

The Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Volume 13, Issue 3

May 2003

KAYAK CLOTHING

by Brian Blankinship

Dressing for success is always a good idea, especially when success is measured as survival. With modern technology, there are dozens of choices in paddle clothing. As a “gear head” with a long history of boating and backpacking experience, I have tried lots of things and have compiled some suggestions.

DRESSING IN LAYERS

As you have probably heard, it’s best to dress in layers when the weather is cold. Layering lets you adapt to changing conditions. For example, if the sun breaks out on a cloudy day and temperatures warm, you can remove a layer of clothing to avoid overheating yourself. Each layer also has a different purpose. Let me explain....

The Base Layer

The first layer is the base layer, worn next to your skin. Look for materials that transfer moisture away from your skin while keeping you warm. Polypropylene is preferred. For those who want or need to stick to natural fibers, wear silk. There is an old adage, “cotton kills” because wet cotton clothes rob your body of heat.

In the summer the base layer may be all you need, but it is a good

idea to have a paddle jacket available, especially for longer trips. In the heat of summer, I like wearing cotton shirts for the same reason it is a bad idea in the winter—it robs you of heat.

The Warmth Layer—Insulation

The next layer is to keep you warm by adding insulation. Look for materials that will insulate, even when wet. Pile, also known as fleece, is a good choice. Wool is the best natural material for this layer.

If you don’t wear a drysuit, wear a wetsuit. A wetsuit is made of neoprene or “fuzzy rubber” (i.e., pile-lined neoprene). It keeps you warm by trapping a thin layer of water next to your body. Once you have warmed that water, you don’t want it to flush out. For this reason, wetsuits must be somewhat tight fitting to function properly, and should be worn under any fleece or pile clothing. I find fuzzy rubber more comfortable, but neoprene is probably warmer for the same thickness.

The Outer Layer—Shells

The outer layer or shell is designed to keep water from soaking the other layers. Paddling jackets are similar to hiker rain gear in that both are either water resistant or

waterproof. A major difference between hiker and paddler jackets is the seals around the neck and wrists. Paddling jackets have neoprene neck and wrist gaskets to keep water out, but hiking jackets don’t. So if you roll or swim in a hiker rain jacket, you’ll end up with lots of water in the garment. And that makes rescues or rolling much more difficult (don’t ask me how I know).

A waterproof drytop shell will keep you dry as long as you stay in the kayak, but it may leak at the waist if you find yourself in the water. A full-body drysuit will always keep you dry, even when you’re swimming.

The gaskets at the neck and wrist of a dry top or drysuit usually are latex and can be carefully trimmed to increase comfort. You can replace a drysuit’s latex ankle gaskets with built-in booties made of latex, Gore-Tex, or neoprene for added comfort and warmth. I wish I had opted for the built-in booties.

Shells are usually made of coated nylon or with Gore-Tex, which is more expensive. Gore-Tex is a waterproof and breathable material that works well, but you may still find sweat inside your drysuit at the

continued on p.2

end of the day. You may also chill while resting, because the warm moisture inside your breathable shell escapes.

If you're a guy buying a drysuit, spring for the relief zipper—it's worth the extra money. Some drysuit manufacturers offer relief zippers for women, but I don't have enough information about them to comment.

Remember that layering is important because it helps keep your body's core temperature constant. Proper layering will keep you comfortable while you paddle, and it can even save your life. But you also need to protect your extremities while you're out on the water.

Hats

A tremendous amount of heat escapes through your head. It is necessary to wear headgear when the water is cold, regardless of air temperature. For winter headgear, I use a neoprene hood with a fuzzy rubber liner underneath. When the water is warm enough that I don't need the hood, I replace it with a polypropylene balaclava over the liner.

In the summer, there isn't much shade in a kayak! I use a quick-drying ball cap with mesh panels and a large visor. Unfortunately, it doesn't cover my neck. Many people wear flop hats, which have a brim all the way around. Also popular are Sou'wester hats, which feature a rearward brim to protect your neck from the sun.

Gloves and Pogies

I like to wear gloves when I paddle. In the warm months I wear fingerless gloves with leather palms and neoprene mesh backs. In the winter I wear a \$10 pair of heavy neoprene gloves from Wal-Mart. They're sold for hunters, but they're

the warmest neoprene gloves I've found.

There are latex gloves that act as a shell for pile or polypropylene gloves. I have not tried these, but some paddlers report they work well. Find these gloves in shops that cater to sailors.

Pogies are lined or unlined shells attached to the paddle shaft with velcro. Those with circulation issues swear by pogies, which act like mittens, allowing your fingers to share warmth. Some people who like bare-handed paddling prefer pogies

because they can grasp the paddle while keeping their hands covered.

One drawback to pogies: they won't keep your hands warm if you wet exit, as neoprene gloves will. Wearing gloves inside the pogies resolves this problem and adds warmth.

I don't like pogies because they make me feel "stuck" to my paddle. When I need more warmth than my neoprene gloves alone can provide, I slip a pair of oversized mittens over my gloves.

continued on p.10

THE CHESAPEAKE PADDLERS ASSOCIATION

The Chesapeake Paddlers Association is an association whose mission is to provide a way for people to safely enjoy sea kayaking within the Chesapeake Bay area and to promote safe sea kayaking practices through the education of the local sea kayaking community and the interested public.

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MEMBERSHIP: Subscriptions to The Chesapeake Paddler are included with membership. Membership is \$10/year or \$20/2 years. Send checks or changes of membership information to: CPA, PO Box 341, Greenbelt, MD 20768. DO NOT send them to the newsletter editors.

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DEADLINES: Closing date for articles, trip reports, information and advertisements is the 15th of the month prior to the next issue. The editors retain the right to edit or not to print any submitted material. See advertising information in the Classifieds section.

The Chesapeake Paddler is published monthly, approximately March-December and may be reprinted whole or in part if credit is given to this newsletter and any identified author (unless an article is specifically copyrighted), and a courtesy copy is sent to the Managing Editor.

Coordinator's Column

The CPA paddling season has started in earnest. Of course there are those who paddle year round, but most will kick off the season now that the weekly paddles have started. It was great to see about 15 paddlers at the second Pier 7 of 2003. We will start the after-paddle cookouts by the time you read this.

Speaking of piracy, the new Baltimore branch (crew?) of the pirates has become so popular they are trying to be in two places at once! Check the location information to see how Barry Marsh solved the dilemma. We are still looking for a Pirate Captain to take charge of the Pirates of North Bay and start our sixth weekly paddling group (seventh, if James Song leads the Algonkian group to become the sixth "official" group first).

I would like to thank all the people who volunteer to be pirate group leaders and trip leaders. They take on a lot to make the 110 events on our calendar successful. One thing they do not take on is liability for your actions. It is important to keep in mind that kayaking can be a dangerous sport and you are solely responsible for your actions. Remember, we do not certify trip leaders. You must decide for yourself if you feel comfortable with a trip just as the trip leader is expected to pre-

qualify paddlers to ensure they are comfortable with those attending. To see what we expect of trip leaders, check the website under Member Benefits/Lead trips.

ACA Report: Critical Judgment

The ACA recently published the report *Critical Judgment: Understanding and Preventing Canoe and Kayak Fatalities*. Here are some statistics: The 7.3 million kayakers made up about 35% of the paddlers and had 25% of the fatalities. This percentage has held constant over the last five years despite kayaking growing at a rate of 182% compared to the canoeing growth rate of 49.9%. As far as causes:

- Hazardous water/weather was a primary factor in 73% of all kayaking deaths.
- Operator experience was the primary cause of 19%.
- 52% of the deaths occurred when the water temperature was below 65 degrees.
- About half those who died were not wearing a PFD.

The CPA tries very hard to be safety conscious and promote safe paddling by example. We have minimal standards on official paddles to protect everyone involved. You will find these published in each newsletter. I strongly encourage you to use those as your own minimal standard. One way we promote safe paddling is events

like the SK102 skills clinic. We currently have 91 students and 20 instructors lined up out of a total membership of about 450. Check the calendar for other opportunities to learn and practice new skills. The life you save may be your own.

New CPA Patch Available

The new CPA patch will be available for sale starting May 2, right after we award the official first patch to the logo designer, Barbara Foley, and the second to the person who arranged the patches themselves, Andy Vaart. Patches will also be awarded to those who have volunteered to help the association such as trip leaders, instructors, pirate group leaders, and Steering Committee members. If you would like your own patch for free, sign up to receive the newsletter by email instead of hardcopy for a year, and we will send you one! The patch sells for \$4, which will help fund the volunteer recognition patches. Check the web page, www.cpakayaker.com, for ordering information.

With demo days approaching, we expect to see lots of new members joining. I look forward to meeting new paddlers, and watching experienced paddlers help them increase their skills. This is a great association because it is filled with helpful people.

See you on the water,
Brian Blankinship

Adventure on the Anacostia

By Joy Hecht

Managing Editor's Note: Last summer I developed an interest in paddling the Anacostia River, which isn't far from where I live outside of Washington, DC. The river is navigable between the Potomac and Bladensburg, MD, and sometimes a little above Bladensburg when the tide is high and the conditions are favorable. I posted a note to the CPA email list asking for feedback about the river and got several responses, including the story below from our former club Coordinator. Since that posting, I have paddled the Anacostia on many occasions and it has become one of my favorite haunts—it really is a lovely river despite its problems. I have not, however, ventured around the back side of Children's Island . . .

I have considerable fondness for paddling the Anacostia, in spite of its reputation and the trash—the amount of which varies with the weather. If there's been a lot of rain, the trash will be bad. When the water is still, it's also bad. On a breezy day when it hasn't rained recently, it's much better. But I wouldn't roll, that's for sure!

That being said, one of my more memorable paddles (not in a good way) was on the Anacostia. It was my birthday a few years ago (that means late May) and I decided to blow off work and go for a paddle. I put in at Gravelly Point planning to paddle up to Bladensburg, MD and back. That's about 18 miles round trip, so I packed some sandwiches and water and headed off.

Crossing the Potomac was fine. There had been a big rainstorm the previous day, so the Anacostia was really dirty, which was

unpleasant. But as always, there were a lot of birds—the usual ospreys and great blue herons, also green herons, kingfishers, lots of creatures. I went up to Bladensburg, pulled out on the dock and ate my sandwiches. It was a sunny day, very quiet up there, quite nice to just sit around.

On the way back downstream I decided I'd try going on the west side of Children's Island instead of in the main river channel to the east. Children's Island is about 2 miles long, and runs from between Pennsylvania Avenue and East Capitol Street in DC upstream to a little above Benning Road. I'd paddled down the west side of Children's Island a few years before and found that parts of it were a bit shallow, but it was manageable. So I thought I'd try it again.

I went a mile or so, and it got shallow so I began searching for the channel so I could get through. I kind of slid and poled my way for another half mile, thinking that maybe I ought to turn back. However, I had been working pretty hard to get as far as I had, and didn't relish the idea of doing that again so I kept at it.

Then I got stuck around 20 feet from the mainland shore and 60 or so feet from the island. At first I figured I'd just have to get out and drag the boat—that is, until I actually tried it. One foot out of the boat, I sank instantly above my knees in mud, so I figured I'd have to go back to poling. Wrong! Back in the boat I couldn't move at all. I figured I must have been mistaken

about walking, so I got out again. Up to my thighs in mud again.

I considered the options for a while. Just sitting there wasn't much fun and wasn't ever going to get me anywhere, so I figured that somehow I had to get to shore and take it from there. I mulled over the possibility of sinking up to my neck in the mud and my remains being found months later; it wasn't a pleasant thought. I briefly considered breaking into a hysterical panic but decided that wouldn't be particularly useful under the circumstances. Clearly, I had to just put my mind to dealing with this situation.

So I got out of the boat, leaned my weight on the front deck and inched through the mud up to the bow. Then I slid the boat under me towards the nearby shore. When I had slid it to where I was leaning on the stern instead of the bow, I inched my way back to the bow and slid the boat again. Inch and slide, inch and slide. After a few rounds of that, I reached reasonably solid land by the bank, which was a steep 4 or 5 feet up. I clambered up the bank and dragged the boat onto the grass.

I'm one of those people who has great faith that when in a real pinch, I can ask total strangers for help, and they will have to be reasonable human beings and provide it. So the next task was to figure out where I was, and how far I had to carry the boat to put it into open water. Then it was just a matter of finding someone to help me out.

continued on p.5

Anacostia, continued from p.4

As I discovered upon cresting the hill, I was in the RFK Stadium parking lot. Since this was early Thursday afternoon, there wasn't a car as far as I could see. I walked downstream along the bank, and found it was some 200 yards to where I could put the boat back in. That was further than I felt I could carry my boat. With all that poling and inching and sliding, plus the 14 miles I'd paddled before this misadventure began, I was beginning to feel tired.

I considered my options (yet again). I was right near a bridge over the river, so I thought about hailing a cab, riding back to my car in Virginia where I had my money and could pay the cab driver, then driving back to the stadium to pick up my boat. I wasn't keen on leaving the boat, though. Besides, I wasn't sure a cab driver would pick me up in a sprayskirt and PFD.

Then I noticed on the far end of the parking lot there appeared to be a carnival. I've always been kind of curious about "carnies" in an anthropological sort of way—such a different way of life, and right here in our midst. So I figured I would walk over and see if I could find someone to help me carry my boat to the open water.

As it turned out, I may have been interested in them, but I don't think they were at all curious about a dumpy middle-aged woman wearing a sprayskirt, PFD, and broad-brimmed sunhat, covered up to her waist with mud. The first folks I came across were a group of women sitting in front of their trailers talking. One had a charming little puppy, so in my

effort to be friendly I patted the dog and mentioned how cute it was. "You don't pet her. She has to be MEAN, not CUTE," said the owner, grabbing the puppy by the scruff of her neck and throwing her into the trailer. Hmmm ...

I explained my predicament, trying to make light of it and laugh at myself, and asked if someone could help me carry the boat. They stared at me. I'm sure they could have done it, but these were tiny made-up women with big hair, not the kind who thought they could help carry a boat. So I said maybe there was some guy around who could give me a hand. Again, they stared at me.

"There's some guys over there, by the food caravan," one of them finally offered and led me to a group of men. No one paid a bit of attention. My new-found "friend" called to the men, saying "this lady needs some guys to carry a boat for her." I started to explain, and finally a big, taciturn guy asked where the boat was.

On the way back to my boat—now around a quarter of a mile away—I tried again to be friendly. "Where are you from?" "How long have you been here?" "What's it like being with a carnival?" The guy just stared at me so finally I gave up. We found my boat in silence, and he helped me carry it downstream and down the bank, where I put in and paddled down the river.

I haven't paddled the Anacostia since.

I haven't been to a carnival either.

And I don't go NEAR mud.

Upcoming Sojourns on the Key Rivers of the Chesapeake Bay

The Alliance for the Chesapeake Bay is sponsoring several sojourns in the coming months on several of the Bay's core rivers. These sojourns are week-long paddling and environmental events on the Patuxent, Potomac, James, and Susquehanna Rivers. Part of the mission of the sojourns is to heighten public awareness and appreciation of the rivers, but the other part is just to have a great time paddling from town to town along the waterways.

Full details on the sojourns are available on the Alliance's website at <http://www.alliancechesbay.org>. The dates of each of the sojourns, and their contacts, are listed below.

Susquehanna River Sojourn, June 7-15. Contact: Dana Lomma, 717-737-8622, dlomma@acb-online.org.

Potomac River Sojourn, June 14-21. Contact: Jamie Alberti, 202-466-4633, jalberti@acb-online.org

James River Sojourn, June 22-29. Contact: Hadlen Milliken, 804-775-0951, hmilliken@acb-online.org

Patuxent River Sojourn, June 22-29. Contact: Jamie Alberti, 202-466-4633, jalberti@acb-online.org

CALENDAR

Participants in CPA events must read and comply with the statement of CPA trip requirements and ratings on p. 11.

Please contact the trip leaders in advance, even if you are familiar with the area being paddled. They need to have contact information in case of changes. Also, there may be space limitations or other trip restrictions.

Note: As always, you can get the latest information about the CPA Calendar at our website: <http://www.cpakayaker.com>. Many of the non-CPA-sponsored events have websites with full information on them. Links to these sites are available on the CPA website calendar.

MAY

May 2-4 (Fri-Sun) Fifth Annual SK102 Skills Clinic (All). Brian Blankinship (410-867-1051), Laura Butterbaugh.

This event is geared towards the new paddler and includes free lessons in strokes, bracing, rescues, rolling, navigation and more.

May 4 (Sun) Fairview Beach (Beginner). Joe Dement (301-472-4894, rmdement@crosslink).

Potomac River. We will launch at a resort and will decide direction of paddle depending on conditions. Fossils at launch site and at a site upstream. Shipwreck downstream.

May 9-10 (Fri-Sat) Okume Fest (All).

Staff, CLC; Mark Spicer, CPA (mdspicer@mindspring.com) Chesapeake Light Craft (CLC) meeting of wooden boat kit builders. CPA provides safety boaters. Contact Mark to help. Free shirt, hat, food!

May 9-10 (Fri-Sat) Spring River Demo (Advanced Beginner). Alan Avery (aandsavery@yahoo.com), Mike Vandamm (mnarena@comcast.net).

Sandy Point SP. CPA will have a table and safety boaters. Friday activities coordinated by Alan Avery, Saturday by Mike Vandamm.

May 9-11 (Fri-Sun) Westmoreland State Park, VA (All). Bill Dodge (703-979-5837). Rescheduled from April.

ADC chart 23. Camp in open woods on high, well-drained ground. Evening dining out? Maybe Montross. Day trips: Paddle along the cliffs; Nomini Creek or drive to sites on the Rappahannock (Leedstown, Belle Island).

May 10 (Sat) Occoquan Reservoir (Beginner). Oona Pilot (703-503-8884), Ken Swingle.

A scenic beginner paddle. Slow and steady paddle pace, flat water, no boat wakes. Good bird watching/nature opportunities.

May 11 (Sun) Rocky George (Advanced Beginner). David Moore (301-445-3273, dtmoore@clark.net).

Paddle down and up Rocky Gorge Reservoir the day after the Spring River Kayak Demonstration. Total distance is 6-10 (statute) miles. \$3 access fee. Beginners may be allowed to do this trip after pre-screening. The pace will be ~3 mph.

May 16-18 (Fri-Sun) Tour de Chesapeake (All).

Mathews, VA (Cycle, walk, paddle) <http://www.tourdechesapeake.org/>

May 17 (Sat) Wild River Demo Day (All). VA Beach

May 17 (Sat) Kayak Sailing on Patuxent River (Beginner). Greg Welker (301-249-4895). Sail needed.

May 17 (Sat) Westmoreland State Park Paddle (Beginner). Dave Biss (703-276-2728), Cyndi Janetzko (703-599-0341). Camp overnight and paddle along the cliffs below Westmoreland Park, southeast of Fredericksburg, VA. Camping reservations are required (\$5/person/night). For campers, there will be more than one paddling option on the second day. **ONLY 15 CAMPING RESERVATIONS LEFT.**

May 18 (Sun) Potomac Open Water (Intermediate). Dave Biss (703-276-2728), Cyndi Janetzko (703-599-0341).

Longer paddle onto the open water of the Potomac River originating from Westmoreland State Park. This paddle may be dependent upon wind, waves and weather conditions on this day.

May 18 (Sun) Calvert Cliffs (Intermediate). Barry Marsh (410-728-4016; circus_cyaneus@hotmail.com).

Chesapeake Bay, 12 NM round trip from Flag Ponds Nature Park along the Calvert Cliffs to Cove Point Lighthouse. Scenic shoreline paddle with surf, waves, and wind; fossil collecting during beach breaks.

Parking lots are 1/2 mile from the beach - A KAYAK CART IS A MUST!

May 25 (Sun) Rhode River (Beginner). Robb Holt. Check website for details as they become available.

May 30-Jun 1 (Fri-Sun) Point Lookout State Park (MD) (All). Bill Dodge (703-979-5837).

ADC charts 9,24. A pleasant time of year, not too hot, no sea nettles, just beginning mosquitoes. Paddle around Pt Lookout and in Pt Lookout Creek. Smith Creek and Breton Bay are both an easy drive away.

May 31 (Sat) REI Demo Day (All).

May 31 (Sat) Blackwater (Advanced Beginner). Joan Spinner (301-559-3345). Eastern Shore near Cambridge, MD.

May 31 (Sat) St. Inigoes River (or thereabouts) (Intermediate). Gar & Carol Robbins (410-721-6661). Currently limited to 8 paddlers. Lunch @ local restaurant. Scouting trip to be conducted late April. Details to follow.

May 31 (Sat) Potomac River Swim (Intermediate). Cheryl Wagner (202-387-2361).

10th Annual 7-mi swim from Pt Lookout (MD) to VA. Free camping and dinner night before. Launch at 8 AM, cross to VA and escort swimmers for return trip to MD. Water can be rough.

May 31 (Sat) Magothy River Circumnavigation. Tom Rose (410-919-2529)

Trip starts at the headwaters, joins a Magothy River Day picnic at Ulmstead Point and continues to the Little Magothy River. Entire trip, over a few days, is over 40 mi.

Jun 7 (Sat) Kent Island (Beginner) Pam Avery.

God Hands Creek. Check website for details as they become available.

Jun 8 (Sun) Janes Island Power Paddle (All). Check website for details as they become available.

Jun 8 (Sun) Shipyard Landing to Long's Cove - Langford Creek (Beginner)

Wendy Baker Davis (717-293-1086; wendy.bakerdavis@fandm.edu) Relaxed paddle, 6-8 miles, tidal creek east of Rock Hall, MD.

Jun 8 (Sun) Chesapeake Bay Bridge Swim (Advanced Beginner). Mike Vandamm (Mvandamm@email.usps.gov). (<http://www.bayswim.com/>) Sandy Point State Park. Fundraiser for March of Dimes.

Jun 9 (Mon) Susquehanna Sojourn (All). Canoe/kayak camping. See announcement on p. 5 of this newsletter.

Jun 14 (Sat) Patuxent Hallowing Pt (All). Check website for details as they become available.

continued on p.7

Jun 14 (Sat-Sat) Mallows Bay
(Intermediate). John Blackburn (301-587-7142; jgblackburn@erols.com)
Open water crossing of the Potomac from town of Quantico inside the Marine Base to Mallows Bay, MD. Site of over 300 wooden ships burned to the waterline.

Jun 15 (Sun) Spud Triathlon Swim Support (All). Indian Head, MD

Jun 15 (Sun) Chapel Point, Port Tobacco River (Beginner). Joe Dement (301-472-4894; rmdement@crosslink.net)
Chapel Point State Park. Starts on Port Tobacco River and heads into Potomac River. Directions and distance will depend on conditions and paddlers. Near site where Booth fled to Virginia after assassinating Lincoln. Views of Rt. 301 bridge and foundations of old lighthouses.

Jun 21 (Sat) Mason Neck. (First Timer). Joan Spinner, Woody Woodard (703-335-8624; woodardr@bigfoot.com). Wet exit and self-rescue qualification paddle for first time and very novice paddlers. Call Woody to sign up.

Jun 21 (Sat) Dundee Creek & Gunpowder River (Intermediate)
Barry Marsh (410-728-4016). Dundee Creek, Gunpowder River, and upper Bay. 14 NM round trip from Dundee Creek Marina to Pooles Island. Protected and coastal water, with open-water cross-ings of up to 1.5 miles. Great wildlife trip.

Jun 22-29 (Sun) Patuxent River Sojourn (All). Jamie Alberti (202-466-4633; jalberti@acb-online.org)
See announcement this issue of newsletter.

Jun 22 (Sun) Tred Avon/Oxford (Beginner). Susan Blackburn (301-587-7142; sblackburn@cmc-management.com)

Jun 28 (Sat) Swim for Life Swim Support (All). Steve Sharkey (410-758-8756; ssharkey@crosslink.net). Help provide a safety net for the swimmers who are taking part in the Swim for Life program. Fundraiser for HIV/AIDS and the Chester River Association. Be at Rolph's Wharf at 8AM. Bring an extra PFD or floating device attached to a tow rope to be used by any swimmer who may need it. We would like to have 30 support kayakers (<http://www.chesterriverassociation.org/>)

CLASSIFIEDS

Check your ad! Ads dated three months prior to the date of this issue will be pulled unless a new request is received by the 15th of the month prior to the next issue. And if it has sold, tell us!!!!

Advertising Rates:

Display advertising will be accepted that relates to the concerns and interests of our readers. Monthly rates for advertising are as follows:

Size	cost	width x depth	(col)
1/8 page	\$20	2.4" x 3.5"	(1)
1/4 page	\$32	4.9" x 4.7"	(2)
1/2 page	\$50	7.5" x 4.7"	(3)
full page	\$80	7.5" x 9.75"	(3)

A 5% discount will be given for ads supplied as electronic files in acceptable formats (i.e., .tif, .gif, .jpeg, bitmap). Email or call for more information and for 10-month discount. See advertising contact in masthead.

Public service announcement and personal ads to sell kayaks and accessories are printed for members at no charge; non-members pay \$10 for 3 months.

FOR SALE

Chesapeake Light Craft Pokomoke. 19'10", 28" beam, 52 lbs., double (an open cockpit, round bottom wooden kayak). See the CLC website (www.clcboats.com), in the boat kit plans archive section. A beautiful boat in excellent condition, kept in garage. Float bags, wood paddles, and car carry kit included. \$500. Mark Delfs 410-266-5622, Annapolis, MD.

P&H ORION (in great condition). Fiberglass construction, orange top, yellow bottom. Options include 3 bulkheads with day hatch and Henderson 50 integral bilge pump. Mountain Surf neoprene spray skirt, travel hatch cover, and carbon fiber Perception paddle included. \$1600 OBO. 304-724-1071
cavfam2@citlink.net (05/03)

Eski Prijon, Carbon/Kevlar. 39 lbs, teal/woven. Always garage kept, covered during travel, waxed, and well maintained. Includes full cover and

spray skirt. \$1,500. Christine Bond (CSBond59@aol.com) 717-898-9860. I will deliver to Maryland, Delaware, New Jersey & Northern VA. (I'm located in Lancaster, PA) (04/03)

QCC Q600X w/skeg. 1 year old. 16.8" x 21". 42 lbs. Kevlar/carbon.. Blue over white. Garage kept. \$2200. <http://www.qcckayaks.com/kayaks/featured.model.asp?model=q600x#>. Bernadette Knoblauch (knobbee@aol.com), 703-758-9499. (03/03)

Perception Dancer (Red). Excellent condition, garage kept (when not in water). Includes Harmony sprayskirt (also in great condition) and hip pads. \$325. Eric Haverly, 301-901-6155 (Annapolis area). (03/03)

We have the following items for sale:

1. ADC laminated chartbook (map of Chesapeake Bay, MD and VA, 16th edition). \$40.00.
2. Large drybag (14" wide x 21" long). \$23.95.
3. Small drybag (10" wide x 20" long). \$12.95.
4. Tow belt (brand new, never used). \$65.00.
5. NOAA weather and emergency radio (weather one broadcaster). \$39.95.

Ben or Brigitte Valenti (bb7601@cox.net), 703-569-0456 (03/03)

Kayakers:

We need your Help!!

The 2003 Potomac River Swim on May 31, 2003 needs support kayakers for the 7.5-mile swim from Hull Neck, VA to Point Lookout State Park, MD. Free camping at Point Lookout State Park, a pre-swim supper, breakfast, lunch, and T-shirt are all included.

For more information, contact Cheryl Wagner at (202) 387-2361, cherylw@crosslink.net or visit our webpage: www.crosslink.net/~cherylw/pr2003i.htm

Weekly Pirates Paddling

We now have six pirate groups paddling every week! Join one!

Pirates at Pier 7

Wednesday nights, arrive 4-6 PM. Paddling, rolling, rescue practice, boat fitting, BBQs, and hanging out with other paddlers. PFDs required. Directions: Take US-50 west toward Annapolis. Exit onto MD-665. Exit onto MD-2 south, over the South River. Take first left after crossing the bridge. Follow road to Pier 7 Marina. Contact: Alan Avery, 410-856-3299 or pirates_pier7@cpakayker.com.

Note: Pier 7 kayak launching is free on Wednesdays only. All other times there is a \$5 launch fee, even if launching from the beach.



Pirates of the Potomac

Tuesday nights, 5 PM. Belle Haven Marina. \$3 launch fee. Seasonal passes \$45. Directions: From Alexandria, VA, take the Mt. Vernon Parkway 1.3 miles south of the Beltway, then left and straight into the marina. Contact: Dick Rock, 703-780-6605 or pirates_potomac@cpakayker.com. In case of inclement weather, call Belle Haven Marina, 703-758-0018 after 3:30 PM to confirm launch cancelled.

Pirates of the Patuxent

Thursday nights, arrive 5-6 PM. Free parking on the right, just north of the boardwalk across from Our Lady Star of the Sea Church. Contact: Don Polakovics, 301-866-0437 or pirates_patuxent@cpakayaker.com; or Jennifer Elmore, 301-862-2398 or pirates_patuxent2@cpakayaker.com.

Pirates of Georgetown

Thursday nights, 6:30 PM. Jack's Boats (202-337-9642), 3500 K Street, NW in the Georgetown area of Washington, DC under the Whitehurst Freeway. Plenty of parking. Rental kayaks available. Contact: David Moore, 301-445-3273 or pirates_georgetown@cpakayaker.com; website: <http://www.scienceapplications.com/pirates>.

Pirates of Baltimore (the roving Piracy!)

1st, 3rd, and 5th Tuesdays at Canton Waterfront Park, 3001 Boston St., Baltimore; 2nd and 4th Tuesdays at Rocky Point Park, Essex, MD. Meet at 5:30 PM for paddling and skills practice and to meet other paddlers. PFDs, sprayskirts, and a waterproof light required. Contact Barry Marsh, 410-728-4016 or 703-837-3017. *See p.10 of this newsletter for driving directions.*

Pirates of Algonkian (upper Potomac; begins in May)

Tuesday nights, 6 PM until sunset. Paddlers from VA and MD paddle along the upper Potomac shores between Virginia and Maryland. Pirating season starts in May. We raid unsuspecting canoes and fishermen for food, drink, and catch-of-the-day. AAARRRRG! We also portage and paddle down along the C&O Canal. We often explore Seneca Creek and elongated islands as well as practice skills, rescues, and rolling workshops. Two launch points: Algonkian Regional Park in Sterling, VA, and Riley's Lock in Potomac, MD. Contact: James Song, james.song@verizon.com or tsongus@yahoo.com or 703-375-4754.

Working the Docks

by Dave Biss

In the March newsletter, I wrote an article to solicit volunteers to help Frank Baxter of Jack's Boathouse prepare the docks for a new season. Well, our efforts were very successful—lots of CPA members lent a hand over four weekends in March and April. Some new members even came out to greet us and get an introduction to the club.

On the first Sunday, Cyndi Janetzko and about six guys showed up. It was the end of a cold week, but surprisingly the frigid weather broke. We got a sunny, excellent day to work. Things weren't terribly well organized that first weekend, even though some of us had done the same work the year before. Frank had bought lumber based on my promise that loads of volunteers would be on hand, eager to build new docks. That first Sunday we raked out the leaves from behind all the stacked boats and we completed the framework for one floating section of dock. Rich Stevens, John Blackburn, Mitch and Ken Swingle displayed the stunning carpentry skills that would make the projects succeed throughout the coming weeks.

The second week was a disaster. It snowed. Rich Stevens and Todd Angerhofer showed up to see if anyone else was willing to work in the cold. No one was.

By the third week, the work parties looked better organized. At least twenty people came out to enjoy the sunshine and do some hard work. Yvonne Thayer brought brownies, and she and Alice Robrish raked the entire hillside

above the docks. The two even built a new bench below the hill. We built and launched the first float section that day. Heaving one of those heavy sections into the water epitomizes the term "manual labor." You can't imagine how proud we were to finally see it afloat! Then we tore apart the old, rotted float.

Meanwhile, another team completed the pieces for a second new float section, which inspired the guys to return the following week to finish what they had started.

A description of the third week wouldn't be complete without a partial list of injuries. While all can proudly display their scrapes and bruises, a few of us took home some special trophies. I started it off by taking a nail to the top of my foot, for which I had to get a tetanus shot. Prognosis: I'll live. Ken Swingle showed me up by cutting his fingernail on a saw. It wasn't pretty, but it wasn't too serious, either. Prognosis: he'll live, too. Brian Blankinship topped us all: he got caught on a nail and ripped his pants. I'm still waiting to hear the prognosis. He'll probably live.

I also showed off by falling into the river—something I do far too often when I help at the docks!

The final working weekend was just as productive as the previous one, but there were no injuries to report. John Blackburn and Rich Stevens almost single-handedly completed the second floating section, while others tore up the rotting section it would replace.

The section being replaced was in the middle of the docks, completely surrounded by other wooden sections. Just for fun, James Song and I put a canoe in the temporarily empty space and had our picture taken, paddling to nowhere.

Meanwhile, others were working on another major project: getting rid of the river debris. The Potomac had washed up an amazing amount of clutter and deposited it all over the docks. We managed to clear everything out to make room for the new dock section, which we finally bolted into place.

For all these efforts, Frank is more grateful for your help than you can imagine. Therefore I want to say "Thank You!" to everyone who came down to help. If I forgot to name you in this article, it doesn't mean that Frank and I are any less grateful for what you did!

Thanks to Rich Stevens, John Blackburn, Ken Swingle, Todd Angerhofer, and Mitch, Brian Blankinship, Yvonne Thayer, James Song, Gordon Harvey, Beth Payne, Kevin Brown, Galen Barnaby, Chris Diehl, Alice Robrish, Carl Keiss, Nelson Labbe, Cyndi Janetzko, Bill, and Nayyer for all of their sweat and labor. And thanks to the Jack's Boathouse team for pitching in, too: Tony Daza, Anna Popov, Ann Keefer, Faye Shamanski and Wilkie.

And thanks to Frank, Jim, and Bill Baxter for letting us use Jack's Boathouse for the Georgetown Pirates.

Kayak clothing, continued from p.2

Footwear

In the winter, neoprene boots are a necessity if they're not built into your drysuit. Some love the tall, tight-fitting boots by Chota. They allow you to step into water about a foot deep and stay dry.

Tall boots should be tight around the calf. If they're not, water can gush into your boots during a rescue and you'll have real problems. I use a shorter neoprene boot that just covers the bottom of my drysuit gasket or wetsuit.

I recommend water shoes for summer paddling. Avoid sandals: one of your kayak's foot pegs could snare itself between your foot and sandal. I've never seen it happen, but why take the chance when you can buy water shoes for about \$8? I also recommend against laced shoes for the same reason: the potential for entrapment.

Parting Comments

Remember to always dress for the water temperature. Sometimes you'll become hot while paddling on a warm spring day, but you can always dip your body using someone's bow as a support. Rolling your kayak will also cool you off. We call that "rotocooling."

As you can see, there are lots of options. One great thing about paddling with CPA is there are lots of people with different clothing who would be glad to tell you why they selected their gear.

CPA Pool Sessions

These are open sessions, not lessons. You must bring your own boat and gear, which must be clear of leaves, mud, grass, etc.

Fairland Aquatic Center
Saturdays to Memorial Day weekend
4-5:50 and 5:50-7:45 PM
\$7 per person; pay at FAC door (pool level).

RESERVATIONS ARE REQUIRED Reservation Procedure

1. Confirm that pool is open. FAC pool: 301-206-2359.
2. Call Joan Spinner at 301-559-3345 or email JSpinner@peoplepc.com; leave message with this information:
 - A. Your name
 - B. Date of session

- C. Number of boats
- D. Your phone number

3. You will receive a return phone call confirming your reservation.

Reservations will not be accepted more than 2 weeks in advance.

Directions: Take your best route to I-95 between Baltimore and Washington. Exit at MD-198 West. Turn left at 2nd light, Old Gunpowder Road. The pool will be about a half mile down on the right. Boat entrance is to the left side of the building.

**You are confirmed ONLY if a slot is available. You'll receive a phone call confirming your reservation. If you don't receive a phone call, you DO NOT have a reservation.*

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Driving Directions to Pirates of Baltimore

To Canton Waterfront Park (3001 Boston St.): From I-95: Exit at Keith Ave. (Exit 56) - If southbound on I-95 the last exit before the Ft. McHenry Tunnel; if northbound the first exit after the tunnel. Turn right at the light onto Keith, which curves to the right onto Clinton St.; follow Clinton 1 mile and turn left at the light onto Boston St.; take the next left onto S. East Ave. into the Canton Waterfront Park lot. **From Downtown & the Inner Harbor:** Take Pratt St. east past the Power Plant. Turn right at the light onto S. President St.; follow three blocks and

turn left at the light onto Fleet St.; follow 0.8 miles and turn right at the light onto Boston St.; follow 1 mile and turn right on S. East Ave. into the Canton Waterfront Park Lot.

To Rocky Point Park: Exit I-695 at Rt. 702 South (Exit 36), which merges with Back River Neck Rd.; 2.3 miles past the merge turn left on Barrison Point Rd.; turn right onto Rocky Point Rd. and follow to Rocky Point Park; meet at the ramps on the right, just inside the gate. **Contact:** [Barry Marsh](mailto:Barry.Marsh@cpa.org)

Tel: 410-728-4016 or 703-837-3017

CPA Trip Requirements and Ratings

CPA trips are organized by and for members of the club. When you participate, please remember that trip leaders are "hosts," not professional guides, but you must be willing to follow their instructions. They are neither necessarily trained in first aid or CPR, nor do they always carry first aid equipment or safety devices for your use.

You, and you alone, are responsible for your personal safety.

Trip leaders will pre-screen all participants for skills, equipment, and willingness to abide by club rules and policies. If you wish to join a trip, you must contact the leader in advance.

REQUIREMENTS:

Equipment: While on the water, all paddlers must wear PFDs, spray skirts, and clothes appropriate to the water

temperature. Boats must have watertight bulkheads or flotation devices to prevent the kayak from swamping when capsized. All paddlers must have, and know how to use, a pump, paddle float, and whistle. On the day of the trip, leaders may refuse to admit participants for noncompliance with any of these requirements, so if you are not sure, discuss it with the leader in advance!

Waivers: All participants in CPA-sponsored trips and events must sign legal release forms each time before setting out on the water. Only one release per season is needed for regularly scheduled events (e.g., the weekly activities of the "pirates"). The legal release absolves all participating CPA members from legal liability for the injury or death of a fellow participant.

RATINGS:

First Timers: Participants have never paddled before. (No prior skills necessary.)

Beginners: Participants have paddled some, taken classes, or have been on short (up to 4-mile) trips and can do a wet exit and paddle float re-entry.

Advanced Beginners: Participants have been on longer trips (up to 10 miles, full-day outings), have some experience with varying conditions such as winds and waves, and have good rescue and group paddling skills.

Intermediate Paddlers: Participants are comfortable on longer trips (more than 10 miles), can maintain a steady pace for extended periods, are comfortable with open water crossings of 2+ miles, can handle a variety of water conditions, and have strong self- and group-rescue skills.

Swim Support Needed for the Chesapeake Bay Swim

On Sunday, June 8, 2003, the Great Chesapeake Bay Swim (4.4 miles) and the Chesapeake Challenge Swim (1.1 miles) will take place. A strong turnout of kayakers is an essential part of the safety plan for both events. For general information about the swim events, see <http://www.Bayswim.com>. Kayak support team organizers are as follows:

- Mike Vandamm for the Bay Swim, 301-345-6324, mvandamm@comcast.net
- Alan Avery for the Challenge Swim, 410-956-3299, zaverys@yahoo.com



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The Chesapeake Paddler

Chesapeake Paddlers Association
PO Box 341
Greenbelt, MD 20768

REMINDER: Please check your mailing label for your membership expiration date. If your CPA membership has expired, or will expire soon, please send in your dues. ***SEE BOX ON PAGE 2 FOR ADDRESS***