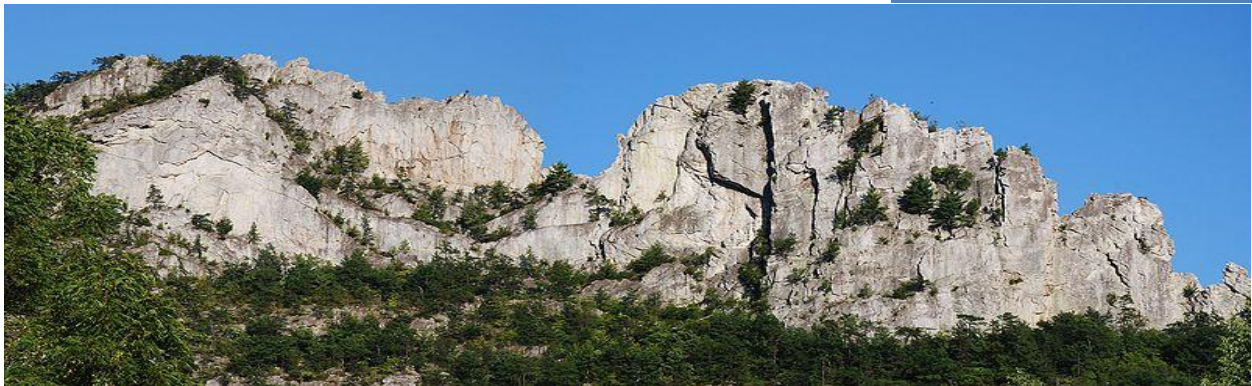


ALLEGHENY ASSC SKI & SPORTS CLUB INC.

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- Monthly Mixer and other upcoming events.
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Picture of Seneca Rocks taken from the Discovery Center.

UPCOMING EVENTS

Seneca Rocks West Virginia Camping Trip Sep. 14—16th

We are going back to Seneca Rocks for some fun camping, hiking, rock climbing and the usual camaraderie! We have reserved the Group Campsite “F”, we will be able to arrive at 2 p.m. on Friday the 14th and will be leaving the campsite Sunday at 1 p.m.

FREE use of group tent site for paid ASSC members \$10 per person per night for others. For details, contact Don Osborn at ddos505@atlanticbb.net or call 814-935-5939.

Some of the areas attractions besides the ‘rock’ are: Dolly Sods—hiking trails, Spruce Knob, the highest point in West Virginia, Black Water Falls, which is approximately an hour from Seneca, which offers a fabulous water fall and hiking trails and a fabulous view from the top of the

mountain. We have a group hike planned to the top of the rock on Saturday morning. We will have some rock climbing gear if you want to try your skills at climbing.

What to bring with you:

1. Tent and Sleeping Gear and the usual camping gear.
2. Food for yourself, everyone is on their own for food. There are charcoal grills
3. Charcoal for the grill.
4. Dessert to share.
5. Beverages for yourself or enough to share if you like.
6. Hiking Gear
7. Climbing gear if you have it.

What is Seneca Rocks you may ask; it is a large crag and local landmark in Pendleton County in the Eastern Panhandle of West Virginia, USA. It has one of the only "true peaks" (a peak inaccessible except by technical rock climbing techniques) on the East Coast of the United States. One of the best-known scenic attractions in West Virginia, the sheer rock faces are a popular challenge for rock climbers. The "rock" beside the peak is accessible by a hiking trail that takes you to the top of the rock.



Seneca Rocks view from the campsite.



Don Osborn at Bear Rocks.

UPCOMING EVENTS

ASSC Monthly Mixer Sep. 20th 7:30p.m. at Zach's

This is a social gathering to get to know each other a little better. Join us for some food, drinks and great conversation. If you have pictures from a recent ASSC event, please bring them along to share. We will also be giving away two Blue Knob ski lift tickets that evening.

Sunday Sep. 23rd, Muleshoe and Beyond Bike Ride

- Meet at Foot of Ten Trailhead at 1:00 PM. We will start at the trailhead on Dry Run and ride a couple miles beyond the Muleshoe Bridge. Round trip will be about 11 or 12 miles. The trail follows the old Portage Railroad and the surface is crushed lime stone to the Muleshoe Bridge and then turns to hard packed gravel/dirt.

Bring water and snacks for the ride. Also, 3 or 4 miles could be through tall grass so you may want to use bug repellent. For a trail map visit <http://www.nps.gov/alpo/planyourvisit/upload/sixten-map.pdf>

PAST ASSC EVENTS



Once in a Blue Moon Paddle at Canoe Creek on
August 31st. 18 Attended.

FULL MOON paddle was on August 2nd and had 13 attending.

Great reviews by all attending.



Picture of Full Moon Paddle submitted by Rebecca Hoke

Bike the Lower Trail on July 17th. 13 attended.



Meet us on the WEB! Keep up to date with the latest activities for the ASSC club by following us on Meetup. www.meetup.com Search for Allegheny ski and sports club. If you do a sort by 'active' we are the club with the most activities! So thanks to everyone who has suggested and organized activities (Larry and Ken). If you have any suggestions please post it on meetup or you can email debgreene@atlanticbb.net

NOT AN ASSC MEMBER YET?

It is easy to join and you can join for the remainder of 2012 at a reduced rate of \$10 per person. That is good until Oct. 31st. Contact Don Osborn at ddos505@atlanticbb.net if you are interested in joining.

Kayaking Safety

You can have fun and be safe too!

The kayaking safety information on this page and throughout this site is intended to give you a Smart Start. I do hope that seeking out additional training won't keep you from enjoying this truly wonderful sport.

I strongly advise taking a First Aid class which includes CPR. *Where to find one?* Many high school adult-ed programs or area hospitals offer First Aid and CPR training.

A course in basic kayaking safety by a certified instructor including self and assisted rescue skills is necessary to get hands on training for emergency situations.

Form good habits from the start - the time you take to prepare can be the difference between a great kayaking day and a bad experience.

Here are some other smart things to do and have . . .

By now, you know that wearing a Personal Flootation Device - PFD is the number one thing to do. . . *kayaking safety 101.*

Find out the current weather and forecasted changes ... *how do you do that?*

Via the Internet - For weather and current warnings you can go to: www.WEATHER.GOV.

For weather and water temperature go to www.WEATHER.COM- click on Sports & Recreation, then Boat & Beach.

Float Plan *It's a good habit to let someone on shore or at home know of your plans. Even if intending to simply paddle for a few hours at the nearest pond - I stick a note on the refrigerator. This is simple kayaking safety.*

For longer excursions, leave a more detailed plan with a responsible person. If you plan to make stops, list the different places in the order in which they will be visited. Leave a second copy on your car seat ... and call when you're back on shore. (Creepy perhaps - but not if you need help).

Drinking Water *You will need to carry enough water for each paddler and more in extreme heat. How much? ... the rule of thumb is one gallon per day for each paddler.*

First Aid Kit *A small air-tight container for a first aid kit dry box is a must-have. I insert my dry box in a zip lock plastic bag and then surround it by two more zip locks for a couple of reasons. First, it assures me that those supplies will remain dry and second,*

the extra bags double as waste containers or for other purposes during my paddling if needed.

Here's a basic dry box first aid kit: Aspirin, Antiseptic Cream, Band-aids, bandages, burn cream for skin, sugared candy, energy food bars, Antacids. For an extended trip, add change of warm clothing—fleece, thermal emergency blanket, Type IV PFD for throw-able float, disposable lighter to make a fire, and ice pack.

Bright colors *When you buy your kayak and any gear, choose bright colors - they double as a visual signal. Consider bright orange - yellow - bright green. Red is not as visible at long distances.*

Flotation Bags *If you're going to spend any money in kayaking safety gear - wow, float bags are worth your first consideration! Float bags are inflatable cone shapes that clip-fit inside the front and back ends of a kayak to keep it afloat if capsized. I think they're the coolest kayaking safety item you can have. You can get two standard kayak floats for under \$100 - money well spent.*

Other must-haves . . .

A whistle or air-horn	of audible capability per Navigational Rule 35
Float line	with or without clips - used for towing (discussed later)
Paddle float	to assist capsize (discussed later)
Spare paddle	not required but a good plan for longer trips
Directional awareness	of (navigation) and (familiarity with route)
Know how to upright a capsize	see discussion at How To Kayak
Knowledge of weather	and any forecasted changes
Sun protection	sunglasses, hat, sunscreen

About Alcohol & Stimulants *These just don't combine well with water sports. First - alcohol will dehydrate your body and impair your judgment as well as accelerate hypothermia. You need to be alert and sharp - leave the stimulants behind.*

Self Rescue and Assisted Rescue ... *the reality.* Recreational kayaks are made for calm water, close to shore usage. They have a large open cockpit and generally don't have enough flotation to be paddled ashore when they are swamped. They'll float but not supporting your weight in it. (Here's where flotation bags help). **So what do you do? . . .**

- Don't panic
- Stay with your kayak
- Find your paddle - hold on to it
- Float on your back so you can push off any objects with your feet
- Stay upstream in currents - don't get caught between the kayak and rocks

Focus on getting back into your kayak - **how do you do that? . . .**

If you or another person capsizes, here's where you'll wish you took that rescue class. You will need to know basic kayaking safety - self rescue and assisted rescue procedures.

Using self-rescue skills, you need to first upright the kayak. Next you will need to re-enter the swamped cockpit using your paddle float to stabilize the kayak. (In an assisted rescue a second kayak acts as a stabilizer.) Then the swimmer kicks to propel their self onto the deck and into the swamped cockpit. Next, secure the paddle - grab the hand pump to get the water out. After the water is out, it can then be paddled to shore.

If you or another cannot re-enter the kayak you will have to tow it. In this situation, you can see how important it is to know safety rescue skills and secure your gear before you start off paddling. Having the gear that you depend on secured to the kayak in an emergency situation is crucial to your rescue.

Cold Water Paddling Precautions *In some areas, particularly in early Spring and late Fall, you may get a day where the air temperature is 80 degrees or more. It's a great day for a paddle - but beware - despite the air temperature - the water temperature could be a frigid 40 degrees. Do you know how quickly hypothermia will overtake you when you're in shorts and a T-Shirt? Did you leave a Float Plan with someone? . . . This stuff really happens - don't let it happen to you. Learn and practice kayaking safety rescue skills.*

To Recap . . . I can't stress safety enough. Good habits and practiced procedures will help you to save precious minutes in an emergency.

Before you set out . . .

- Take a First Aid class that includes CPR.
- Take a course in basic kayaking safety.
- Leave a "Float Plan" with someone.
- Directional awareness (where you came from) (where you're headed).
- Anticipate how you will react in an emergency situation.
- Know exactly where your dry, first aid supplies are.
- Practice how to upright an overturned kayak.
- If kayaking will be a family activity each member has to have training.

All Information found on the web at: www.smart-start-kayaking.com.