do not contain alcohol or caffeine.
6. Chemical hot packs or warm compresses may be used when first wrapped in a towel before applying to the neck, chest wall and groin.
7. Always be prepared to give CPR

If you have a hypothermia victim, treat the person gently and warm slowly. Rapid warming or rough treatment may be dangerous to heart rhythms and could cause cardiac arrest.

Okay, there you have the scoop on hypothermia.

Remember that having the knowledge and training to help prevent hypothermia and to recognize and care for it will help insure the safety of fellow paddlers and the enjoyment of all our paddling trips.

Hypothermia Chart		
If the Water Temp. (F) is:	Exhaustion or Unconsciousness	Expected Time of Survival is:
32.5	Under 15 min.	Under 15 - 45 min.
32.5 - 40	15 - 30 min.	30 - 90 min.
40 - 50	30 - 60 min.	1 - 3 hours
50 - 60	1 - 2 hours	1 - 6 hours
60 - 70	2 - 7 hours	2 - 40 hours
70 - 80	3 - 12 hours	3 - Indefinite
Over 80	Indefinite	Indefinite

**NORTH TEXAS RIVER RUNNERS
MEMBERSHIP APPLICATION**

NAME _____
ADDRESS (Street) _____
(City) _____ (State) _____ (Zip) _____
PHONE: (Home) _____ (Work) _____
E-MAIL _____ ~ OK to publish in club roster? Yes()NO()

PLEASE FILL IN THE APPROPRIATE BLANKS:

NEW MEMBER _____ RENEWAL _____ ADDRESS CHANGE - Yes()NO()
I WOULD LIKE TO RECEIVE NEWSLETTER ON-LINE - Yes()NO()
I'D LIKE TO BE NOTIFIED OF CLINICS & EVENTS BY E-MAIL - Yes()NO()
RENEWAL DATE: _____ DATE PAID: _____ DUES ENCLOSED(\$15.00) _____

I, _____, desiring to join my fellow paddlers in the NORTH TEXAS RIVER RUNNERS, do hereby declare that I fully understand and accept the following facts of life on the river:
? Canoeing, kayaking and rafting, particularly on whitewater rivers, exposes participants to various safety hazards.
? No one but myself is responsible for my safety when I choose to challenge my capabilities by running a particular river or a particular rapid.
? I expect to assist my fellow paddlers to the best of my own personal skill and ability if they appear to need such assistance, but only so long as I can do so without significant danger to myself. I further understand that this does not imply any LEGAL duty for me to do so, nor for anyone else to render such assistance to me.

Now, therefore, intending to be legally bound, I HEREBY WAIVE, FOR MYSELF AND FOR ANYONE ELSE CLAIMING THROUGH ME, MY RIGHT TO SUE THE NORTH TEXAS RIVER RUNNERS, ITS OFFICERS, TRIP COORDINATORS OR LEADERS, OR ANY OF MY FELLOW PADDLERS, FOR ANY INJURIES TO MY PERSON OR MY EQUIPMENT WHICH MAY OCCUR DURING, IN PREPARATION FOR, OR IN TRANSIT TO A NORTH TEXAS RIVER RUNNERS OUTING. THIS WAIVER APPLIES TO ANY NEGLIGENT ACT OR OMISSION, AND TO ANY INTENTIONAL ACT INTENDED TO PROMOTE MY SAFETY OR WELL BEING.

This waiver is given in the interest of permitting the North Texas river Runners to exist and to serve the paddling community, and to enable myself and my fellow paddlers to feel free to donate their services to improve the sport and to help in training those less skilled than ourselves without fear of liability.

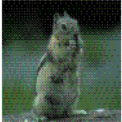
MY WAIVER IS GIVEN IN EXCHANGE FOR SIMILAR WAIVERS TO BE GRANTED ON MY BEHALF BY OTHER MEMBERS OF THE NORTH TEXAS RIVER RUNNERS.

Signed: _____ this _____ day of _____, 2008.

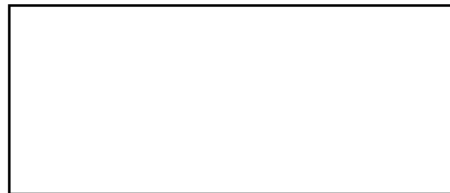
Please mail completed application by February 15, 2008 to:

NTRR PO Box 1284 Bedford, TX 76095-1284

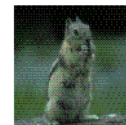
Meetings held 7 to 9 pm the last Tuesday of each month at Spring Creek BBQ ~ Bedford, TX



The North Texas River Runners
P.O. Box 1284
Bedford, TX 76095-1284

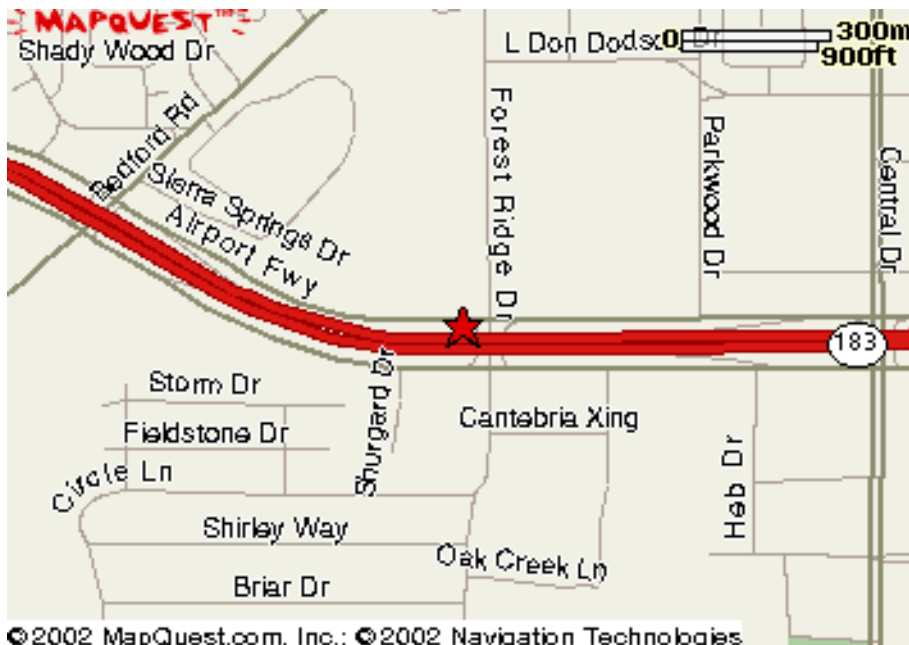


Home of the Prairie Dog Surfing Society
"If we're not in the hole, we're sitting right beside it."



We're on the web!
www.river-runners.org

If you would like to receive the Newsletter by email, please
contact: cdboerner@sbcglobal.net



Club meetings are held on the third Tuesday of the month at Spring Creek Barbeque from 7:00—9:00 PM
Next Meeting: February 19th

Spring Creek Barbecue
1509 Airport Freeway
North-West Corner of Forest & 183
817-545-0184