

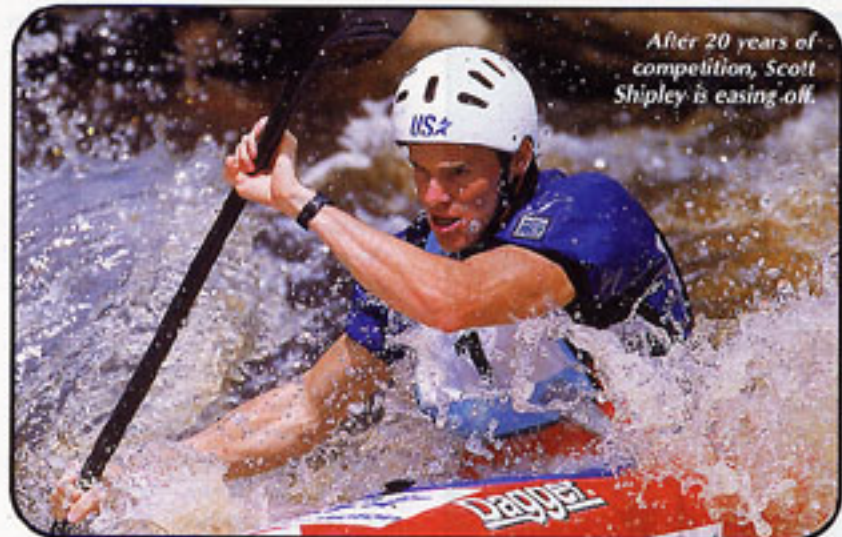
TOP RACER TAKES BREAK

Scott Shipley: paddler, author, and graduate student

Whitewater slalom racer Scott Shipley, 31, is changing focus, but he is not hanging up his Werner paddle completely. The three-time World Cup champion and U.S. Olympic team member is taking an indefinite break from World Cup competition. He has finished his degree in mechanical engineering at Georgia Tech and enrolled in graduate school, and is pushing his new book, *Every Crushing Stroke* (Crab Apple Publishing, \$28.95), a whitewater racing instruction book.

However, he plans to compete next season at National Team Trials, and is trying for a spot on the World Team, which will compete August 22-25 in Bourg-St.-Maurice, France.

He admits it's tough to quit a lifestyle that began 25 years ago. And he's typically



self-effacing when discussing the necessity to spend less time on the water. "I feel like I need a patch to put on my arm or join a 12-step program!" He still trains regularly and shows up at races, but says, "I had to draw the line somewhere. I don't have the commitment I had up until now. I'm racing for fun now, not to be the best in the world."

The book project grew out of the barrage of questions e-mailed to his Web site (www.scottshipley.com). "I was getting a lot of e-mail from people asking how to

train for this or how to train for that." Questions came in daily, especially during the year of the 2000 Olympics. "I was spending an hour a day on e-mail," Shipley says. "I thought if I spent an hour a day on a book, I could organize all these thoughts, and people would have something they could pick up and take to the river and use. That's what inspired the book."

The requests to provide instruction kept coming after the 2000 Olympics, when Shipley began contemplating retirement. He also wanted to leave some kind of record of how slalom racing developed over the past two decades. He devotes the first section of *Every Crushing Stroke* to a history of slalom, interweaving his own biography. Shipley feels that, like a fraternal twin, the sport was growing up along with him.

Then, he began to see the book as a way to inform today's racers about some of the people from the old school. Shipley had in

Q&A: WHAT IS YOUR FAVORITE WHITEWATER ACCESSORY?

Accessorize your paddling! We polled paddlers about their favorite must-have accessories for whitewater paddling (beyond the basic non-optional gear). We got lots of good suggestions (including essentials that money just can't buy, like good paddling buddies and first-aid/CPR certification). Some of the best:

- Smiley's nose plugs and Docs ProPlug earplugs for protecting sinuses and ears (Polly Green, pro-rodeo and expedition paddler; Kathryn Strelitzky, Maryland)
- Waterproof AW Safety Flash Cards (Jason

Robertson, American Whitewater)

- A REALLY big air-freshener for your car (Ken Whiting, Canadian National Freestyle Rodeo team)
- ExStream water bottle/water filter for drinking out of the river (Ken Whiting and others)
- Sand screw—for rafters and anyone else tying up boats along sandy riverbanks (Blakey LaCroix, Minnesota, and others)
- Butane micro torch for building a fire in a hurry (Curt, by e-mail)



- Chap-Stick, sunscreen (Ken Whiting; Dave Mainer, Washington)
- Harmony Tech lift—a foam seat-lift that gives smaller playboaters better reach for bow control (Fisa Shimoda, American Whitewater)
- Pocket in your PFD for snacks (Don Bottles, Washington)
- Nalgene bottle first-aid kits wrapped in duct tape for repairs (Jason Robertson, AW)
- Two-dollar swim cap—"offers great warmth protection by keeping your hair dry" (Kent Ford, Performance Video)

YOU CAN HELP NATIONAL RIVER CLEANUP WEEK SEEKS VOLUNTEERS

Office furniture, televisions, lawn mowers, and a 10-speed bike are just a few of the objects that volunteers have retrieved from waterways during National River Cleanup Week, sponsored annually by America Outdoors, a trade association of U.S. outfitters and guides.

America Outdoors is now accepting registrations for the 2002 National River Cleanup Week, which will be May 11-18. To register, contact America Outdoors at (865) 558-3595, or register online at www.americaoutdoors.org/nrow.