

Keelhauler's Ka-news



NOVEMBER, 2018



Next Club Meeting is a Holiday Party....

December 11th at Hines Hill Conference Center, Located at 1403 West Hines Hill Road, Peninsula, OH 44264 in Cuyahoga Valley National Park.

<https://www.conservancyforcvnp.org/experience/space-rental/meetings-retreats/hines-hill-campus/>

[Map](#)

Program: Potluck

Please bring a dish according to the first letter of your last name.

A-E: Salad or Vegetable

F-L: Bread or Appetizer

M-R: Dessert or Fruit

S-Z: Main dish or Casserole

The club will supply beverages, plates and plastic ware.

Meeting 5:30-6-6:30, Dinner after meeting- 8:00ish

Congratulations, and Thank You to our new slate of Officers!

Club Annual Election Results

President: Mike Gillam

Vice President: John Banach

Secretary: Michael Duvall

Treasurer: Sam Reynolds

Trustee 2016-2019: Cliff Wire

Trustee 2017-2019: Dave Roush

Trustee 2019-2021: Steve Ingalls

Also, the change to our bylaws was passed. [Read about changes here.](#)

All meetings are open to guests. Invite a prospective member!

President's Message From Mike Gillam



Happy Fall!

October was election time and the new slate of officers was voted in. I went from Trustee to President. The other Officers are: Vice President John Banach, Treasurer Sam Reynolds, and Michael Duvall will be taking on the responsibilities of Secretary. Trustees are: Cliff Wire, Steve Ingalls, and Dave Roush. A big thanks to them for stepping up and helping the club. In addition to those above, we have a number of people who volunteer their time and energy chairing our various committees. Make sure you give them a "thanks" when you see them.

The next couple of months are trip scheduling time. If a trip is to be included in the yearbook, trips need to be scheduled by the end of the year. Speaking of trip scheduling, we are looking for a Trip Scheduling Chair. If you are interested in this position, shoot me an email or give me a call. Remember, anyone can organize a trip, it's easy just pick a date and a river you are familiar with. You don't have to be an expert paddler, if you need help, just recruit a few more experienced paddlers to help. A quick post on the Keel Hauler FaceBook page or KH Message Board asking for help should do the trick. If you organized a trip in the past just let me know that you will be able to do it again this year. Trips of all levels are needed, flatwater and whitewater. For those who are interested, multi day Southern or Western trips have been hugely successful in the past. Lake Erie day paddles and overnight trips (islands) are other ideas.

Keep in mind that our 2019 club meetings are scheduled for: Spring (optional meeting, date tbd), July (Tall Oaks to coincide with Yough intro trip), October, and December. Exact dates/place will be advertised at a later date. We have been having some really good discussions and some great ideas have been voiced. I look forward to working with members and implement these ideas. If you are in the area, please try to attend our meetings, we are looking for your thoughts. If you are not in the area, please feel free to email thoughts/ideas to me at mikegillam61@gmail.com. Along those lines, I hope to get a survey emailed to members in the beginning of November. This will help the Board prioritize our work for the next couple of years. Have a great Fall paddling season and Happy Thanksgiving!

Mike

**2019 Membership Dues are Overdue
From John Kobak**

All club 2018 memberships ended on October 1st. Our club now has over 300 family memberships in 22 states. But only about half have renewed their 2019 membership so far. So, if you haven't gotten around to it,

DO IT TODAY! I will be traveling and unable to receive your check after November 7th.

You can use any credit card or a Paypal account and renew using this link: <https://www.keelhauler.org/EZPay.htm>

OR If you still want to mail a check please send a \$20 check for your **2019 Membership Dues** To our Treasurer at:

**Keel Haulers Canoe Club
1174 Karla Dr
Clinton, OH 44216**

Remember if we don't get your check by 12/10 you may not be listed in the 2019 Yearbook & Roster.

To check whether or not I have received your renewal, check this updated file:

<https://www.keelhauler.org/khcc/memb/khint.pdf> This file is password protected for your security.

User Name: "dir" and the current 2018 password found in each monthly newsletter e-mail. If the last column by your name says 8 and not 9, then you are not recorded as paid for 2019.

Thanks

John Kobak – Membership Chairman

**Keelhaulers' Canoe Club Monthly Treasurer's Report
October 25, 2018
and FY Budget for 2019
By Sam Reynolds**

CD 0402	\$2, 297.18
CD 1077	<u>\$2, 294.74</u>
CD'S (2)	\$4, 591.92

Checking \$20, 188.53

Total \$24, 780.45

1. The draft FY19 Budget was approved at the October 10, 2018 meeting.
2. Final discussion regarding Webpage Development (\$3000), Educational Training including boat purchases (\$2500), Film Festival support (\$1000), and Cuyahoga Cleanup/Cruise (\$1706) will occur at the next Trustee meeting.
3. Other suggestions such as increased Conservation donations will also be discussed.

Category Description	FY 2016 Actuals	FY 2017 Actuals	FY 2018 Budget	FY 2018 Actuals	FY 2019 Budget
ASSETS					
CHECKING balance at start of FY	\$5,733.46	\$8,893.59	\$8,893.59	\$19,191.09	\$19,191.09
CD (2) balance at start of FY	\$6,816.94	\$4,574.57	\$4,574.57	\$4,590.60	\$4,590.60
INCOME					
Conservation	\$260.00	\$114.70	\$115.00	\$192.05	\$192.00
Dues	\$5,458.32	\$6,225.44	\$6,225.00	\$6,031.83	\$6,031.00
Reserv./C.F.Cleanup/Cruise	\$0.00	\$0.00	\$11,000.00	\$11,000.00	\$0.00
Vermilion Race	\$687.14	\$1,165.88	\$1,166.00	\$985.56	\$0.00
Pool session deposit refund					
NEO Paddlers' Network Income	\$491.90	\$300.00	\$300.00	\$0.00	\$0.00
TOTAL INCOME	\$6,897.36	\$7,806.02	\$18,806.00	\$18,209.44	\$6,223.00
TOTAL ASSETS	\$19,447.76	\$21,274.18	\$32,274.16	\$41,991.13	\$30,004.69
LIABILITIES					
EXPENSE					
Conservation Donations	\$2,350.00	\$2,750.00	\$2,750.00	\$2,750.00	\$2,250.00
Internet Access	\$323.64	\$0.00	\$0.00	\$0.00	\$375.00
Internet Domain	\$50.97	\$50.97	\$51.00	\$50.97	\$51.00
Webpage Development					\$3,000.00
Marketing			\$800.00	\$250.00	\$250.00
Education/Training/Outreach	\$0.00	\$0.00	\$0.00	\$0.00	\$2,500.00
Meeting Hall	\$770.00	\$0.00	\$231.00	\$300.00	\$300.00
Paddlers' Network	\$349.80	\$179.88	\$180.00	\$0.00	\$0.00
Cuy. Falls Cleanup/Cruise/Race		\$1,038.81	\$4,400.00	\$1,706.32	\$1,706.00
Postage and Supply	\$36.05	\$176.72	\$200.00	\$28.05	\$100.00
Refreshments	\$262.07	\$159.42	\$300.00	\$84.72	\$85.00
Vermillion Race/Film Festival-19	\$387.78	\$493.91	\$700.00	\$497.54	\$1,000.00
Yearbook Expense	\$1,971.30	\$1,947.36	\$1,950.00	\$2,044.34	\$2,050.00
Yough Reservations-Intro	\$40.00	\$0.00	\$0.00	\$0.00	\$0.00
Special Donation/Portage Park Dist.		\$100.00	\$500.00	\$100.00	\$600.00
Multimedia Rental	\$100.00	\$0.00	\$0.00	\$0.00	\$0.00
TOTAL LIABILITIES	\$6,641.61	\$6,897.06	\$12,062.00	\$7,811.94	\$14,267.00
OVERALL TOTAL	\$12,806.15	\$14,377.12	\$20,212.16	\$34,179.19	\$15,737.69
Conservation Donations:					
American Whitewater	\$600.00	\$600.00	\$600.00	\$600.00	\$600.00
Friends of the Cheat	\$500.00	\$1,000.00	\$500.00	\$500.00	\$500.00
Friends of the Crooked River	\$300.00	\$300.00	\$300.00	\$300.00	\$300.00
Grand Canyon Private Boaters Association	\$150.00	\$150.00	\$150.00	\$150.00	\$150.00
American Rivers	\$150.00	\$150.00	\$150.00	\$150.00	\$150.00
West Virginia Rivers Coalition	\$150.00	\$150.00	\$150.00	\$150.00	\$150.00

River Network	\$100.00	\$100.00	\$100.00	\$100.00	\$100.00
Nature Conservancy	\$150.00	\$150.00	\$150.00	\$150.00	\$150.00
Mountain Watershed Assoc.-Yough Defense Fund	\$150.00	\$150.00	\$150.00	\$150.00	\$150.00
TOTAL	\$2,350.00	\$2,750.00	\$2,250.00	\$2,250.00	\$2,250.00

**Keelhauler Meeting Minutes
October 10, 2018
By Michael Duvall**

Keelhauler meeting October 10, 2018
Cuyahoga Falls Library

Meeting opened by President John Banach

John presented brief explanation of some of the proposed changes to bylaws

- Proxy voting by email
- Quorum change from 15 to 10
- Trustee and officer term limit changed from 3 years to 4
- VOTED AND PASSED

John presented the officers slate for next year

- President - Mike Gilliam
- Vice President – John Banach
- Secretary - Michael Duvall
- Treasurer – Sam Reynolds
- Trustee - Cliff Wire 2016-2019
- Trustee - Dave Roush 2017-2019
- Trustee – Steve Ingalls 2019-2021
- VOTED AND PASSED

New business – Many suggestions voiced however no motions or votes

- Increase conservation donations by \$8000
- Kids race
- Kids training
- Buy equipment
- Reduce number of printed Yearbooks

Mike Gilliam took over as presiding officer

Treasurer’s report and new budget presented by Sam Reynolds

Mike explained proposed new spending of outreach program and web site changes however those individual items need to be defined and will still require a vote.
VOTED AND PASSED

Allison Gillam presented her school program “Outdoor Activates and Literature” which included taking students kayaking and other outdoor trips.

Motion and second - To provide \$650 which was the cost of kayak trip on Black River.
VOTED AND PASSED

Library closing –Meeting adjourned

Ohiopyle News Submitted by Jim Hunt

Reprinted from the TribLive and written by [Renatta Signorini](#) | Monday, Sept. 24, 2018

[Ohiopyle pedestrian tunnel, other projects to move forward](#)



Edgewood resident Shannon Tressler walks with her daughter Frankie, 4, while Tressler’s husband, Mike, carries their 8-month-old daughter Indie on Friday along Meadow Run in Ohiopyle State Park.

PennDOT plans to forge ahead with plans to build a pedestrian tunnel in Ohiopyle, despite opposition during a February [public meeting](#).....

Fall Colors Trip Report By Dave Roush

Well, the weather did not cooperate, so the LY trip was moved to the Slip. We were way early this year for much color.

On Saturday we (3) were joined at Rose Point by 3 Keel Haulers who reside in MI. They wanted to paddle with us to Eckhert bridge, where they were meeting 7 students from U of MI paddling club. They then wanted to paddle down to Armstrong. The students spanned the range of very competent (2), to some without a roll. While none learned a roll that day, they were great waiting for bow rescues, learning eddy turns, and how momentum is your friend.....just keep paddling!



Sunday, we had 8 from Ohio, 3 from PA, and the MI group all starting from Rose Point. While we attempted to break into groups, the groups became elastic. Once again, the students shot up the learning curve taking advice and bow rescues, all while sharing lots of smiles!

There were no note-worthy incidents, other than the MI group left with as many students as they came with. The trip leaders racked that up to a successful trip!



Good paddling!



If You're Going to be Stupid, You Have to be Tough...
From John Kobak
By Vin Davis

Vin Davis, a close friend and Keel-Hauler, wrote this story about his near-death experience on the Chattooga River last week.

I first want to thank John Tempest and JP for saving my life. Now if you're interested, I going to tell you how I escaped death twice in one day.

Last Saturday I was kayaking on the Chattooga River Section IV. I have run this river over 400 times. It was a beautiful day. We're the first group on the river because John needed to get home early. John named this day, Uneventful Day on the River. River is running at a great level. 1.7 on the bridge gauge. A fun but intense level. Everything is run-able but very pushy. We get down to Woodall Shoals. Woodall has a class 5 hole and the rest is pretty much class 3+. John is going far right to the cheat line. I hate the cheat line, so I decide I'm going to catch the eddy up top and run the right side of the hole. I have probably done this line 100 times.

As I get ready to go, JP is coming into the eddy. So, I stop so we don't collide. I'm at the edge of the pour over, and decide to just slide over the edge. I hit a rock at the bottom of the hole and get bounced left towards the meat of the hole. I thought I had cleared the hole and was just fine. About that time the hole grabs my boat and starts pulling me into the hole. I'm back paddling with all my might. Only to realize I'm losing this fight. So, I decide I have to go into the hole. Now when I was younger, we'd play Woodall at lower water levels, so I know how to get out of the hole. But this isn't a lower water level. This is a mean nasty hole with a backwash of probably 10 feet. So, I surf the hole to the left side of the hole where I know water is coming out of the hole. The front of my boat hits the wave that is going downstream and spins my bow to the right. The hole grabs the back of my boat and pulls me back into the hole. The back hits the waterfall and it stands me straight up in the air. Now I know this is a good thing. I have to ride this wheelie out of the hole. I get about half way out and I turn over. I immediately roll up. The current turns me over again. I try to roll up again only to get window shaded. Now I know I'm not coming out of this hole in my boat, it's just too sticky. So, I decide I need to wet exit. As I tried to grab my release handle, I can't reach it. Then I realize the hole has pulled me out of my boat. I pop up and think I'm out of the hole. I'm facing upstream towards the hole. My boat that is eight feet long is between me and the pour over. So, I try to push off my boat to escape the hole. Only to realize the hole is pulling me back into the meat of the hole. So, I take a deep breath because I don't know when I'm going to get chance to breathe again. Now I'm sucked into the hole. I'm tumbling around. I don't know what's up and what's down. I just know I have to go deep to catch the water going out of the hole if I was going to live.

Now JP and John see that I'm in trouble. They jump out of their boats and try to get a rope to me. According to them, they never saw me come up for air.

I realize that I can't get deep because of the aerated hole and my life jacket. So, I try to take off my life jacket so I can get deep. No success. I'm trying to get another breath of air, but my face never clears the surface of the water. So, I just have to keep on fighting. The hole has pulled me back into the meat of the hole and beside the rock that the water is poring over. Good I finally know where I am. I try to ball up to go deep again. All I do is tumble. I'm talking to myself and say I guess this is it. I go limp to take the rest of my beating. About that time I feel the hole release me. I'm out of the hole. So, I say to myself, you have to fight to survive. I pull my head up to get a breath of air.

Now I'm in the main current of Woodall Shoals. I realize that the hole has pulled my neoprene bathing suit off to my ankles. I'm about to lose my bathing suit. So, I reach down and grab the bathing suit with my right hand. Now it time to let the beating begin on all the rocks. I'm trying to get into an eddy so I can catch my breath. No luck, I'm going down stream and the river owns me. As I'm holding onto my bathing suit I'm butt naked and going through

the next 400 yards of class 3+ rapids. I come to the next deep hole and I know I'm going over so I take a deep breath and go deep into another hole. Luckily, I went deep and came right out of this hole and kept going down stream. Now the shoals are starting to get shallow, so I'm hitting lots of rocks. I know that I have to be very careful about standing up or I'm going to get foot entrapment. I tried to stand up and felt my foot go between two rocks. So, I face down stream to release my foot. The water is getting shallower.

So, I get my feet facing downstream. I'm bouncing off all the rocks butt naked. There's a lot of rough moss on those rocks, lol. Finally, I come to a stop. The beating is finally over.

Now I'm trying to catch my breath, but my chest is killing me. I'm trying so hard to breath. I have a lot of pain in my chest. I'm gasping for air with each breath. I'm having a heart attack but don't know what a heart attack feels like. JP has now caught up to me. He runs up the river and crosses the river in a tough current to make sure I'm ok. As he holds onto me, I'm still trying to catch my breath. He makes sure I'm ok. I tell him I'll be fine, go get my boat. John makes it to me and tells me they're going to take care of me. I'm now struggling to get my bathing suit on but the current keeps pulling it off of me. For those that don't know, I had both of my knees replaced 13 and 11 months ago, so it's hard for me to stand up. I finally struggle to my feet to put my bathing suit back on. I have to sit down to catch my breath. As I'm sitting there I just can't seem to stop hurting. Finally, John tries to help me out of the river. He walks in front of me while I hold onto his life jacket. We make it across but immediately I have to sit down. I'm out of breath and my chest is killing me. We finally make it to the bottom of the rapid where my boat is. At this point, JP informs me that I don't have a skirt. So, I know this is where I get out. My chest is killing me but now I can breathe.

I convince the guys to go to the lake to get the truck and come back for me. They have about four miles of whitewater and two miles of flat water to get to the truck. We decide that there should be more people turning up since we are the first to get on the river that day. They paddle off, going to get some transportation.

Now I'm breathing a little easier, so I decide to walk up to Woodall Shoals hole and see if my skirt pops out. I'm having a tough time walking but am determined to find my spray skirt. As I'm walking up, I see a ranger. I think, I should ask him to take me to the hospital. He has a radio. He asks me if I'm fine. I'm embarrassed that I just swam Woodall. So I tell him I'm fine. I'm not. I now have a plaque blocking the flow in my heart but I'm still in denial that I'm having a heart attack. He says the rafts will here in a few minutes and they can help me if I need help. I make it to the hole to look for my skirt. No sign of the skirt. I watch the rafts run the cheat on the far right side of the river and to the end of the rapid where they takeout and come up to the waiting bus in the parking lot. I'm thinking I need to ask them for help but still too embarrassed to admit I swam Woodall.

I make it back to my boat. I have to lie down in the sand. Some kayakers paddle up. Immediately they ask if I'm OK. I tell them I swam Woodall. They say that must have been ugly. I acknowledge that it was real ugly. Shane offers to take my boat up to the parking lot for me. I said no, my friends will be here in a minute to help me. It's been over an hour since JP and John left. I knew it would take them about two hours to get back to me. Shane carries up his friend's boat to the parking lot. They offer to take me to the hospital. I said I'll be alright. Twenty minutes later Shane returns. I tell him, I hate to bother you, but would you carry my boat up for me. He was happy to help. He grabs my boat and paddle. I ask him if I can have my paddle, so I have a walking stick. He says no problem. He walks off caring my boat.

Now it's about a half a mile uphill the whole way to the parking lot. I don't think I can make it, but I have to try. I'm taking baby steps to get up the hill. I get about 100 yards and I have to sit down to catch my breath. I get back up and try to go to the top of the hill. I begin coughing. Now I start to throw up. I know I'm in trouble. I think when I get home I need to Google heart attack to see if throwing up is a symptom. Shane makes it back to me. I ask him if I can hold onto him to get up the hill. Some more kayakers are coming up the hill. They offer to take me to the hospital. I assure them I'm fine. My buddies will be here in a minute. I make it to the top of the parking lot and lay down by my boat. Everyone is extremely nice to me and offer to help me. I say I'm okay.

Finally, JP and John arrive. They put my stuff in the truck. We get in the truck and I start to cry. I tell the guys I don't want to be a problem to them, but will they please take me to the hospital. We make a plan for John to drive my car and JP will follow us to the hospital. John and JP live in the opposite direction of Clayton, Ga. We go to the put in and grab my car. I help the guys tie my boat onto my car so we can go.

I haven't been to the hospital in Clayton in over twenty years. So, we start going to the place we thought the hospital was. We can't find the hospital. They have built a new hospital and we don't know where it is. Finally, after looking for 40 minutes we find the hospital.

They take me back immediately to a room. They're hooking me up to all types of machines. JP explains to them that I almost drowned. The doctor looks at me for a few minutes and leaves. The nurses start to give me pain medicine. My chest is killing me. They tell me to put this pill under my tongue to dissolve. On the second pill I look at the nurse and asked is this nitro. She says yes. I said so I'm having a heart attack. She says she has to get the doctor. The doctor returns and says, you're having a heart attack. Turns around and leaves. The nurse is talking about moving me to Gainesville, Ga. I start to cry. I know I can't drive to Gainesville and no way I can survive in an ambulance. The nurse goes out of the room to get the doctor. I can hear her yelling at the doctor to get back in there and explain to me what is going on. I'm scared and don't know what is happening. The doctor comes in says we're life flighting you to Gainesville. Turns around and walks out of the room. So, I turn to the nurse and said this will be my first helicopter ride. Not exactly the ride I had in mind. It takes about 30 minutes to get me to NE GA Medical Center. They take me right into the Cath lab. There the doctor is able to take out the blockage and insert a stint. I asked the Cardiologist if this was the widow maker. He said I don't like that term but yes, I'm lucky to be alive.

There are a lot of funny stories that happened at the hospital that I'll share later. If you read the whole story, I hope I didn't bore you to death.

I am a very lucky man that God was looking after me last Saturday. I didn't listen to him. He kept sending help to me that I kept turning down. If you're going to be stupid, you have to be tough. I was pretty stupid.

Enjoy every moment. We never know when it will be our last.

What is Really on Your Head? By Jim Mazzola



WHITE WATER HELMET CERTIFICATION.....WHAT IS IT AND IS IT REALLY UP TO SNUFF?

If your PFD couldn't keep you afloat, would you do something about it? My guess is probably yes..... So what if your white water helmet wasn't as safe as you think it is? Would you do something? Read on to get some valuable insight into our whitewater CE EN 1385 certification and what it really means from a protection standpoint.

Consider these facts about the current CE EN 1385 white water certification

- They are only rated up to Class IV Rivers. The stated philosophy when the standard was created was that 'more deaths occur due to drowning than from head injuries'. The source of data supporting that conclusion was not openly available that I could find.
- There haven't been any appreciable changes since its inception in 1997. Ask yourself this; have we as paddlers pushed the limits in the last 2 decades with faster and more acrobatic boats and descending tougher and tougher rivers? Of course! So why shouldn't helmet safety improve also?
- There are many new styles of whitewater boats since the standard was created like white water canoes and stand up paddle boards. I think the exposure of these paddling styles is something to consider.

- White water helmets are subjected to the lowest impact velocity (i.e. lowest drop height) of any helmet on the market today. This includes simple EPS (Expanded Polystyrene) bicycle helmets and industrial 'bump' type helmets with nylon suspension.
- The certification does not test the chin guard. Other sports activities that have a chin guard present are tested as part of their certification.
- No current manufacturer that I could find of whitewater helmets, offers any type of face protection like a cage or impact bar. Many facial injuries to the cheeks, eyes, noses, and teeth are a result of helmets that don't have adequate facial protection. Worse yet, many injuries occur due to the chin guard's excessive deflection.

Sanctioning bodies of other sports from football to baseball and hockey ALWAYS consider the potential intrusion of 'likely encountered' objects like balls and equipment when considering protection of the users. That does not appear to be the case with paddling activities with them limiting our protection to Class IV Rivers.

I don't place the blame on our manufacturers on this limited protection, rather the sanctioning body that specifies the limits of protection our gear must withstand. I suspect if a newer more stringent certification came to be, our manufacturers would step up and design and produce such equipment. That, however, is probably years off even if we could get the ICF (International Canoe Federation), or the ACA (American Canoe Association) to propose a revision to the current certification. It's because of the above deficiencies in white water helmet design that I decided to seek out a safer solution that still met or exceeded all the whitewater requirements. In searching for a more protective helmet I investigated all the available sports helmets with chin guards and/or face guards. Those include football, baseball, hockey, snowboarding, alpine (downhill skiing), downhill mountain biking, BMX, motorcycle, and lacrosse.

My search ended in the sport of Lacrosse, for a number of reasons. The first being they were one of the few helmets besides hockey that had integrated face guards already in their helmet designs. Second, I have actually seen paddlers on the Ocoee with them on, so I'm not really starting this trend but rather shedding some light on why others have already gone that way. I think these helmets go a lot further in protecting us as paddlers than what is currently available.

I wanted a helmet that kept all the good features our whitewater helmets have but none of the bad.

Feature	White water	Lacrosse
Meets or exceeds current WW certification	==	↑
Occipital adjustment	==	==
Closed Cell foam construction	==	==
Ability to talk and be understood	↓	↑
Able to hear	↓	↑
Vented helmet	↓	↑
Face guard	↓	↑

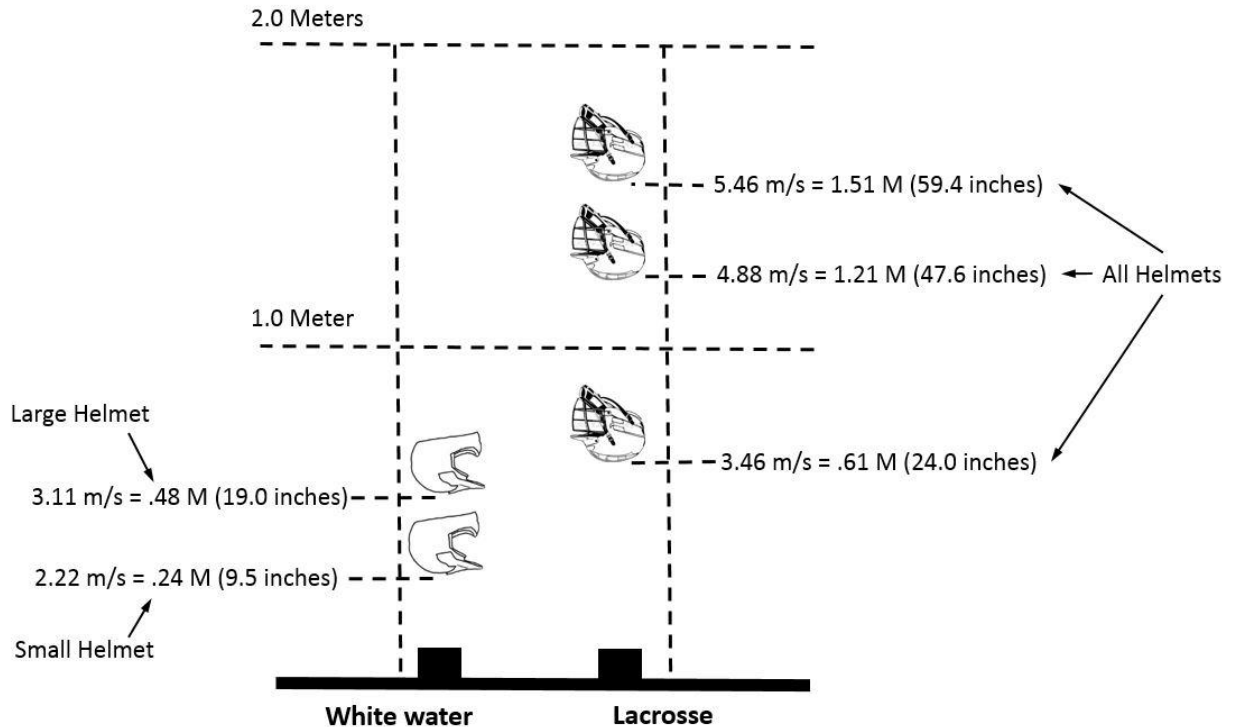
Legend	<p>== Equal to the current CE EN 1385 standard</p> <p>↑ Better than current standard or added feature</p> <p>↓ Less than current standard or an undesirable feature</p>
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TECHNICAL ASPECT OF TESTING:

Injuries to your head occur when the impact force transmitted from a blow exceeds 250g-300g's. This seems to be the universally recognized limit of transmitted impact velocity to your brain inside your helmet. All helmet tests, regardless of the sport or activity, appear to utilize this limit as the pass/fail threshold to avoid concussions.

THE DROP TEST:

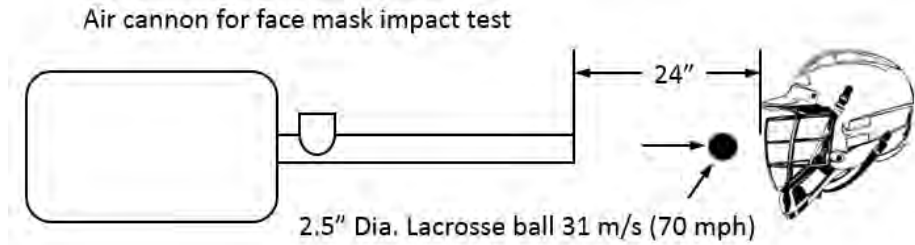
In both the CE EN1385 white water certification and the NOCSAE ND041 Lacrosse certification, helmets are subjected to drop tests at specified velocities and locations around the helmet. These velocities are stated in m/s (meters/second) followed by the miles per hour. The higher the velocity, obviously the higher the impact force. The whitewater helmet is dropped at only one velocity per helmet size. 2.22 m/s (5.0 mph) for a small to 3.11 m/s (7.0 mph) for a large with velocities and sizes in between. All sizes of Lacrosse helmets are dropped at 3 distinct velocities, 3.46, 4.88 and 5.46 m/s (8.0, 10.7, and 12.2 mph). To put this into perspective look at the picture below.



The whitewater test is actually so low that helmets with mini cell foam will pass the drop test shown above. They would not meet the higher drop heights of the Lacrosse helmet. It's pretty clear that the Lacrosse helmets are subject to both a wider range of impact forces and a higher velocity than current whitewater helmets.

THE FACE MASK TEST:

The test for faceguards involves projecting a 2.5" diameter solid rubber Lacrosse ball directly into the face mask at 31 m/s (70 mph)!



It's these increased test requirements that make the Lacrosse helmet a more suitable alternative for both higher class rivers and most importantly, to do a better job of protecting the users from facial impact and lacerations. That's not to say that you will be impervious to any injury, but you stand a better chance of minimizing injury due to the additional face guard and robust chin guard protection.

It's also worth noting that the Lacrosse helmets have a ratcheting adjustment occipital brace much like many whitewater helmets. Lacrosse helmet also utilizes a chin cup rather than a simple strap. This keeps the helmet in place more securely than a single under chin strap.

There are a few different manufacturers of Lacrosse helmets. STX Rival, Warrior, and Cascade. I decided on a Cascade S, which is their top of the line model AND as I mentioned earlier, the NEWEST Lacrosse helmet released by helmet manufacturers. The price point is under \$300, so it's in line with the top of the line white water helmets today. You can however, get models for less than half that price too.

There are plenty of folks who have told me that because the helmet isn't 'white water certified', it is inferior. That simply isn't true. It's actually quite the opposite! You have to dig deep into the actual tests and the performance numbers. Understanding the procedures and results makes you a better informed consumer.

Here's a picture of the three manufacturers helmets.



My personal thoughts: I've paddled with the Cascade helmet a total of three times so far. I'm not a stranger to a full face helmet as I currently have a SWEET Rocker FF. I'll admit the first hour or so it felt a bit more claustrophobic with the guard. After an hour or two it felt very comfortable. I thought the face guard right in front of me would be distracting.....but you simply don't see it, at least I don't. The first benefit was that Cascade just released this design (2017) so it's a NEW product on the refresh cycle of lacrosse helmet manufacturers. One other benefit that drew me to the Cascade was the top bar on the face guard is squished flat so it isn't blocking your view

as much as a full round bar. Albeit very minimal but it is a feature no one else has. I thought the chin cup would have been hard to get used to, but it wasn't. I actually like it better than the plain strap WW helmets have. Attaching the chin cup strap snap is a little different but I did accomplish it using gloves. Plus, as I noted, you can actually talk and be understood with this helmet. This was a huge detriment to my current helmet. Rolling with the helmet is a bit different. I notice a ton of water pouring out, due to the increased openness of the helmet design. This makes it cooler in the summer, but I might have to put a neoprene cap on for the winter, we'll see. The other downside is the mass of the helmet. It does weigh a little more for a comparable arrangement (**1100 grams** (2 lbs. 6 oz.) -vs- Sweet Rocker FF 740 grams (1 lb. 10 oz.) + Shred Ready add-on face guard 200 grams (7 oz.) = **940 grams** (2 lbs. 1 oz.) That's a 160 gram or 5 oz. increase. BTW, that's the weight of a deck of cards! The other downside is nose plugs.....You need two hands to put them on through the mask. Because the Cascade S is a 'One size fits most', it will likely not fit EVERYONE. I was surprised though at how adjustable it was with the occipital adjustment and the differently sized side chin padding. Cascade does make a model that supports a range of head sizes, as do the other manufacturers listed above. They also make youth sized helmet with all the same features so getting my wife or other 'small peoples' heads fitted to one shouldn't be a problem. One area of my equipment that needs modifying is my drink! Like any full face, getting a drink is tough. I need some sort of straw in my bottle to squirt it into my mouth. So, I'm on the hunt for something that works. One additional benefit is the Cascade (and the others) are 100% customizable from a color standpoint. You can even get anything from robin's egg blue to metallic red or gold! Overall, I am very pleased with how it fits and the assurance it gives me knowing if something did happen and I face planted on the river bed or a rock OR took it in the kisser from some wayward paddlers paddle, I'd be protected. I'm sure many of you can relate to the latter. At least I shouldn't be in any danger of needing facial reconstruction or a dentist appointment.



So now you have the whole story, what you do with it is up to you.

SYOTR,
 Jim Mazzola – kb8ymf
 jim.mazzola@gmail.com
 ACA# 44061375
 Date: 19OC18

November	For More Trips - Check our Message Board		Pay Dues Now	
11/4	(3) Slippery Rock (PA)	13-19	Josiah Colvin	330-671-0910
11/10,11	(4) Lower Yough (PA)	23	Katie & Joe Boyd	740-632-6725
December	For More Trips - Check our Message Board		Last Chance to Pay Dues	
12/2	(3) Slippery Rock (PA)	13-19	Chuck McDowell	330-477-1086
12/12	Club Holiday Party at Hines Hill Map		John Banach	330-606-5032
January	2019			
1/1	New Year's Day paddle on the (4) Lower Yough (PA)	23	Brent Hendren	330-414-2063

CALL FOR PHOTOS!
by Jim Hunt



Attention all photographers.

The Keelhaulers 2019 Yearbook is being compiled and your photos are needed. Photos of boating, club activities, and outdoor landscapes are welcome.

Photos should have been taken at 300 dpi or greater in density and be 1 mb (or larger) or so in file size. The actual dimensions of the photos are not critical. Color or black & white are welcome. With each photo submit: what river/rapid (or landscape or event), who is in the photo, and who took the photo.

Photos can be submitted by e-mail to: jhunt4115@yahoo.com but please limit each e-mail to about 5 mb in size. If you want to submit a bunch of photos, burn them on a CD and mail them to:

Jim Hunt
275 Tolbert St
Wadsworth, OH 44281

Photos are needed by early December. E-mail me at the above address with any questions.

Jim Hunt, Yearbook Editor

2019 Club Officers

President: Mike Gillam 440-328-5547
VP: John Banach 330-606-5032
Secretary: Michael Duvall 216-513-5921
Treasurer: Sam Reynolds 330-962-5501

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

Membership: \$20 per year. New memberships, renewals, change in address or phone, send directly to:

Membership Chairman: John Kobak
440-871-1758
1649 Allen Dr.
Westlake, OH 44145

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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 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.

Please consider writing a trip report or article for the next newsletter! The deadline for the DECEMBER 2018 issue of the newsletter is 11/23/18. Please send articles and/or pictures to: Kelly Miller (Laubaugh) at peetzaguy@aol.com.

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NOVEMBER, 2018

