



Clinics Schedule

2009 UPPER CLACKAMAS WHITEWATER FESTIVAL

Saturday May 16th

| Time | Clinic | Instructor | Description |
|-------------|------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00-3:00 | Kid's Day Fishing | Northwest Steelheaders | Free fishing for all kids at Promenatory Park casting pond. Pond is stocked with Fish and all equipment is provided. Fishing for all kids between 3 and 13 years old. We request that you use our fishing poles for this event. |
| 9:00-12:00 | Unpinning Your Boat and Rope Systems | Keith Gellespie Northwest Rescue | Keith will cover pinning situations and strategies for freeing pinned boats with ropes and other techniques |
| 12:00 | Dutch Oven Cook-Off Start your Coals! | Jay Leavens | The Dutch Oven Cook-Off officially starts, get your ingredients, Start your coals, time your recipe for a 5:00 judging. |
| 1:00-2:00 | Hypothermia Clinic | Sahale McCabe NOLS Wilderness Medicine Institute | This clinic the covers the conditions that lead to hypothermia, identification of signs of the onset of hypothermia in yourself or your companions and teaches techniques for reversing the condition. One of the most important maladies to understand on your wilderness excursions |
| 2:30 – 4:00 | Dutch oven Demonstration | Jay Leavens | Learn basic Dutch Oven cooking techniques. Demo will include proper preparation and care for Dutch Oven, use of charcoal as a heat source and more. |
| 5:00-6:00 | Dutch Oven Cook-Off Judging | Jay Leavens | Time for the taste test on some of most mouthwatering dishes you'll ever find on the river. |

