

The Chesapeake Paddler



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August 2003

Destination: Wachapreague, VA

by **Brian Blankinship**

The bad thing about Wachapreague, VA is that it is 150 miles past the Chesapeake Bay Bridge. The good thing is everything else.

Mike Hamilton and I took US 50 to the new high-speed bypass around Salisbury, MD, where we picked up US 13 and followed it halfway through Virginia's eastern shore. We took a left on VA 180 and followed it right to the water. About a block over on the left is a huge sign that reads "FREE LAUNCH SITE." Mike said he expected to see Wiley Coyote hiding behind it (except it didn't read "Free bird seed"). After dropping our boats and gear at the ramp, we parked across the street, for free. There were the nicest Porta-Potties I have seen (other than Lake Anna) nearby.

The weather forecast was for 10-15 knot winds, waves of 1 foot. We didn't set our hopes too high. We paddled about 6

nautical miles through marshes that were much like Janes Island, but larger, and not marked for canoe trails. This would be an interesting place to paddle in its own right, particularly as a navigation problem. Even 5-star paddler Axel Schroeder from the Netherlands had to work to pick the correct path.

Once we paddled past a US Coast Guard station, we entered an inlet between Parramore and Cedar Islands. As we continued toward the ocean we were greeted with 2-foot waves. It was high tide and later these waves were down to about 1 foot. The currents in this area were fairly strong, which created the confused seas.

We then paddled past a small island and there were waves coming from two directions that, when combined, were between 2- and 3-1/2-feet tall. The water here was deep

enough so that we were able to surf our decked kayaks without the risk of hitting our heads (but Mike and I wore helmets anyway). This was a really fun place to play . . . lots of rides with no waiting in between. My best run was on about a 3-1/2-foot wave where I started out bongo sliding then turned it into a surf ride of about 75 yards. It was much more fun than my recent experience at Cape Henry/Virginia Beach.

We landed on the small island for lunch. The approach was so shallow it was an easy surf landing. We could have paddled around to the other side and avoided the surf completely. The entire island is sand-covered and pleasing to the eye. While on the island we tried to figure our position on the chart. That was an interesting problem because the island we were standing on was not where the chart said it was. There was also an entire line of buoys marking a channel

Continued on page 2

Continued from page 1

that was not on the chart. I later stopped in West Marine and the current chart (accurate as of Nov 02) was the same as the one we used.

We paddled back to the launch ramp in a different channel, again about 6 nautical miles. After securing our gear we went into the Island House Restaurant, which I believe owned the ramp. The service was quite good and the food delicious and reasonably priced. The crab cakes could be ordered broiled or fried. The reasonably sized, broiled ones were light and full of meat.

We camped the night before at Kiptopeke State Park, 40 miles south, just above the Bay Bridge/Tunnel. There was a nice boardwalk down to the beach which provided a beautiful view including the lights of Norfolk in the distance. It also gave a respite from the mosquitoes that owned the campground.

I definitely want to paddle this area again, especially at high tide. I would consider a chart a necessity. Axel had a topographic map that correctly showed the location of the island so I hope an accurate chart exists. I think I would prefer to camp somewhere north, hopefully with fewer mosquitoes.

For information on Pirate groups this month, see <http://www.cpakayaker.com/pirates.html>

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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

Geoffrey Marsh has served as the Managing Editor and driving force behind our wonderful newsletter for quite some time. Unfortunately he has to step down. We are looking for someone to take over coordinating the newsletter team. If you see Geoffrey on the water, please thank him for the great job he has done.

There have been lots of CPA trips and events, but we recently had a couple trip leaders drop out. Dave Biss and Cyndi Janetzko conducted a rescue and towing training

session that will help prospective trip leaders prepare for the task. If anyone is interested in leading trips, look on our web page under "Lead Trips" on the home page (or <http://www.cpakayaker.com/events/triporganizers.html>) and see what we expect.

Recently some more kayaks were stolen. This time they were properly locked at a community dock. Before purchasing a used kayak from someone you don't know, please check our "Stolen Boat Reports" on the web page. Let's watch out for each other.

On a lighter side, you can buy CPA logo wear at www.cafepress.com/cpagear. We currently offer two "T" shirts, a polo shirt, a mug and a sticker with a small logo on it. We are planning to open a "preferred" store and offer more items, but first we wanted to see if we can make the colors richer. Please note there are several lines of items called "CPA." Go to cpagear to get the items with our logo.

*See you on the water,
Brian Blankinship*

Come Vacation and Kayak in North Wildwood/Stone Harbor at the Jersey Shore

Anglesea section of North Wildwood, New Jersey (8 miles from Cape May)

Newly renovated large 2-story contemporary single family house sleeps up to 6: 3 large bedrooms (2 queens and 2 twins); 2.5 baths; and garage to store your kayaks. Living room, large full kitchen/dining area, microwave, dishwasher, refrigerator, washer and dryer, central air conditioning, 2 cable TVs, VCR, stereo, gas BBQ grill, enclosed backyard. No smoking/No pets please.

Anglesea is a residential, quiet shore resort, with activities and fun close by. Two blocks from the ocean and two blocks from the Hereford Inlet between Stone Harbor and the Anglesea section of North Wildwood. Access to fantastic kayaking is just two blocks away. Explore the back bays of Wildwood/Stone Harbor/Avalon. Secure your kayaks in a locked garage while visiting the quaint shopping district of Stone Harbor just 2 miles away. Nearby restaurants and diners are within walking distance or just a short drive away. Kayak rentals are within a mile.

These dates and rates (in US dollars) are available:

6/29 – 8/31, \$1600 per week

Refundable security deposit is \$300.

CPA members receive a \$200 discount.

To see pictures of house, please send email to: cemush@comcast.net
(410) 965-1108, Mon– Fri, 8:00 AM – 3:30 PM; (410) 418-9087, after 6:00 PM/weekends

Video Review: The Kayak Forward Stroke

by Tom Crabill

The Kayak Forward Stroke

Produced by Epic Kayaks

Available at:

www.epickayaks.com

Price: \$29.95

Run time: ~ 25 minutes

Epic also sells traditional and wing paddles, and a variety of kayaks

The forward stroke is finally getting the respect it deserves. In times past, kayaking instructors would breeze through explanations of it so they could devote more attention to exotic strokes like the duffek. Then racing champion and instructor Brent Reitz came along and observed, "The forward stroke is the most-used and least-taught stroke in kayaking." Armed with that notion, he devoted an entire video to teaching the forward stroke.

Two new "forward stroke" videos have appeared since last spring. One of them is part of the ten-volume *Nigel Foster's Sea Kayaking Series*. The other one, Epic Kayaks's *The Kayak Forward Stroke*, is the one we'll discuss here.

Epic's video features Oscar Chalupsky, who won the World Ocean Championship nine times, and Greg Barton, who has won two Olympic medals. Barton is also president of Epic Kayaks. Together they teach the basics of the forward stroke. At

25 minutes, Epic's offering is considerably shorter than Reitz's and Foster's videos, but it costs the same. *The Kayak Forward Stroke* may not be the best value among the three, but it teaches the forward stroke from a fresh perspective. Epic's video also presents valuable pointers for using a wing paddle, and has good information about equipment. It's also fun to watch.

Choosing the Right Paddle

Hosts Barton and Chalupsky start off by discussing paddles, which they divide into three categories:

Narrow-bladed — This type of paddle works best with a relaxed stroke. It's good for beginners or for paddling long distances. Use a low paddle angle.

By the way, Barton and Chalupsky don't mention of the narrowest blade of all, the Greenland paddle. Maybe it's because Epic doesn't sell them.

Wide-bladed — These paddles give you more power and response. They're good for sprinting and kayak surfing. Use a high paddle angle.

Wing paddle — Wings offer maximum power and efficiency for the forward stroke, and are commonly used for racing.

They're also a good choice for covering long distances quickly. Proper use requires a high paddle angle.

The video stresses the importance of matching the paddle length to the paddler's height. The video mentions an interactive guide on the Epic web site, but I couldn't find it. The site features a list of suggestions for choosing the proper length of paddle, however. Click here:

http://www.epickayaks.com/howto/tips/paddle_length.htm

Paddling Technique

Barton and Chalupsky recommend that you stretch before you paddle, and they demonstrate stretches for these parts of the body:

- Forearms
- Lats
- The back
- Calves and quads

They also recommend some light running or easy paddling before you go full tilt.

The guys get to the heart of the matter when they discuss the forward stroke, which they divide into four components:

- The Catch — The object here is to plant the blade

Continued on page 5

Continued from page 4

into the water as quickly as possible.

- The Power Phase — Barton says that you generate power by pushing with one leg while rotating your torso. He demonstrates the proper leg action while seated in a cut-away kayak. Starting with his knee bent to about 120 degrees, he straightens it as he pushes against the foot peg and simultaneously rotates his torso.
- The Exit — Lift up your arm when the paddle reaches your hip. You should never bend your elbow more than 90 degrees.
- The Recovery — Rotate so you can catch the water on the opposite side of the boat.

Common Mistakes

Next Gregg and Oscar discuss common errors that paddlers make in the forward stroke, and illustrate those mistakes with film clips of misinformed kayakers. Then Barton and Chalupsky are shown paddling correctly. The film freezes at critical points, illustrating the right way to do things.

The Wing Paddle

The video concludes by covering the wing paddle. Barton begins with a discussion of the theory behind the wing. He explains that a wing paddle is modeled after an airplane wing, and both objects operate under the same physical principles.

As an airplane moves forward, air flowing over the wings provides upward lift for the craft. Similarly, as a wing paddle moves away from the boat, water flowing across the top of the blade creates forward lift on the paddle. The wing paddle actually moves forward in the water, and pulls you along with it! That's why it's so efficient.

When using a wing paddle, let it do what it wants to do: move diagonally away from the boat. NEVER try to force it inside or outside its natural course. I once tried to move my wing like a conventional paddle, parallel to the gunwale, and nearly capsized!

Wing paddles have strengths and limitations. They're great for sprinting or for covering long distances. You should avoid using a wing for these strokes:

- High braces
- Sculling
- End of stroke steering corrections
- Duffek strokes

For a more detailed discussion of the wing paddle, click here: http://www.epickayaks.com/howto/tips/wing_basics.htm

Production Value

This video is generally well-produced and fun to watch. It uses a pattern of instructional sequences followed by fast-paced action scenes with snappy music.

Barton and Chalupsky's delivery is often stiff, especially at the beginning of the video. In one early scene, it's obvious that Barton is reading from cue cards. Both men's delivery improves as the video progresses, but it's never completely natural. These guys were clearly chosen for their star value and expertise, not for their presentation skills. The director could have improved the video by re-shooting the early scenes, after the stars had "warmed up".

You should be aware that Epic sells paddles, and this video is probably a disguised marketing vehicle. There's nothing wrong with that, and their approach is to inform you about their products without bending your arm to buy something.

This video would be good for someone who's interested in buying a wing paddle but wants more information, or as a companion purchase with an Epic wing paddle.

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: 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.

AUGUST

Aug 1-3 (Fri-Sun) St. Clements Island Kayak Camp (Advanced Beginner) *Bill Dodge (703-979-5837)*. ADC Chart 23. 2003 is the 6th year for this event. Most historical site in Maryland. Adding Friday, 1 August gives another chance to paddle around the island in moonlight.

Aug 2 (Sat) Tred Avon (Advanced Beginner) *Susan Blackburn (301-587-7142; sblackburn@cmc-management.com)*. Launch from the Bellevue side of the Oxford/Bellevue ferry at 10 AM. A leisurely paddle along the shoreline.

Aug 9 (Sat) Son of a Spud Triathlon Swim Support (All). Indian Head, MD

Aug 9 (Sat) Havre de Grace/Susquehanna River

(Advanced Beginner). *Barry Marsh (410-728-4016; circus_cyaneus@hotmail.com)*. 8-10 NM round trip from Havre de Grace to Susquehanna State Park OR Susquehanna Flats and Fishing Battery Island. Protected water, with open-water crossings of up to 3 miles.

Aug 10 (Sun) Corsica River (Chester) (Beginner). *Robb Holt*.

Aug 16 (Sat) Potomac River/Nice Bridge Area US-301. (Advanced Beginner). *Greg Welker*.

Aug 21-24 (Thu-Sun) Tangier Island B&B. CANCELED.

Aug 23 (Sat) 4th Annual Broadkill River Canoe and Kayak Race (All).

Aug 30 (Sat) Galesville (Beginner). *Susan and John Blackburn (301-587-7142)*.

SEPTEMBER

Sep 6, 2003 (Sat) The Broadcreek Blast (All) *Laurel, Delaware*

Sep 6, 2003 (Sat) Sassafras River (Beginner) *Alan Avery*.

Sep 12-14, 2003 (Fri-Sun) *Janes Island (Beginner)*. *Need a new trip leader.*

3 days of car/cabin camping and paddling at Jane's Island State Park on Maryland's Eastern Shore. The park offers a variety of different paddling experiences, from sheltered trails inside the island to open water circumnavigation of the island.

Sep 13, 2003 (Sat) VA Beach Paddlefest (All)

Sep 20, 2003 (Sat) Baltimore Harbor (Advanced Beginner). *Barry Marsh (410-728-4016)*.

Round trip from the Canton Waterfront Park to the Inner Harbor. 6 NM in protected water. Depending on boat traffic, water conditions, and paddler interest on the day of the trip, an additional Intermediate level Outer Harbor loop of up to 8 NM can be added after the Inner Harbor loop.

Sep 21, 2003 (Sun) Kent Island/Gods Hands Creek (Beginner). *Pam Avery*.

Sep 21, 2003 (Sun) Kent Island Trip (Beginner). *Pam Avery*.

Sep 26-28, 2003 (Fri-Sun) Fall Fun Fest, Elk Neck State Park (All). *John Blackburn*.

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 of 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.

CLASSIFIEDS

Check your ad! Ads dated 3 months before 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

Whitewater Kayak and Ducky.

Kayak: Prijon T-Canyon, spray-skirt, paddle, good condition, \$500. **Ducky:** Hyside Padillac II inflatable self-bailer, 1-2 man, premium foot pump, good condition \$450. Fred, 703-360-0670; leave message. (07/03)

Necky Arluk II. Kevlar/Carbon.

18'x22", white/white with teal trim. Includes carbon paddle, skirt, and cover. \$1,600. John McKeever, 202-874-3492 (w) or 410-695-1391 (h). john.mckeever@bep.treas.gov. (07/03)

Current Designs Gulfstream.

1999, yellow over white. Fiberglass with skeg, day hatch, 3 bulkheads, custom seat, upgrad-

ed bungies and deck lines. Good condition, no skeg problems. 16' 10" X 23.75". Great expedition or day trip boat. \$2000. Joan Spinner, 301-559-3345, JSpinner2@peoplepc.com. (07/03)

Perception Pirouette S

Whitewater Kayak. Red, 11 ft, good cond. \$200. Bob Brannon, 540-663-2483, rbrannon@crosslink.net. (06/03)

Old Town Loon 160.

Tandem recreational kayak. Sliding seat for solo paddling, open cockpit, green, 16 ft, rudder, excellent condition, \$400. Bob Brannon, 540-663-2483, rbrannon@crosslink.net. (06/03)

SEDA Double Sea Kayak.

Kevlar 21' x 29", 62 lbs, rudder, 3 hatches, spray skirt, cover, huge storage compartments, \$2100. Jerry Collins, 301-641-3415 (06/03)

Inside our August issue:

■ *Destination: Wachapreague*

■ *Video Review*

. . . and more!

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***