

S.N.C.K.C.

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THE WETEXIT

A Newsletter for the **S**ierra **N**evada **C**anoe & **K**ayak Adventure **C**lub

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KAYAK NEWS

Remembering The Toughest Canoeist Of All Time

Verlen Kruger canoed the full length of the Mississippi River several times over his 82 years. For most people, just one trip would provide bragging rights to last a lifetime. Kruger wasn't most people.

It's not just that boasting wasn't part of his repertoire, it's that he logged an insane amount of miles in his canoe. With expeditions crisscrossing the entire Western Hemisphere, Kruger paddled more than 100,000 miles. That's more than 42 runs of the Mississippi River, or four trips around the equator. Take your pick.

Born in 1922, Kruger grew into a charismatic and confident man. His friends would recall how he seemed fearless, excepting of course, his phobias of bears and armadillos, which he'd only cop to when talking in his sleep. At 41 years old, he started canoeing. He spent the next 41 years making up for lost time.

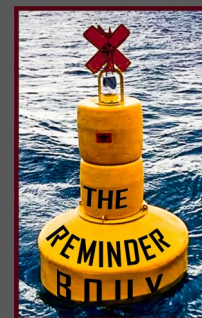
Driven by an obsessive devotion to his new sport, he redefined expedition canoeing. Measured by mileage or by ambition, his adventures were nothing short of colossal.



More at:

[https://
bit.ly/4cmILTd](https://bit.ly/4cmILTd)

REMINDER



The June 26th 2025 Member Meeting has been moved to Thursday June 19th, 2025 (See Page 2 and 3)



Latest Trip Schedules—2025

Spring 2025 Day Kayak Trips

DATE	DAY	N/A	DESTINATION	TRIP LEAD	TRIP LEAD
15-Mar	Sat	☺	Snodgrass Slough	Chris Crain	cgcrair@gmail.com
28-Mar	Fri	☺	Camp Far West	Keith Schoendoerfer & Linda Lansky	keith@zwrvr.net
5-Apr	Sat	☺	Sacramento River	Chuck Kastenholz	cvkasten@msn.com
16-Apr	Wed	☺	Lake Natoma	Sharon C...	sharonc...@gmail.com
10-May	Sat	☺	Clementine	Gwen Huff	Gwenhuff5410@gmail.com
15-May	Thur	☺	Lake Lodi—Blue Heron rookery	Carol Perry	cperry5272@gmail.com
12-Jun	Thur	☺	Spaulding	Chuck Kastenholz	cvkasten@msn.com
30-Jul	Wed	☺ ⬆	Donner Lake	TBD*	
20-Aug	Wed	☺	Lake Valley	Rachel Finson	rasatsuki@gmail.com
28-Aug	Thur	☺	Rescue Clinic	Chris Crain	cgcrair@gmail.com

* We are looking for a trip leader for Donner Lake or a different destination in May. Contact Rachel Finson

2025 Overnight Kayaking Trips

DATE	DAY	nights	DESTINATION	TRIP LEAD	TRIP LEAD
Apr 27-May 2	Sun-Fri	5	Clear Lake Kelsey Creek SP	Marna Duncan w/ Wendy supporting	dncnboyz@gmail.com
June 2-6	Mon-Fri	4	Marin/China Camp	Rachel Finson & Nancy Van Horn	rasatsuki@gmail.com
June 23-27	Mon-Fri	4	Lakes Basin	Keith Schoendoerfer & Linda Lansky	keith@zwrvr.net
July 7-9	Mon-Wed	2	Utica Lake Paddle-in camping	Laurie Appling & Dennis Coulter w/ Rachel	rasatsuki@gmail.com
Aug 11-14	Mon-Thu	3	Butt Lake	Chris Crain	cgcrair@gmail.com
Aug 20-21	Wed-Thu	1	Lodge on Fuller Lake	Alan Cary w/Rachel	rasatsuki@gmail.com
Sept 15-19	Mon-Fri	4	Tahoe Sugar Pine SP	Chuck Kastenholz	cvkasten@msn.com
Oct 13-17	Mon-Fri	4	Sunset Beach SP	TBD* w/Wendy supporting	wendytbo2@gmail.com

* We are still looking for someone to lead this trip. The dates are favorable to the tides for paddling Elkhorn Slough. Wendy Thibeault knows this trip well and is offering to advise anyone that would like to lead this trip. Contact Rachel Finson.

As always, if you are interested in leading a day paddle or a multi-day camping/kayaking trip any time during the year, contact me and I will work with you to get your trip onto the club schedule.



CLUB MEETINGS and EVENTS

Monthly club meetings are typically held at 6:00 pm the fourth Thursday of every month at

*Seaman's Lodge in Pioneer Park,
427 Nimrod Street, Nevada City.*

Upcoming Meetings

Thursday, April 24th



Safety is a core element of our club's activities.

There are things we can do to avoid issues while paddling, and there are also things we can do when medical problems do arise.

We are fortunate to have an MD among our members, Dr. Alan Cary, and his presentation this month promises to be a freewheeling discussion of some ways to stay out of medical trouble, and how to deal with issues when they do happen.

Expect to hear some medical scenarios, see some demos, review the club's first aid kit, and receive some valuable information and coaching. This is where you'll learn how to help both yourself and your fellow paddlers.

Please bring your questions, thoughts about potential medical issues while paddling, and as always, bring your curiosity.

-Chris

Thursday, May 22nd

Annual SNCKC Spring Picnic



MARK YOUR CALENDAR

Do you have an idea for a presentation at one of our monthly member meetings?

Contact Debi Savoy at 2bjsavoy@gmail.com

[Link to Website List of Events](#)

Sacramento River Day Paddle Photos

Apr. 5th 2025

Five SNCKC members and one guest enjoyed a paddle on the Sacramento and American Rivers on Saturday Apr 5th. Launching from Tiscornia Park at the confluence of the rivers, the group noticed rather heavy flow in Sacramento River. Rather than starting downstream immediately, we headed up stream just to test the flow. It was a strong current but we agreed to head downstream past the Old Town Sacramento area and just past the Tower (Yellow) Bridge. It took us just 15 or 20 minutes to head down a bit more than a mile. Turning around we found the flow quite strong, especially where the flow narrowed under the bridge ... one member stated they felt they were "paddling in the Olympics". Once the

river widened a bit after

getting past the bridge the flow eased up a bit but we kept to the side and it took an hour or so to return to the starting point! This was definitely not a paddle given the conditions for a beginner and was plenty challenge for all. We enjoyed many fishermen and a few power boats and quite a number of sea lions through the Sacramento River stretch. We saw a good dozen sea lions sun bathing on an old pier and had the excitement to have a sea lion pop up amidst our group, no more than 20 ft from several of the paddlers. The sea lion had a large fish in it's mouth and played around for probably 20 seconds with the fish in its mouth above the water before swallowing it whole and submerging. Quite entertaining, unfortunately none of us was quick enough with our phones to get a picture.



After lunch and a well earned respite at our launch point, we headed up the American River. Much lower flow and a calm easy paddle for almost two miles up river and then the return. Through this part of the river it feels as though you are not in the city and we enjoyed sighting a bald eagle. On previous paddles the group had noted 50 to 100 or more large homeless camps on the south bank of the American through this area. All of the homeless camps had been cleared out and it allowed for a much more attractive paddle. A number of bridges through this area for autos (I-5 bridge) trains and even a bicycle bridge. Note the two pictures included of the mural of a woman's face. This was seen on our paddle three years ago and though worn, was still a clearly visible work of art. Can you tell which picture is from 2022 and which from 2025? I guess we all age! All six of us enjoyed a drink and a snack at a local Sacramento restaurant before returning home to record our adventure.

-Chuck

Sacramento River Day Paddle

Notes on Flow Conditions

Apr. 5th 2025



This note is added for future paddles on the Sacramento River to avoid paddling in such strong flows. "The Sacramento River flow on Apr 5 2025 was a bit too strong. The Sacramento River was at a depth of 15.4 ft as measured at I street bridge according to <https://water.noaa.gov/gauges/sacc1>. It took about an hour of strong paddling to go a bit more than 1 mile from the Tower Bridge back to the confluence. Definitely not for beginners. Last time the group paddled this route was in 2022 on Apr 22. Don't know what flow was then but the water level was lower. Recommend group not paddle Sacramento River unless water level below 14 feet or maybe even less as measured at I street bridge. And if water level is lower then the paddle is fine for beginners too.

Snoflo.org shows water level at Verona at 39300 fps on Apr 5. So should probably be down around 30000 fps for us to have a nice paddle. Verona is about 15 miles up from the American River confluence."

-Chuck



Lake Natoma Day Paddle Photos

Apr. 16th 2025



Nevada County Recreation Fair

SNCKC is a participant and will have a booth at this fair—See Details below



Nevada County Recreation Fair

The Recreation Fair is being hosted by the Nevada County Recreation Coalition. The Nevada County Recreation Coalition is a dynamic network of local parks, recreation providers, public land managers, community health and safety professionals, non-profits, and agencies at the local, regional, state, and federal levels.

Together, we are advancing the vision set forth in the Nevada County Recreation and Resiliency Master Plan—a comprehensive strategy designed to enhance and expand recreation opportunities for residents and visitors alike.

Discover how the Nevada County Recreation Coalition is enhancing outdoor opportunities and community connections! Learn more and get involved here: [Nevada County Recreation Coalition](https://www.nvarecreationcoalition.org/).

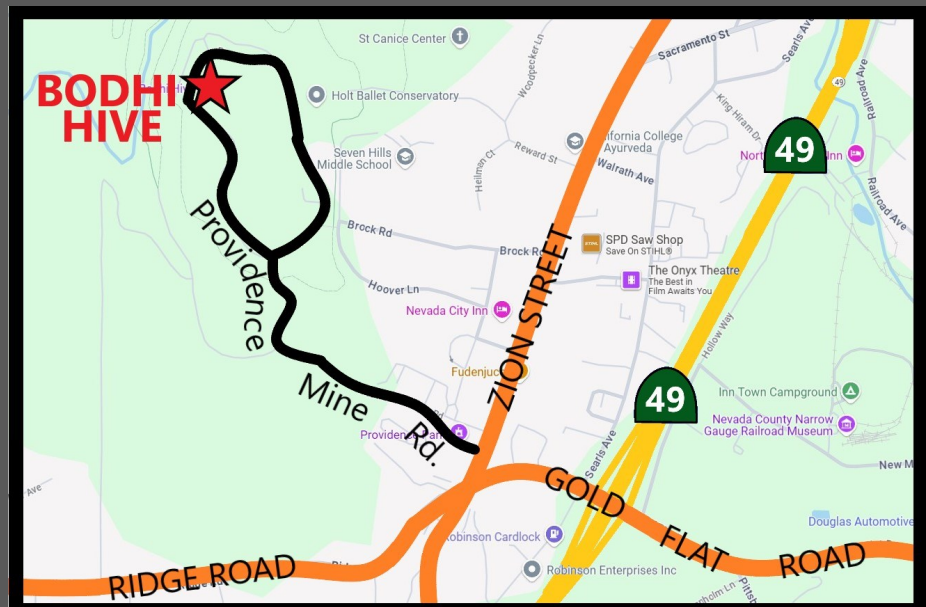
WHEN: May 3, 2025

TIME: 10:00am-2:00pm

WHERE: Bodhi Hive, 420 Providence Mine Rd. Nevada City

WHAT: Explore interactive exhibits from top recreation organizers, youth sports clubs, summer camps, and stewardship groups. Learn how to stay active, healthy, and connected all year long, while discovering ways to protect and enjoy our beautiful natural spaces. With hands-on activities, demos, food, and entertainment, there's something for everyone in the family. Don't miss out on discovering new ways to get active, improve your well-being, and connect with local resources that make life in Nevada County even better!

The fair will feature a wide variety of interactive exhibits from top recreation providers, outdoor retailers, youth sports clubs, summer camp organizers, and land stewardship programs.



CLASSIFIEDS



For sale :

Ladies wetsuits in excellent condition, hardly used.

- Mountain Surf brand sleeveless full length to ankle like new, and very stylish \$35
- Shark Skin brand short blue sleeves, knee length used once \$30
- Patagonia brand shorts, knee length, very good condition \$20
- Will fit up to 5 foot 7 inch woman up to 170 lbs, maybe taller and heavier.

CONTACT:

Wendy Thibeault for more
information or an appointment to view.

LOST & FOUND





Everyone who comes to the member meeting this Thursday, April 24th, will receive a 3" X 3" sticker with the new logo.



WHERE'S THE KAYAK?

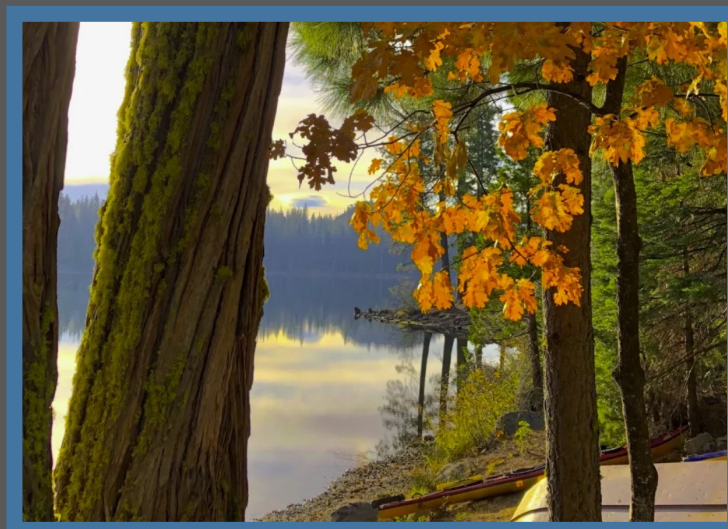
First member to send me the correct name of the venue below receives a new safety whistle, shown below

Send your answer to keith@zwrvr.net



**FOX 40 CMG
SAFETY WHISTLE**

- > 3-Chamber pealess
- > 115 dB - Heard up to 1 Mile



NEW—> 2025-2026 SNCKC Officers



- | | | | |
|---------------------|-----------------|------------------------------|---------------------|
| • President: | Chris Crain | • Treasurer: | Marna Duncan |
| • Trips/VP: | Rachel Finson | • Membership: | Chuck Kastenholz |
| • Programs: | Debi Savoy | • Communications: | Keith Schoendoerfer |
| • Secretary: | Margaret Arroyo | • Honorary (Founder): | Kit Wegman |

FIND OUR WEBSITE AT

mysnckc.org