

The Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Volume 14, Issue 2

March 2004

The Butterfly Roll: Prelude to a Hand Roll

by Vince Dalrymple

Photography by Vince Dalrymple, Marc Spicer, and Dave Holyoke

Sitting in a kayak for the first time over a decade ago, floundering and capsizing repeatedly in the 1-1/2' chop spilling onto Sandy Point, I realized the need to roll. Wet exiting and paddle float re-entry just wouldn't cut it. With dogged determination, I learned the (extended Pawlatta) layback sweep roll upon purchasing my first boat. Always looking for bigger challenges, I learned of "hands" rolling a few years later, expressed interest in learning it, but found almost no one who knew it well enough to teach me. Books, articles, and one or two paddlers who had pulled one off became my source of instruction. Time and the simple challenge of it turned hand rolling into the Holy Grail of sea kayaking skills.

In the meantime, I kept learning new paddle rolls, refining those already in my repertoire, and just generally playing with rolling. I adopted the motto "I'd rather be upside down in my kayak than right side up at my desk" as my creed. Eventually, I managed to hand roll a flat but narrow-hulled whitewater boat, then transferred those skills to hand rolling a narrow, low-rear-decked sea kayak a few years ago. I

had exhausted most of the written sources on the subject and was rather put off, first, by the lack of importance it was given in the realm of sea kayaking, and second, by the lack of logical steps connecting paddle rolling to hand rolling.

The importance of having a hand roll, especially a combat hand roll, may be arguable in the utilitarian sense. Let's face it, most of us will not be relied on to bring back a seal for dinner, which, during the hunt, could conceivably separate the paddler from his paddle. And I have been labeled pessimistic (at the least) to proffer the possibility that you might find yourself capsized without your paddle, with your sprayskirt grab loop inadvertently tucked inside.

No, the real importance of having a hand roll is the sharpening of your existing skills as you traipse down the path to hand rolling. It will make you a better roller and a better kayaker all around.

Although there are many types of hand rolls, I want to address the layback one-handed sweep hand roll (or layback sweep hand roll

for short) since it uses many of the same principles as the layback sweep paddle roll. All that's needed, then, is a way of linking the two, other than the traditional method of flotation-based rolling aids. The link we will use is sometimes referred to as the Butterfly Roll because the symmetrical spreading motion of the arms from a close tuck to wide open is like a butterfly spreading its wings. The Butterfly requires the same movements as the layback sweep hand roll while offering the small amount of buoyancy necessary to progress to hand rolling with confidence. The buoyancy comes from a paddle—an item aspiring hand rollers always have with them, and can therefore practice almost anywhere, anytime, without the need for a spotter. Now let's look at what goes into (sweep) hand rolling success.

The Boat

Having the proper boat makes the learning process much easier. By being able to move the upper torso closer in towards the boat's rolling axis (think of skaters spinning with

Continued on page 4

CLASSIFIEDS

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, bit-map). 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/accessories are printed for members at no charge; non-members pay \$10 for 3 months.

FOR SALE

Northwest Kayak Cadence Touring Kayak. Fiberglass, 17', 56 lb, rudder, 455-lb load capacity. Great for expeditions. Stable and comfortable for long paddles. Original price: \$2400. Asking: \$1600. Kate O'Byrne, 410-588-5984. (5/04)

Seda Impulse, 18' by 21", 50 lb, yellow, \$1000. Tom Rose, 410-349-8711 or rosefurs@aol.com. (5/04)

Necky Arluk II, kevlar, fast light-weight racer/cruiser w/rudder, 18'x 22", 45 lbs, teal/white, black stripe, excellent condition. 1999 list \$3099; asking \$1800. Neysa, 301-345-6324 or nnarena@earthlink.net. (5/04)

SCHEDULE FOR 2004 CHESAPEAKE PADDLER

The Chesapeake Paddler is published 10 times a year, with combination issues in November/December and January/February. The deadline for submitting copy is usually the 15th of the preceding month, as follows:

Issue	Deadline for copy
April 2004	March 15, 2004
May 2004	April 15, 2004
June 2004	May 15, 2004
July 2004	June 15, 2004
August 2004	July 15, 2004
September 2004	August 15, 2004
October 2004	September 15, 2004
Nov/Dec2004	November 15, 2004

THE CHESAPEAKE PADDLERS ASSOCIATION

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

Steering Committee:

Coordinator—Brian Blankinship, coordinator@cpakayaker.com

Membership, subscriptions—Steve Lindeman, PO Box 341, Greenbelt, MD 20768, membership@cpakayaker.com

Secretary—Steve Lindeman, secretary@cpakayaker.com

Treasurer—John Blackburn, 301-587-7142, treasurer@cpakayaker.com

Webmaster/E-Mail List Administrator—Barbara Foley, webmaster@cpakayaker.com

Newsletter Team:

Managing Editor/Layout—Bernadette Knoblauch, news_editor@cpakayaker.com

Articles Editor—Thomas Crabill, news_articles@cpakayaker.com

Advertising Coordinator—James Song, news_advertising@cpakayaker.com

Mailing and Distribution—Andres Vaart, news_distribution@cpakayaker.com

Pirates:

Pier 7 Pirate King—Alan Avery, 410-956-3299, pirates_pier7@cpakayaker.com

Potomac Pirate King—Dick Rock, 703-780-6605

Patuxent Pirate King/Princess—Don Polakovics, 301-866-0437, pirates_patuxent@cpakayaker.com; Jennifer Elmore, 301-862-2398, pirates_patuxent2@cpakayaker.com

Georgetown Pirate Kings—David Moore, 301-445-3273; Stephen Edmondson, 703-461-1748, pirates_georgetown@cpakayaker.com

Baltimore Pirate King—Barry Marsh, 410-728-4016, pirates_baltimore@cpakayaker.com

Algonkian Pirate King—James Song, 703-375-4754, pirates_algonkian@cpakayaker.com

MEMBERSHIP: Subscription to The Chesapeake Paddler is 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.

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

What a great time at SK101! Joan Spinner did a wonderful job of coordinating the sold-out event. All the feedback was very positive and we helped a lot of people. See the article by Yvonne Thayer for more information.

SK102, the skills clinic at Lake Anna, is coming up in May. This follow-on to SK101 sells out quickly. Those who applied but couldn't get in last year will get priority placement. The application is in this newsletter.

The (somewhat out of date) minutes of the National Boating Safety Advisory Council are on website www.uscgboating.org. I

am concerned they intend to make legislation that will negatively impact kayakers in an effort to reduce boating accidents.

Frankly I don't think the industry or the associations have done a very good job of representing our cause at the national level. I don't know how to fix that, but I think CPA is doing a lot on the local level.

At SK101 we pointed out that despite the beautiful weather, the attendees should not be out paddling without proper cold-water gear. Unfortunately, that word didn't make it to the recreational kayakers I saw the next day in T-shirts and no PFDs.

I would sure hate to see legislation trying to fix this problem.

On a lighter note, we have lots of trips on our calendar again this year and I expect more to come. If your favorite paddling place is not on there, why not schedule a CPA trip? The qualifications for trip leader are on the website, but anyone can coordinate a trip.

Someone specifically requested a spring boat check-up. One is scheduled for the first Pier 7 right after Daylight Savings starts.

*See you on the water,
Brian Blankinship*

Unveiling a new feature to the CPA Website

by Dave Biss

We have created a special forum that allows CPA members to send messages to everyone else interested in the same topics: sea kayaking events, paddling trips, questions about which dry suit to buy, someone trying to sell an old boat, and much, much more.

This might sound just like the CPA email list. And it is, . . . just in a different format. A forum offers advantages over an email list. It is not intrusive like an email list. It does not clog up your inbox with messages. You read the messages that you want to, when you want to. And all messages are neatly organized by topic (all paddling trips are together), and then by subject (all messages resulting from a request to go paddling on Saturday are together). The

originator can edit messages even after they have already been posted (no more lasting typos). Messages are archived with an easy way to search back. A forum also lets you see all the available distribution lists that are hidden in an email member format. So if you want to see what the different Pirate groups are doing, you can read these messages when you want to without having to subscribe to the different distribution lists. A forum also offers a way to make your opinion count: polling. There will be periodic postings that ask for your opinion on various club decisions.

This new forum feature is NOT taking away the current email member list. It is being publicized to see if CPA members are

interested in using a forum format for their messages, much as the email member list is currently used. If the forum format becomes more widely used than the current email member list, then the club will determine if the forum should be the primary future messaging system.

To learn more about forums, see the posting online that details these features. If you already use other online forums, and would like to see this forum being used, then register as a forum member and cast your vote in one of the existing polls.

For the location of this forum, and step-by-step instructions on how to register, vote, and post messages, please see www.cpakayaker.com.

Continued from page 1

their arms tucked in, instead of extended out), so it is easier to perform a layback roll on a kayak with a low rear deck than on one with a high rear deck. This can be tried on land before taking to the water. Also keep in mind that a narrower, more rounded profile (hard- or soft-chined) boat will roll smoother and easier than a wider, flatter-profiled boat (think of the difference between rolling a log and rolling a sheet of plywood).

A word of caution: check your rear deck for potential snagging hazards from the rear sides of the cockpit (skeg slider toggles that could catch a PFD strap, etc.) to the rear deck proper (cleats with hooked edges, "Chimp" bilge pump handles and their hardware, etc.). Deal with any potential hazards before proceeding by duct taping over them (temporary for rolling practice) or eliminating them. Toggles can be filed down, certain types of cleats changed out, handle extensions fashioned that meet the rear deck to prevent PFD straps from sliding under them, etc. A friend recently snagged a strap from his PFD on his bilge pump during a layback paddle roll and could neither free himself from the pin nor reach his sprayskirt grab loop to wet exit. He rolled up, was eventually extricated with help and is fine, but the incident served as a warning.

Boat Fit

Of greater importance than the boat itself is the paddler's fit to the boat. One of the two most important aspects of boat fit is having a tight enough seat and thigh area to the sides of the cockpit. This will prevent your lower torso from dropping to the side of the boat when the boat is completely up on edge, thus slowing or stopping your

roll altogether. The other critical aspect is having firm knee and hip bracing to drive the boat around its roll axis and back underneath you. As rear decks get higher, the importance of well-fitting thigh hooks and hip braces becomes greater, as these may be all that keep your hips from falling out of the cockpit, thus ending your layback roll attempt. On the other hand, your hip braces should not be so tight as to prevent you from touching your head to the rear deck (with your butt off the seat only as much as is necessary). In addition to thigh hooks, good knee bracing will tremendously aid hip snap power. Also noteworthy is having good foot support to drive from, which is why rudders should be secured during the learning process. If you're unsure about how to go about fitting out your boat, start at www.kayakfit.com. You can also run a search on the Internet under "kayak outfitting."

Skills

First, you should be quite comfortable and able to think while capsized. This level of comfort is important in allowing you to become aware of your body's position, the physical mechanics and timing of the elements involved, and the diagnostics and fine-tuning as necessary to succeed. Comfort while capsized also helps thwart the body's annoying goal of self-preservation via the regular intake of oxygen. You won't be making the age-old mistake of blowing rolls by bringing the head up too early if you convince your innermost self that your body will get its needed air only after you complete the roll.

A good understanding of the mechanics of a successful paddle sweep roll (with layback end) is

also helpful. The aspiring hand roller should be able to perform the layback sweep roll cleanly and consistently with the use of a paddle. The following factors of the paddle sweep roll must be realized: the maximum power for the catch is derived when the blade is at the surface and the shaft is perpendicular to the boat (substitute hand for blade and arm for shaft when it comes to hand rolling), a good strong hip snap will really help rotate the kayak back underneath you, and, the patience to bring the head up last will significantly improve the success of the roll. Now on to the Butterfly Roll!

Step 1

Hold your unfeathered paddle at the center, in one hand. Tuck your empty hand across the deck to the coaming or gunwale. Turn the paddle parallel with your boat on the opposite side from the arm holding it (so your arms are crossed). Hold the paddle at or near the water allowing the blades to lie flat to the surface [see Photo 1]. Now lean forward and roll to the paddle side. You may need to cock the paddle-side wrist downward to allow the boat to fully capsize or to draw the boat over to the roll-up side. You should now be fully capsized with the paddle back up at the surface (still parallel to your boat, in one hand, blades flat to the surface). Make a mental note of this position as you will later be reaching to it without the paddle when you begin hand rolling. Unwind, using the paddle as the initial support to start your roll. Concentrate on pushing upwards (towards the deck) with your hanging knee (the one on the bottom as the boat comes up on edge during the roll) while driving forward with your top leg. Leading

Continued on page 5



Continued from page 5

with the elbow close against the boat, throw your offside arm (the one without the paddle) across to help rotate the boat past the 90-degree mark and to eventually act as counterbalance [see Photo 2].

Your upper torso should be smoothly sweeping to the rear deck throughout this process. As your head makes its way to the rear deck, you can “throw” your head across the centerline, adding to the counterbalancing force. Keep driving upward with your hanging knee and hip while driving forward with your top leg until you are back upright. Keep your upper torso and head pinned to the rear deck until you are done [see Photo 3].

If you had to abort the roll because your paddle sank, then you are too loose in your boat, or your hip flick still needs some work. If too loose, bolster up the hip and side padding. To tune your hip flick, use the pool-side edge gutter or a helper’s hands set at surface level, and line up your boat with your on side next to the support. Cup your on-side hand over the support and roll toward the support. Now roll up concentrating on rolling the boat underneath you, instead of relying on arm strength to muscle your way back up.

If it seems you are accomplishing this, or if you made the roll, but with a large amount of paddle sink, then practice your hip snap with a less supportive object. Try using a balled-up PFD, a partially inflated paddle float (decrease the inflation as you become more proficient), or a challengingly small, air-filled bottle. Keep at it until you can accomplish the Butterfly Roll with less than a foot of paddle-sink.

Continued on page 6

Continued from page 5

Step 2

If you were hitting the Butterfly Roll with little or no paddle sink, take your Butterfly to the next level. This variation, in which you do not grasp the paddle in your hand during the roll back up, will mark the end of using your paddle as a crutch to pull yourself back up to the surface. Set up, wind up, and capsize as described earlier. But after capsizing and stabilizing with your paddle back at the surface next to the boat, release your grip on the paddle. With the fingers of your roll-side hand together and straight, reach hard to the surface between your boat and the paddle, rotating your hand palm down as you would slapping the water. In the process, you will “hook” your fingers, side of your hand, or forearm over the shaft as you explode your hip snap and un-wind [see Photo 4]. Keeping your fingers stiff and straight with palm to the water, do not grab the paddle (but letting the shaft come to rest under your palm is okay) [see Photo 5]. Try to keep the paddle from sinking by concentrating on your hip snap, your free arm throw timing, and top leg forward drive near the end of the roll [see Photo 6]. This Loose Paddle Backhand variant of the Butterfly Roll will provide just the right amount of support to the hip snap necessary to accomplish the sweep hand roll—and little more. If you’re doing it, give yourself a pat on the back because you’re just about there.

Who Needs a Paddle Anyway?

In next month’s article, we’ll go through one last intermediary step, then dive right into hand rolling. So practice your Butterfly at the pool, and get ready to start hand rolling!



THE SIXTH ANNUAL SK102 SKILLS CLINIC, MAY 14-16, 2004

This is a Chesapeake Paddlers Association "members only" event.

Where: Lake Anna is 2 hours south of Washington DC, between Fredericksburg and Richmond, VA, just west of I-95. The lake is a cooling pond for a nuclear power station so the water is not only very clear—it is heated! The location is private property, where you are welcome to set up your own tent. There are motels nearby for non-campers. Details and directions will be emailed.

Cost: \$30, which will cover the cost of the porta-potties, handouts, insurance provided by the American Canoe Association (ACA), and dinner on Saturday night. You will be responsible for all your other meals. You provide your own boat, spray skirt, and PFD. CPA volunteers will conduct the free skills clinic. This is not certified instruction.

Registration will be limited to 80 and will fill up quickly. See instructions at the bottom of the form.

For questions or to volunteer, email: Coordinator@cpakayaker.com. If needed, call Brian at 410-867-1051.

SK102 REGISTRATION FORM

Name(s): _____

Email address: _____

Address: _____

Phone(s): _____

Note: Children 12 and older may participate, but must take classes with their parent/guardian.

If a participant is 12-18 years old, please check here _____

Were you turned away last year for lack of space? Yes / No

Would you like to be included in the event directory? Yes / No

If you are an ACA member, the fee is discounted to \$25. ACA Membership # _____

If you prefer a vegetarian option for dinner, please check here _____

SELECT ONE MORNING AND ONE AFTERNOON BLOCK (check the appropriate line)

Saturday Morning Session: 9:00-12:00

BLOCK 1: Kayak Design, Wet Exit, Basic Strokes

BLOCK 2: Stroke Improvement, Intermediate Strokes, Bracing

BLOCK 3: Self Rescues, Group Rescues, Towing

Saturday Afternoon Session: 1:00-3:00

BLOCK A: Stroke Improvement, Intermediate Strokes, Bracing

BLOCK B: Self Rescues, Group Rescues

BLOCK C: Advanced Rescues

BLOCK D: Rolling

BLOCK E: Greenland Style Paddling

To register: Fill out this form and send it, along with your check payable to "CPA" to:
Laura Butterbaugh, 829 Chester River Dr., Grasonville, MD 21638

SK101: Presentations+Demonstrations+Good Weather=Success!

by Yvonne Thayer

A sold-out crowd attended CPA's introductory class on kayaking at Pier 7 near Annapolis on Saturday, February 28. More than 70 men, women, and children heard presentations on equipment, safety, and paddling locations. They also shared stories and looked over gear, boat, paddle, and camping/outdoor cooking displays.

Organizer Joan Spinner and CPA Coordinator Brian Blankinship opened the event. More than half the participants had paddled before and roughly 40 percent had boats. Some were CPA members; others saw flyers in local sports stores. Some 20 were on a waiting list due to lack of space.

Flanked by two 17' fiberglass kayaks, Bill Dodge kicked off the first session with a description of kayak composition and construction. Greg Welker followed with details on boat shapes, sizes, maneuverability, and other considerations for selecting and purchasing boats. Greg got a big laugh when he counseled couples to think carefully before acquiring a tandem kayak.

Brian, after describing his inauspicious start in kayaking by buying the cheapest kayak and paddle available, confessed to owning nine paddles. He demonstrated the variety and characteristics of paddles, ending with his favorite, an \$18 Greenland paddle he carved from a 2"x6" piece of cedar.

Al Staats and Yvonne Thayer, surrounded by three tables piled high with kayak gear and clothing,

described basic equipment as well as nice to have stuff and a variety of navigation and signaling aides, weather radios, GPS systems, etc. Referring to a *Sea Kayaker Magazine* gear list which was provided in the participants' course packets, they filled a mesh bag with equipment needed for an ordinary day trip.

After lunch, Dave Biss reviewed safety equipment and considerations, reiterating CPA trip safety rules and encouraging people to kayak for both fun and safety. Jenny Plummer-Welker brought out kayaking maps, charts, books, websites and guidebooks, outlining the wealth of kayaking experiences in the area and ways to find launch sites. She described some of her favorite sites and new water trails being developed in the area. She invited the participants to discuss their favorites, which included Tridelphia, Jug Bay, Belle Haven,

Piscataway, and Kingston Landing on the Choptank.

Capping the event, Dave and Cyndi Janetzko donned dry suits and demonstrated rolls and rescues in the crystalline but freezing water next to the pier.

Participants were encouraged to ask questions, share ideas, and visit the displays. There was a lot of interest in the variety of boats—plastic, fiberglass, and folding. And many questions on the use and cost of paddles, gear and cold weather clothing, especially Jesse's surplus khaki green Canadian military dry suit, demonstrated by Dave. At Dave and Cyndi's camping/cooking display, a laptop featured photos of easily transportable food and many of their own kayak camping trips. They also advertised a kayak camping/cooking workshop to be held March 14 in Falls Church.



They're all here to learn about kayaking!



2004 CPA TRIP LIST

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

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

The latest information about CPA trips is at www.cpakayaker.com.

MARCH

14 (Sun) Kayak Camping/Packing/Cooking Seminar (All). Barbara Foley and Anatoly Ivasyuk.

24-26 (Fri-Sun) Jersey Paddler Paddlefest

APRIL

4 (Sun) Jack's Boathouse Work Day/Cherry Blossom Paddle (Advanced Beginner). Dave Biss; Daylight Savings begins

7 (Wed) Spring Boat Check first day of Pier 7. Alan Avery

15 (Thurs) Tax Day Paddle at Pirates of Georgetown (Advanced Beginner). Dave Biss

17 (Sat) Wicomico (St. Clements)/Zekiah Swamp (Advanced Beginner). Ralph Heimlich. Wicomico Shores launch site. 8 mi.

24-26 (Sat-Mon) Assateague Island. Kayak Camping (Advanced Beginner). Dave Biss

MAY

1-2 (Sat-Sun) Belle Island, Car Camping (Beginner). Bill Dodge

7-8 (Fri-Sat) Spring River Demo Day. (All)

8 (Sat) Dundee Creek Gunpowder Falls State Park, to Pooles Island (Intermediate). Barry Marsh. 14mi

14-16 (Fri-Sun) SK102 (First Timer)

14-16 (Fri-Sun) Nassawango Creek, off Pocomoke. Car Camping (Beginner). Ralph Heimlich

22-23 (Sat-Sun) Middle Potomac (Beginner). Chip Walsh (need leader)

23 (Sun) Patapsco Swim (Intermediate). Joe Stewart

30 (Sun) Rocky Gorge Memorial Paddle (Beginner). David Moore, Ralph Heimlich, Alt. 8 mi.

JUNE

2 (Wed) Kayak Camping Class, Pier 7 (All). Greg Welker/Jenny Plummer-Welker

4-6 (Fri-Sun) Point Lookout Car Camping (Beginner). Bill Dodge

5 (Sat) Potomac River Swim (Advanced Beginner). Cheryl Wagner (see website). 7mi.

12-13 (Sat-Sun) Chicamuxen Creek (Charles County) paddle and camp (Advanced Beginner). Greg Welker. 8nm/day

13 (Sun) Dodge Great Chesapeake Bay Swim and One Mile Swim need escort kayakers (Advanced Beginner). Mike Vandamm (301/345-6324; michael.j.vandamm@usps.gov). Need one mile POC

19 (Sat) Smithsonian (SERC) tour and paddle (Beginner). Dr. Paul Fonoff. 9AM

20 (Sun) Calvert Cliffs, from Flag Pond to Cove Pt. (Intermediate). Barry Marsh. Parking lot is 1/2 mile from beach; kayak carts are a must! 12nm

26 (Sat) Parent/Kid Paddle, Location TBD. (First Timer). Jesse Aronson/Anna Popov

JULY

4 (Sun) Fireworks Paddle/Cookout Jack's Boathouse (Beginner). Yvonne Thayer

9-11 (Fri-Sun) Matthews Co. (VA) Car Camp (Beginner). Bill Dodge

10 (Sat) Rolling and Rescue Clinic. Jack's Boathouse (All). Dave Biss and Anatoly Ivasyuk

18 (Sun) Baltimore Harbor (Advanced Beginner). Barry Marsh. 6-10 mi.

24 (Sat) Friendship Landing Nanjemoy Creek (Charles Co.) (Beginner). Heather Gokee (need leader) 8 mi.

31 (Sat) Patuxent Shoreline Tour (Beginner). Jenny Plummer-Welker. Jefferson/Patterson Park archaeologist-led, limited to 12 paddlers.

AUGUST

5 (Thurs) Max's B-day paddle at Jacks. (First Timer). Anna Popov

6-8 (Fri-Sun) Elk Neck/Bohemian Creek Car Camp (Beginner). Ralph Heimlich

8-14 (Sun-Sat) Maine. Perseids Camper. 5 days. (Intermediate). Chip Walsh (need leader)

22 (Sun) Havre d' Grace Susquehanna Flats (Advanced Beginner). 8-10mi.

SEPTEMBER

5-11 (Sun-Sat) Adirondacks. Week-long paddle. (All) David Moore. Lodge and camping

11-12 (Sat-Sun) St. Clements Island Kayak Camp. (Advanced Beginner). Bill Dodge

OCTOBER

26 (Tues) Full Moon Paddle on Severn (Beginner). Chip Walsh (need leader). Jonas Green Park, 6PM

?? Multiple day Patuxent River camping trip. (Intermediate). Dave Biss

31 Halloween Paddle, Jack's Boathouse (Beginner). Dave Biss; Daylight Savings ends

NOVEMBER

7 (Sun) Annual Meeting (All)

12-14 (Fri-Sun) Janes Island camping (Beginner). Chip Walsh (need leader)

DECEMBER

4 (Sat) Holiday Party (All). Alan Avery

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.

CPA Pool Sessions, 2003-2004

These are open sessions, not lessons. You must bring your own boat and gear.

Where: Fairland Aquatic Center, Burtonsville, MD

Dates: Saturdays through May 29, 2004

Time: 4-5:50 PM and 5:50-7:45 PM

Fee: \$7 per person. Pay at FAC door (pool level)

Required:

- Boats/gear clear of leaves, mud, grass, etc.
- A reservation.

To get a reservation, email Jspinner2@peoplepc.com (email preferred) or call 301-559-3345 by the Thursday prior to the session; leave a message with the following information:

- your name
- phone number
- date of session
- time slot
- number of boats
- type of boats (WW or sea kayak). Pool holds more WW boats than sea kayaks.

You'll receive a reservation number. If you do not receive a reservation number, you do NOT have a 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 is about a half mile down on the right. Boat entrance is around to the left side of the building.

Pool is open every weekend **except:**

March 6, March 27
May 1

Last session: May 29, 2004.

Inside our March issue:

- *Learn the Butterfly Roll*
- *2004 Trip Calendar*
- *SK102 Registration Form*
- *SK101 Report*

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***