

The Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Volume 14, Issue 3

April 2004

Who Needs a Paddle Anyway?

by Vince Dalrymple

Photography by Brian Blankinship and Marc Spicer

This is a sequel to the March 2004 article on The Butterfly Roll, On Learning to Hand Roll

So, you've read the Butterfly Roll article in the last newsletter, spent a small bundle to foam out your boat, practiced the Butterfly in the pool until you've achieved mindless mastery, and now you're itching to nail a hand roll. You can skip down to the "Skills" section. For those just joining us, please read through the Butterfly Roll article in last month's newsletter as it includes important information on the topics of boat fit and design (as it pertains to layback rolling) and the dangers of rear deck hazards and what you should do to minimize the risk.

Skills

Before continuing, you should be able to perform Butterfly Rolls (Steps 1 and 2 in the Butterfly Roll article) fairly consistently with a minimum of paddle sink. How much sink is allowable depends on the buoyancy of the paddle, but it should be less than 2' for the typical composite paddle to less than 1' for a wooden paddle. The Butterfly Roll teaches

the following skills necessary for sweep hand roll success:

- Proper **Reach** to the surface and perpendicular to the boat with the power hand (Step 2 version of the Butterfly Roll in which you have to reach to the paddle which is on the surface)
- Strong **Catch** with the power hand to initiate the roll
- Powerful **Hip Snap** to drive the boat's rotation
- Well-timed **Free Arm Throw** to shift the roll into overdrive and rotate the boat past the critical 90° mark (eventually acting as a counterbalance). The throw will also initiate the transfer of the torso low onto the rear deck closest to the boat's axis of rotation
- **Forward Drive** with the top leg to finish off the roll as the power from the hip snap begins to wane
- Patience to finish the roll as low to the rear deck as possible before trying to breathe (exhaling slowly after the Catch until the end of the roll allows the upper body to conform to the rear deck a bit easier).

If you were able to complete Step 2 without much paddle sink or incident, then you're ready to lose the paddle and go through one last intermediary step. Borrow a pair of webbed-hand paddling gloves (look to the whitewater paddlers), or find an old ping-pong paddle, or cut a similar-sized piece of plywood that you can comfortably hold between your thumb, middle finger, and small finger in the palm of your hand.

Step 3

Tuck a paddle away on deck somewhere easily accessible in case you run into problems or just get tired. This will minimize the time spent exiting the boat, dumping or pumping out, re-entering, and restarting. Cross your offside arm to the opposite side coaming or gunwale as you would for the Butterfly Roll wind-up. Hold the webbed hand on your strong rolling side, against the opposite side gunwale, rotated palm down and canted forward. [See Photo 1, Wind-Up.]

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CPA Pool Sessions

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:

- a. Boats/gear clear of leaves, mud, grass, etc.
- b. 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:

- a. your name
- b. phone number
- c. date of session
- d. time slot
- e. number of boats
- f. 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** May 1. Last session: May 29, 2004.

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
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/Dec 2004	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

Pirate Groups:

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 Queens—Cyndi Janetzko, 703-276-2728; Dave Biss, 703-276-2728; David Moore, 301-445-3273; 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

I love that each month I have the opportunity to thank some members for running events for the rest of us. Several people wrote me to say what a great job Dave, Cyndi, Barbara, and Anatoly did on the kayak camping class. For those who missed it, Greg and Jenny will run another one early in the Pier 7 season. Check the calendar for more information.

Another person who deserves our sincere thanks to Bernadette Knoblauch who edits the newsletter. She has worked on the newsletter staff for several years and took over as the managing editor about

two years ago. Bernadette is truly one of the unsung heroes of the association.

I recently received a packet of information to announce National Safe Boating Week is May 22-28, 2004. Within the package were a number of statistics. Nearly 70 percent of boating accident victims (all boats, all accidents) drowned. Nearly 85 percent of those drowning victims were not wearing personal floatation devices (PFDs). The Coast Guard estimates 440 lives may have been saved in 2002 if boaters wore PFDs.

PFDs must be worn correctly at all CPA trips and events, but we cannot mandate their wear on your private trips. I suggest every one of us should always wear our PFDs, not only to save ourselves, but also as examples to others. When a new kayaker sees paddlers who obviously have their act together, they notice we always wear our vests. Hopefully, the message will get through and lives will be saved.

I'll see a hundred of you at Lake Anna!

Brian Blankinship

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

FOR SALE

Nordkapp, fiberglass, red/yellow, 17'8" x 21", 56 lbs, retractable skeg, sea cockpit, compass, \$1000 firm. Diane or Ed, 410-943-1295; stoecker@hpl.umces.edu (7/04)

Necky Kyook Exp., Poly. 15' x 25", 60 lb, w/rudder, yellow. F/R hatch. Stable; great for touring. Excellent condition. \$750 firm. Doug Hill, 703-319-9092, or dhxctry@aol.com. (7/04)

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

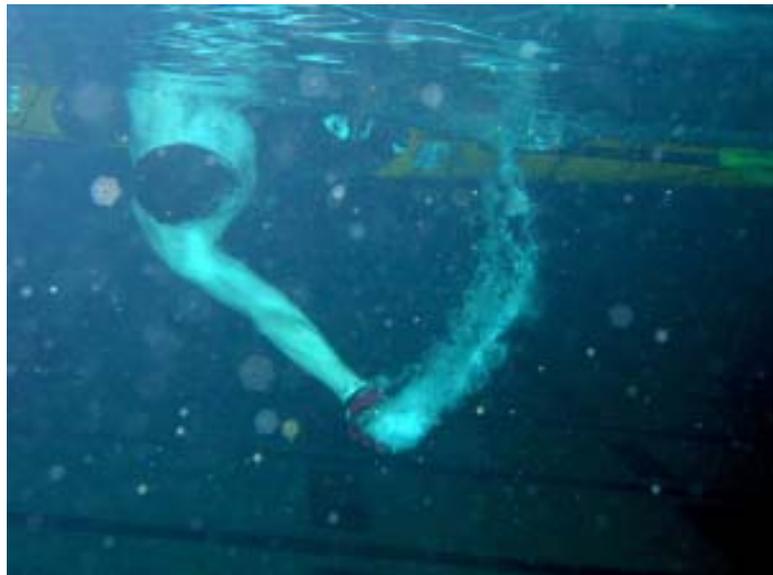
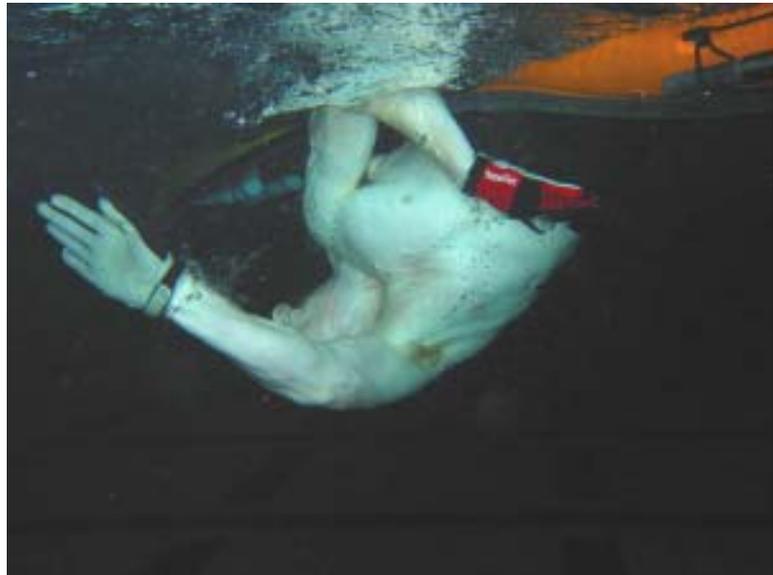
Seda Impulse, 18' by 21", 50 lb, yellow, \$1000. Tom Rose, 410-349-8711 or rosefurs@aol.com. (5/04)

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)

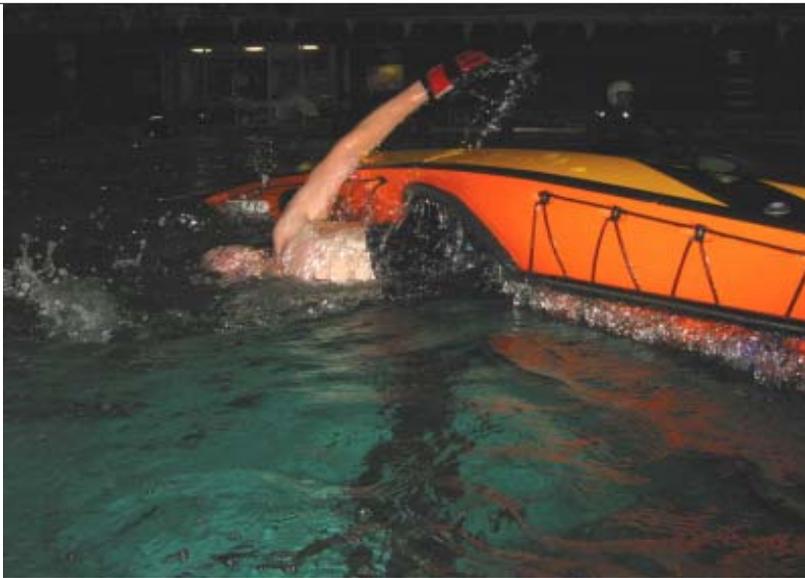
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Tuck forward and roll to your webbed hand side. Notice how this position tucks the shoulders and head inwards and down, just like coiling a spring. Continue your capsize rotation around with a strong reach for the surface with your webbed hand. [See Photo 2, Reach.] Accelerate your reach, coiling still further, as you near the surface and **explode** your catch to initiate your roll. (The spring—your upper body—releases.) [See Photo 3, Catch.] As a consequence of this unwinding motion, the free arm elbow will be pushed to the surface, naturally evolving into the free arm throw. Though your webbed hand and arm will initiate the boat's rotation, the strength of your hip snap will keep the rotation going (5° - 80° —and well past 90° with practice), so give it all you've got! Remember, your hip snap consists of an upward drive of the on-side (hanging) knee and hip and a forward drive with the top leg.

Though the timing of the free arm throw is key to sweep hand rolling success or failure (especially in large sea kayaks), several variables will alter the optimum free arm throw timing. Arguably, the most important is boat fit. The looser the fit, the earlier I tend to throw the free arm. Boat design also plays a factor. If your kayak is generally difficult to roll through the 90° mark (but the fit is good and your hip snap strong), try holding the throw in reserve, slowing the timing, until the catch arm and boat are around 45° or more to the surface.



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Your free arm throw timing may range from just past being simultaneous with the catch to as much as 50° of boat rotation. Keeping the free arm tucked in as close to the boat's rotational axis as possible until it extends across low to the other side (think karate chop) will maintain the rotational speed. Keeping your throw arm palm down will prevent hyper-extending the elbow. [See Photo 4, Throw.]

With the ebbing of the catch, your arm throw will lead the transition of your upper torso smoothly onto the rear deck. Again, try to get as close to the boat's rotational axis as you can. As the boat rotates through 90° or so, the power of your hip snap may shift from the upward drive of the hanging knee to the forward drive with your top leg. I believe this allows the abdominal and oblique muscles on the hanging side to "absorb" or "suck up" the boat on that side, which, in turn, keeps the boat's rotation going until fully upright. [See Photo 5, Forward Drive Through.] Finish in the layback position using both arms to balance as necessary. [See Photo 6, Layback End.]

Diagnostic Check

How did you do in Step 3's "Almost a Hand Roll"? If you came right around without much fanfare, proceed to Step 5 as you're set to join the ranks of hand rollers. If things didn't go so well, let's try to figure out why.

Did your webbed hand reach the surface? You'd know if you felt a splash (or "ker-plunk"). If not, lean into it more! Imagine sitting

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in your kayak on a soft sandy beach and reaching across to drive your fingertips deep into the sand, palm turned forward. Break through the surface and explode your catch, hip snap, and free arm throw. [See Photos 2 & 3.]

Is your catch explosive enough to initiate your boat's roll? [See Photos 3 & 4.] Just as with the paddle sweep roll, the key to a powerful catch is to have the blade (your hand) flat to the surface, and to have your paddle shaft (your arm) at a right angle (perpendicular) to your boat. Have someone check to see if your catch-side hand is reaching the surface and that your arm is perpendicular to the boat at the time of the catch. Just the stretch to reach the surface is enough to release a lot of stored energy in the catch. It shouldn't take brute strength.

Is your hip snap strong enough? Your hip snap should be rotating your boat to the 80°–90° range, even without an arm throw. You can test this by holding your free arm in your lap throughout an attempt. If your hip snap still doesn't seem explosive or strong enough, even though you have good upwards drive with the hanging knee and good forward drive with the top leg, try the following. Concentrate on rotating your boat around your catch side arm back underneath you, using everything on your hanging side (hip, knee, thigh, even your butt muscles) to power your boat around. Also, check for a secure boat fit. Make sure you're not falling far enough to the hanging side as to stall out the roll. Are you getting your upper torso over the rear deck by the 90° mark? [See

Photo 4.] Again, concentrate on rotating the kayak around your catch arm back underneath you; don't think of it as trying to get yourself on top of the rear deck. This takes a solid catch and hip snap. Make a point of shifting as much of your mass (free arm, torso, and head) as close to the boat's rotational axis as possible as it can be used to carry the rotational momentum to the other side. Have someone check that you aren't throwing your free arm out away from the kayak on the roll-up side. If so, lead with your free arm elbow against what will be the top gunwale [see Photos 2 & 4] and throw your free arm low across the deck and top gunwale to the other side, karate-chop style. Make it lead your body and head over the rear deck's centerline. As your head reaches near the boat's centerline, you can even "throw" your head across by facing the side you're rolling to, forcefully leading with the chin. [See Photos 4 & 5.]

Finally, are you accomplishing all of the above (good reach, explosive catch, strong hip snap, well-timed and -executed free arm throw, and body shift to rear deck), but stalling out after reaching 100°–120° and capsizing back into your roll side? If so, then work on driving through (straightening) with that top leg while driving upwards into the thigh brace on the hanging side.

As you are shifting into layback position on the rear deck, imagine you're trying to "scoop" your upper body and head onto the upper deck by sole means of pushing forward and down with your top leg while cranking away upwards on your hanging side.

You can also try throwing the free arm a bit earlier (or later) to see if a timing adjustment helps.

Step 4

If you've completed Step 3 without incident, it's time to lose the hand rolling aid and nail the real thing. Visualize Photos 1 through 6 as you read through this. Set up as you did in Step 3 with your catch hand rotated palm down and forward just like Photo 1. Tuck forward and roll toward the side the catch hand is set up on. Reach for the surface as you continue your capsize's rolling momentum. Even more than you have done up to this point, accelerate your reach as you near the surface and explode your catch, following almost simultaneously with your equally explosive hip snap. Leading with your free side elbow against the hull, karate chop your free arm low and flat across the fore deck (palm down) to pitch the boat past the 90° mark. Imagine scooping your torso onto the rear deck via your hip snap and free arm throw. Remember, your hip snap should be an upward explosion of a brace with your hanging side hip and knee. Demand that every available fiber of your being get across the centerline of the rear deck to help counterbalance. Visualize plastering your head and torso to the rear deck. And keep driving hard (straight ahead) with that top leg, right through to the end of the roll. Ending with both arms down, as in Photo 6, will help you stabilize and end the rolling inertia. Now you can sit forward, drain your sinuses, and breathe. You did it!

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Further Challenges

As with any newly learned skill, do not let your hand rolling stagnate. Challenge yourself with learning to hand roll on your off side. Try hand rolling without the use of the free arm by holding the coaming or gunwale throughout the roll. You can even use the free arm to hold a weight in your lap (on the sprayskirt). If those get to be passé, try clenching your power hand, or further, holding a weight in your power hand as you hand roll. Combinations of these can also prove quite the challenge, such as hand rolling on your off side while holding a 2-3 lb. rock in your power hand and a 2-3 lb. rock in your lap with your free hand. Anyway, just remember that playing = improving!

In Conclusion

I hope that after putting this information into effect a few times, you are now among the ranks of sea kayakers who don't need no stinkin' paddle for any-thing more than deck decoration!

If you're still not quite there, do **NOT** give up. Hand rolling is an incredibly complex series of physical movements all time-relevant to one another, with almost no margin for error. Keep working with the skills you've learned so far. Think of rolling practice as in-water yoga and take time to experiment and play. It may well be a matter of over-thinking it, as it was for me. Drop the pressure, demands, and expectations. Provided the instruction has been internalized, sometimes relaxing, de-focusing, and just going for it may prove just the ticket to hand rolling success.

Trip to Tangier

by Yvonne Thayer, photos by Ron Barnett

Woody had meticulously planned our Columbus Day weekend paddle to Tangier Island. It would be a peer paddle featuring a 13-mile crossing (6 on open water), two nights in a pleasant bed and breakfast, and limitless seafood. That was the plan.

Woody had paddled to Tangier before, so he'd already scoped out the route, rest stops, channel, B&Bs, canals, shoreline, local food and folkways, and liquor availability (none; Tangier is a dry island). He provided detailed instructions on booking rooms in Shirley Pruitt's quaint Victorian Bay View Inn, bringing adequate water and safety gear, and stashing away sufficient beer and wine for the long weekend.

The way Woody tells it, on his first trip the water was like glass and his worst problem was the monotony of paddling alone. This time, Hurricane Isabel had just passed through, badly battering the island, devastating the fishing business, and throwing our whole trip in doubt. Our group (Ron Barnett, newcomer Susan Hicks, Bernadette Knoblauch, David Moore, Caroline Schoelles, Robert Woodard [Woody], and me) stood eager to make what was for most of us our most ambitious crossing to date.

We met as planned on Friday evening and headed to the Captain's Galley for crabcakes, salad, stuffed flounder, fries, beer, and weather talk. The weekend forecasts were not promising but we were, as is the kayaker way, eternally optimistic.

Weather talk dominated the weekend. Ron was the latest to acquire a weather channel radio and added his findings to our endless discussions on wind speed, wind direction, tides, waves, fetch, pitch, temperatures,

visibility. Half the group decided to go by mail boat rather than paddle the next morning; the rest of us kept postponing a final call.

Next morning, all it took was stepping out on the motel balcony and feeling the 15-20 knot winds whip by to know we would all be taking the mail boat across that day.

To the amusement of the townspeople, we hauled our kayaks onto the Tangier mail boat for a 12:30 departure. The seas were heavy, steel gray, with 3-foot swells, and we



could appreciate how long and heavy a slog, not to mention the danger, it would be to paddle. Arriving at Tangier Island, we were struck by the destruction of the previous week's hurricane. Most of the docks were smashed, their pilings askew; fishing shanties were tumbled over, the crab pots wrecked. Many buildings suffered extensive flooding—our B&B's parlor floor was stripped to the foundation and was being rebuilt—and the water level remained high.

As soon as we docked and unloaded the boats, half of us launched from the dock and paddled around the main pier and on up into the canal to the B&B. We floated the boats around a bridge and over the road at

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one spot and hauled out at the entrance to the B&B on a half submerged road and very soggy front lawn. Others wheeled their boats the half mile from the dock to the B&B. Caroline hoisted hers on her shoulder and walked it to the B&B, to the great admiration of the young (and old) men on the island.

Tangier is a pleasant, flat island with some 750 inhabitants, wood frame houses, large white churches, classic



village cemeteries, and seemingly hundreds of orange and calico cats. There are few roads and fewer cars; most residents get around on golf carts, motorbikes, or bicycles. Livelihoods come largely from fishing and tourism in season.

On Sunday morning, we launched together and paddled back through the canal toward the eastern edge of the island, crossing under the bridge we'd passed over the day before. The winds were around 20 knots and the waves were high, especially where the canal emptied out into the bay. Ron, Susan, and Bernadette decided to re-enter the canal and paddle the somewhat calmer southwestern side. Woody, David, Caroline, and I kept going on a northeasterly course to circumnavigate the island. The waves beat fiercely and erratically, giving David an opportunity to make his first combat roll.

We worked our way around the islands, approximately nine miles, stopping for a time on a long spit of

sand while we debated where one might camp on the low lying inhabited island. After five hours on the water, we met up with the others and paddled back to the B&B, drying for a hot shower and a big dinner.

Once everyone was cleaned up, we sauntered back into town, strolled up all two blocks of it, and checked out a few restaurants; all but the Fisherman's Cove were shuttered and dark. It was 5 PM. Suddenly a closed sign appeared on the door of the packed Fisherman's Cove. I dashed in to get us a table, but I was too late. All restaurants close by 5 PM on Sunday so residents can get ready for church. Some reopen after the 7 PM service but there were so few visitors on the island that we couldn't find any place willing to feed us.

David and I went to the church service, where the minister told the congregation that FEMA officials were on the island taking reports of hurricane damage, and urged the residents to sign up for relief.

The rest of the group scrounged up some crackers, fruit, powerbars, and cans of tuna. While tuna fish is no substitute for fresh crabs, we did have a nice sunset and resumed the debate over who might paddle back to Crisfield the next day. By nightfall, Ron, Woody and I, were still hoping to paddle back.

By 5 AM the next morning, we knew there would be no open crossing for any of us. The winds picked up sharply and the forecast was for 3-foot waves and likely rain. By 6 AM, Woody led a team to haul the boats back to the pier, by 7 AM we were wolfing down breakfast at Shirley Pruitt's table, and by 8 AM, we were aboard the mail boat. The crossing was even rougher than the first day, sending up enough spray to soak some of us and our kayaks. Ninety minutes later we were back in Crisfield, lashing our boats back on our roof racks.

So, now, all we need is two nice days, a bit of advance notice, and we will take on the crossing by kayak.

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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

Weekly Pirates Paddling

CHECK THE STARTING DATES FOR EACH GROUP ON THE CPA WEBSITE:
<http://www.cpakayaker.com>

Pirates at Pier 7

Begins Wednesday, April 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@cpakayaker.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@cpakayaker.com. In case of inclement weather, call Belle Haven Marina, 703-768-0018 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

Preseason opening Thursday, April 8; dry suits or wet suits with paddling tops required. Regular season opening to be announced. Thursday nights, arrive between 6-6:30 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; <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.

Pirates of Algonkian (upper Potomac)

Tuesday nights, 6 PM until sunset. Paddlers from VA and MD paddle along the upper Potomac shores. We raid unsuspecting canoes and fishermen for food, drink, and catch-of-the-day. AAARRRRRG! 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 Fountainhead Regional Park in Clifton, VA. Contact: James Song, james.song@verizon.com or tsongus@yahoo.com or 703-375-4754.

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 water-tight 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 needed.

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.

CALENDAR

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.

APRIL

4 (Sun) Jack's Boathouse Work Day/Cherry Blossom Paddle (*Advanced Beginner*). Dave Biss, 703-276-2728; Daylight Savings begins

7 (Wed) Spring Boat Check first day of Pier 7. Alan Avery, 410-956-3299

15 (Thurs) Tax Day Paddle at Pirates of Georgetown (*Advanced Beginner*). Dave Biss, 703-276-2728

17 (Sat) Wicomico (St. Clements)/Zekiah Swamp Wicomico Shores launch site. 8 mi. (*Advanced Beginner*). Ralph Heimlich, 301-498-0918, heimlichfamily@comcast.net.

24-26 (Sat-Mon) Assateague Island. Kayak Camping (*Advanced Beginner*). Dave Biss, 703-276-2728

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, 301-498-0918, heimlichfamily@comcast.net

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.

Kayakers, We Need Your Help!

The 2004 Potomac River Swim (7.5 miles) needs support kayakers to accompany individual swimmers on Saturday, June 5, 2004. Swim proceeds are donated to environmental organizations.

Kayakers get:

- Pre-swim supper/briefing on Friday, June 4.
- Camping at Pt. Lookout State Park on Friday, June 4.
- Post-swim picnic at Pt. Lookout State Park on Saturday, June 5.
- Commemorative t-shirt

<http://www.crosslink.net/~cherylw/pr2004i.htm>

Cheryl Wagner, (202) 387-2361
cherylw@crosslink.net

Inside our April issue:

- *Hand Rolling*
- *SK102 Registration Form*
- *Trip to Tangier*

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***