

Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Volume 17, Issue 1

January-February 2007

New Paddlers Needed for SK101: Introduction to Sea Kayaking

CPA's classic paddling orientation course, SK101, will be held on 8:30 AM to 3 PM, Saturday, February 17, 2007. This is a great opportunity for aspiring paddlers to learn about and discuss boats, paddles, equipment, safety, paddling opportunities and destinations, and cold weather boating with experienced CPA paddlers. There will be displays of boats, paddles, gear and kayak camping, and, weather permitting, on-water demonstrations and cold weather gear checks. Each participant will receive a CPA patch. And new paddler-participants at SK101 will get preference for CPA's most popular on-water course, SK102 (see below) in April.



Brian Blankinship with the 2nd most important piece of paddling gear *Photo by Yvonne Thayer*



SK101 students observe strange sea creatures *Photo by Yvonne Thayer*

So get the word out, invite your friends, neighbors and co-workers to sign up.

Spread the word on your websites, local newspapers or at your local sports stores. Think about giving some special "someone" the gift of a start to fun and safe paddling in 2007.

Registration is limited, first come-first served, and required for attendance, preferably by February 1. See registration form and instructions on [page 8](#).

Ninth Annual SK102: On-Water Sea Kayaking Skills Clinic

Imagine over 100 kayaks, paddles and other assorted gear you can try. Instruction from some of the area's best instructors, all volunteering to provide YOU with free lessons. Add a barbeque and bon fire and you know it's going to be a great weekend.

That describes SK102, the annual On-Water Sea Kayaking Skills Clinic at Lake Anna. 2007 will be the ninth one! The skills clinic is designed with the new paddler in mind, but includes some "higher level" classes as well. Courses range from an introduction to boat design through advanced rescues, from basic strokes to classes in Greenland or Wing paddle techniques.

- Friday starts with a night paddle. Removed from major cities, the night sky is darker and the stars are brighter. Throw in plenty of good company and it's hard to beat.
- Saturday we will have two blocks of classes, before and after lunch. Afterwards there are kayak games, rolling demonstrations and just messing about in boats (and on land).
- Saturday night is the barbeque (included in the price) and bon fire. Musicians are always appreciated!
- Sunday will feature walk-in classes both on land and water (at least the rolling instructors "walk-in").

This is not commercial instruction. The fee collected goes towards expenses. If you are an American Canoe Association member, you can save the insurance fee. The only way to register is using the form in this newsletter on [page 9](#). But don't delay—SK102 usually fills quickly.



Brian briefs SK102 students

For the latest information check out www.cpakayaker.com/forums under Events, SK102.

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:

We accept display advertising that relates to the interest of our readers. Monthly rates are as follows:

Size cost wide x deep (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 at no charge; non-members pay \$10 for 3 months.

WANTED—Volunteers for Article Editor and Advertising Coordinator for the Newsletter Team. Contact Ralph Heimlich, Managing Editor, at news_editor@cpakayaker.com



Whitest Elephant photo by Beth Heimlich

SCHEDULE FOR 2007 CHESAPEAKE PADDLER

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
March 2007	February 15, 2007
April 2007	March 15, 2007
May 2007	April 15, 2007 (Tax Day!)

Have an idea for an article, or is there information you would like to see in the newsletter? Email Ralph at news_editor@cpakayaker.com or call at 301-498-0722.

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.

Officers:

Coordinator—Dave Biss, 703-241-0036, coordinator@cpakayaker.com

Membership, subscriptions—Sue Bauer, 410-531-5641, c/o CPA, PO Box 341 Greenbelt, MD 20768, membership@cpakayaker.com

Secretary—Sue Bauer, 410-531-5641 secretary@cpakayaker.com

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Webmaster/E-Mail List Administrator—Dave Biss, webmaster@cpakayaker.com

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Pirate Groups:

Pier 7 Pirate Committee—Brent Cogswell, Jenny & Greg Welker, Sue Bauer pirates_pier7@cpakayaker.com

Potomac Pirate King—Dick Rock, 703-780-6605 pirates_potomac@cpakayaker.com

Patuxent Pirate King—Dan Wells, 410-414-2660, pirates_patuxent@cpakayaker.com; Don Polakovics, 301-866-0437

Georgetown Pirate Committee—Cyndi Janetzko, 703-241-0036; Dave Biss, 703-241-0036; pirates_georgetown@cpakayaker.com

Baltimore Pirate King—Bob Huber, 410-335-0994, pirates_baltimore@cpakayaker.com

Algonkian Pirate King—Jeff Walaszek, 703-670-7712, pirates_algonkian@cpakayaker.com

Sugarloaf Pirate Queen—Deb McKenzie, 240-601-1440, pirates_sugarloaf@cpakayaker.com

Pirate Queen of the North—Wendy Baker-Davis, 717-293-1086, pirates_north@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, except Nov-Feb 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.

Admiral's Walk



Ahoy, Paddlers,

I am excited to have been elected as the new coordinator of the Chesapeake Paddlers Association. It is a great honor, not to mention a lot of fun, to be a part of this club. The CPA has been an active club for a dozen years. During that time the club has organized and presented an uncounted number of day paddles, weekend trips, skills courses, and much, much more. Above all that, what I believe the club has done the best is to show lots of people, including myself, that kayaking can be a wonderful opportunity to get outdoors, exercise, explore nature, and perhaps even find a part of yourself you have never known before.

That is exactly what the club continues to do to this day. The CPA provides easy access for those interested in the sport of kayaking. All of the special people that volunteer for this club provide safe and simple ways for new members to get introduced to kayaking, while making friends at the same time. We have the perfect opportunity to see this in action, with the event "SK101: An Introduction to Sea Kayaking" scheduled for February 17th. This event usually occurs every two or three years, when the kayaks have been stored for the winter, the weather gets cold, and everyone gets itchy for some time spent at their favorite activity. SK101 offers an unparalleled way for new adventurers to the sport to meet more experienced kayakers, listen to them talk about what they love, and learn from them while having the opportunity to touch boats and gear at the same time. This will be a great event to start the year off right!

This club would not be what it is without the volunteers who dream up exciting activities and who have the desire to carry them through. There are lots of examples from Brian and Laura's SK102 event to the latest skill testing series last year, the Kent Island Peer Paddles. Whatever the activity, it is the love of the sport and the desire to bring new friends around them to share in the excitement that drives our volunteers. Everyone has to admit that kayaking gives one the chance to enjoy solitude, but it also provides the chance to share your experiences with others who can really appreciate your excitement.

All of the CPA events give new and long standing members alike a chance to share their enjoyment of kayaking together. There is no better way to see this than in the planning that goes on early in the season to get new trips up onto the CPA calendar. Some members, who have their favorite places to camp, make plans to lead a trip. And often new members voice new ideas of places for a day paddle, and a trip evolves from that. If any of you want to share in the fun of paddling with other CPA members, I urge you to go to one of the two Trip Planning meetings in either [February](#) or [March](#) and speak up with a new idea. That is how the fun starts.

2007 will be a great year for the Chesapeake Paddlers Association. The biggest news to bring in the year is that we will finally become a tax-exempt entity this year. This may not affect our activity much, but it will surely help our pride. Every year the number of events which the CPA offers, grows. I am sure that this year will be no exception. Along with all the fun that the club offers for paddlers who get together on the water, it has always been known for its ability to spread the word on safety. Last year, a couple of members created a "Cold Water Safety Brochure" in their concern for paddlers who venture out onto the water when it is cold. Join me as we continue this tradition of having fun doing what we love... paddling.



I hope to see you all on the water during 2007,

Dave Biss

Notice to our Chesapeake Paddlers Association members who may have joined or renewed last month during early December. A packet of membership forms got lost in the Christmas card pileup and only your checks arrived safely to our Treasurer. Our newest members are:

John Blankenship

John and Lisa Kelly

Peter Butrite

Louis Allstadt

Melinda Hardin*

* If anyone knows Louis or Melinda, please contact me !

For anyone now receiving a paper version of the newsletter who would prefer to receive the newsletter electronically, please contact me. We will need your current email address to switch over to an electronic version for the next month's edition. Our downloadable editions are colorful, timely, and save money and paper. They're the best way to find out what's happening!

Sue Bauer
Membership Secretary
suegreenthumb@aol.com

CPA Pool Sessions, 2006-2007

Where: Fairland Aquatic Center, Burtonsville, MD

When: Saturdays, now through spring

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

Fee: \$7 per person. Pay at FAC

These are open sessions, not lessons. You must bring your own boat and gear. There is plenty of room for more participants. The pool is not available on Feb 3, 24, Mar 10, and 24.

Required:

1. Boats and gear must be clear of leaves, mud, grass, etc.
2. A reservation. To get a reservation, [go to the CPA Website](#) (preferred) or email Joan at jspinner@verizon.net or call 301-559-3345 by the Thursday prior to the session; leave a message with the following information:

- a. your name and phone number
- b. date of session
- c. time slot
- d. number and type of boats (WW or sea kayak)

You will 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. Before you go, call the center to see if it is closed due to inclement weather or another reason: 301-206-2359. Note that new forum has been added at the CPA Kayaker Forum Index, "[Indoor Pool Sessions](#)".

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.

Late Fall Potomac River Paddles

[Editor's note: Apparently global warming isn't all bad. Bob has led a number of these Potomac River trips late into this "winter" as the temps have stayed kind of water sports.]

We had a fantastic paddle on Saturday, December 16th, on what strangely enough felt like a spring day. Yes, our little morning paddle went from 9 AM until 6 PM, which allowed us the pleasure of finishing the trip in one hour of total darkness. It was the first time any of us paddled that part of the river through darkness. While the river's boat ramps generally close at dusk, our group is allowed to use the Shepherdstown boat ramp at all times, so that is an added bonus for us, as we don't have to rush back.

After our trip, I felt rather incredulous, as I studied my topographic map showing our trip's itinerary. What a trip it was!

We paddled a total of sixteen (16) miles on the Potomac River, 8 miles going up against the current, and then 8 miles coming down with the current, on our nine-hour adventure. We paddled 4 miles to Snyder's Landing, ate on the dock, and then paddled another 4 miles to Taylor's Landing, and then ate on the dock again. It is debatable if we lost any weight on this adventure.

On our journey, we slowly paddled against the current at Horse Back Rapids, then, as we looped around Horseshoe Bend (located by Lock #40 of the C&O Canal), we pulled our vessels using ropes in the shallow area at Sunny Rock Rapids, then discreetly went by Old Man Morgan's Place on the Wild and Wonderful side of the river (he is known to fire warning shots at strangers), then we carefully paddled single file through Three Rock Walls, and, finally, we were happy to see the shimmering Class II rapids at Taylor's Landing, as we made landfall at a smart angle.

Surprisingly, returning fishermen told us they failed to see a single fish all day, while both Gayle and Todd had adopted schools of quite large fish, possible bass, who seemed content to swim under their kayaks. Even Gayle admitted that they were not snake-heads, luckily for them.....

A special thank you goes to Gayle for bringing so much healthy food to share, and for the ever-resourceful Todd who was able to get Gayle's vehicle jump-started on a dark West Virginia dock. I hope that more members join us on future trips throughout the year at this proven successful location.



Potomac paddlers photo by Gayle Jackson

Maryland and Virginia Trip/Event Planning Meetings

Get a jump on the paddling season by attending one of two CPA Trip Planning Meetings in the spring. The first is in Maryland in February and the second will be in Virginia during March. Everyone is welcome. The purpose of these meetings is to identify and promote trip and event ideas for the CPA throughout the coming season, and also just for winter kayaker camaraderie.

Maryland Meeting (Including a CPA Steering Committee Meeting)

When: February 10, 2007 (Saturday)

Where: 7914 Belgaro Road, Laurel, MD (in Howard County)

Organizer: [Ralph Heimlich](#) 301-498-0918 (H, leave a message).

Got some great ideas for a day paddle? Car- or Kayak camping trip? Extended excursion? Training event? Bring them to the March Maryland CPA Planning Meeting!! A Steering Committee Meeting will be held starting at 11 AM. A light lunch (soup and crackers) will be served at noon. The Planning Meeting starts after lunch. Please come prepared to discuss the following:

* Trip type and description * Trip date * Trip location * Organizer(s)/Leader(s)

Directions:

From I-95 North of Laurel: Exit at Route 32 heading west. Take the exit for Route 29 south to Washington. Exit at Gorman Road/John Hopkins Physics Lab. Come up to the light at the T and turn left over the overpass and around the circle, heading east on Gorman Road. Make the first right on McIver Road to T at stop sign. Turn left on Belgaro, continue past East Crestview on Belgaro. We are the 3rd house on the right (large woodland planter, basketball hoop).

From I-95 South of Laurel: Exit at Route 216, heading west to Scaggsville. Stay on Rt 216 through 2 lights to circle. Bear right to ramp for Route 29 North. Immediately take the ramp for Gorman Road/John Hopkins Physics. Bear right at circle, heading east on Gorman Road. Make the first right on McIver Road to T at stop sign. Turn left on Belgaro, continue past East Crestview on Belgaro. We are the 3rd house on the right (large woodland planter, basketball hoop).

Ralph

VA Trip/Event Planning Meeting

Here is your second chance to get in on the club trip planning!

When: March 10, 2007 (Saturday) The meeting will commence about 10:00 am.

Where: Cyndi and Dave's Yak Shak, 6668 Barrett Road, Falls Church, VA 22042

Organizer(s): [Dave Biss](#) 703-241-0036, [Cyndi Janetzko](#) 703-241-0036.

Everyone is invited. Whether you are interested in discussing a trip that you would like to get on the club calendar, or just want to try to get more events that you want to see on the calendar, come to the VA Trip Planning Meeting!!!

Last year we had a very successful turnout. People came to make new day-trip plans and over-night-trip plans. People came just to meet other club members interested in the same things. It was a fun time for all. We will have coffee, and tea available, as well as some coffee cake and corn bread. If you can bring some other yummy breakfast-like goodies to add to the buffet table, please feel free. The meeting will run until everyone is talked out. That is usually about 2:00 to 3:00 pm. See you all there!

Directions:

From the 495 Capital Beltway: Take the Route 50 Exit (Which I believe is numbered as exit 50) going East towards Arlington. Travel approximately 2 miles, and turn right onto Annandale Road (just after the second McDonalds on the left). Travel about 100 yards and turn left onto Barrett Road. Our house is almost at the end of the road on the left. Park anywhere available along the street.

From Route 50/Washington D.C.: Get onto Route 50 after passing through Washington D.C. or Alexandria. Travel West on Route 50 towards Fairfax/Falls Church. After passing through Arlington, you will pass the Seven Corners Shopping Plaza on your left. Travel up the next hill and down again, less than a mile. At the bottom of the hill, turn left onto Annandale Road (just past the CVS). Travel about 100 yards and turn left onto Barrett Road. Our house is almost at the end of the road on the left.

Park anywhere available along the street.

Map Quest Link: [Link to our address in MapQuest.com](#)

Dave & Cyndi

Who Can Organize and Lead A Trip? Anyone can ORGANIZE a trip by coming up with an idea, a location, and a date. If you don't feel you have the necessary skills (such as navigation, rescues, first aid) to successfully LEAD your trip, you should recruit a more experienced trip leader to take charge of the on-water leadership. CPA training sessions (SK102, Kayak Navigation, Trip Leader Training) help you learn to lead trips.

What Kind of Trips Can CPA Paddlers Organize/Lead? The most common trips in the past have been day paddles, car camping trips, and kayak camping trips, but the anything on the deep blue sea is possible. CPA paddlers are always ready for new paddling venues, or more competitive activities such as Poker Runs, Geocaching, or paddling games (hounds and hares, anyone?). You should organize/lead trips within your skill level (see <http://www.cpkayaker.com/events/trip.html#skill>) and appropriate for the expected weather.

Discussion at the sessions will help you refine your proposal, with input from other paddlers who have paddled at the location or undertaken a similar activity. Instructions on how to complete the calendar entries for trips will be available. It's a good idea to scout the launch, lunch, and take-out sites for your planned trip by car over the winter months, or using charts and maps or online aid such as [CPA launch sites](#) or [Woody's Launch Finder](#)

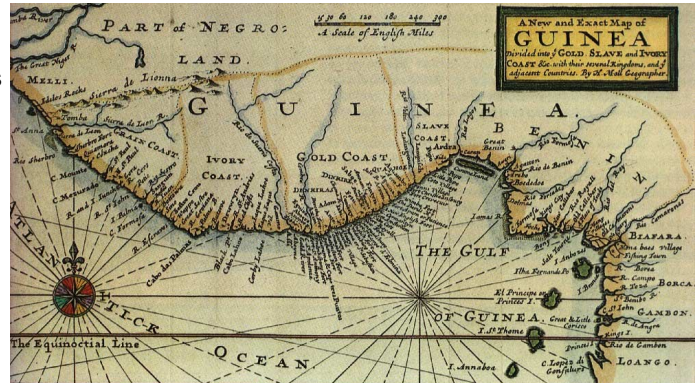


In Memory of
Shirley Watt Ireton
 July 29, 1952- November 23, 2006

PaddleQuest Paddler's Guide Project

A project is in the offing, to create a paddler's guide to southern Maryland waterways. The goal is to create a web site and/or print product which will provide information to kayakers and canoeists about paddling trips in the region. A locally-based educational non-profit organization has agreed to host the website. A print product, with weather-resistant maps and information sheets, is an aspiration. The first phase will be limited to St. Mary's County. We anticipate broadening the scope to Charles and Calvert counties in the near future.

This is a volunteer effort with the goals of enhancing southern Maryland's attraction as a tourist destination and building an appreciation of the unique natural environment of the region. No individual or group will receive any monetary reward for their contribution. We are hoping to recruit paddlers who can provide some detailed, information about local trips in St. Mary's County. A team of editors will take your account and massage it for continuity across entries and a semblance of proper usage. Contributors' names will be printed in a general acknowledgments section.



So what do you say? Why should you do this as an uncompensated volunteer, you ask?

1. Because you can. For each trip there are only a few people who have paddled it enough times to write about it familiarly. The burden of knowing becomes an obligation.
2. You can wile away a few hours of winter, writing in front of the fireplace, dreaming of spring.
3. Ask yourself how much you would have appreciated having a guide such as this one years ago when you started paddling.
4. One of the surest ways to preserve our natural landscape is to make it financially beneficial. If the region can generate revenue from tourists that are drawn here to experience pristine waterways, pristine waterways will become a political objective.

For more information or to receive submission guidelines, please contact the coordinators listed below.

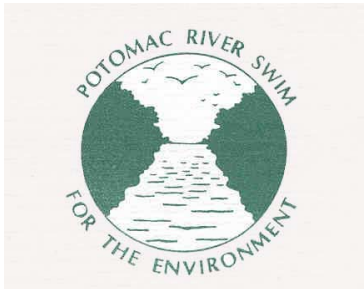
PaddleQuest Project Coordinators
 Bob Elwood and Lynn Erwin
 (301-884-4862 or whitson@gmpexpress.net)

Calendar

Participants in CPA events must read and comply with the statement of CPA trips 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 <http://www.cpakayaker.com/events.html>

February	10 Maryland Planning and CPA Steering Committee Meeting, Ralph Heimlich 17 SK101, West River Center (especially for new paddlers) Yvonne Thayer and Brian Blankinship
March	10 Virginia Planning Meeting, Dave Biss and Cyndi Janetzko
April	27-29 SK102, Lake Anna, VA, Brian Blankinship and Gina Cicotello
June	2 Non-CPA Event: 14th Annual Potomac River Swim Support, Cheryl Wagner



Potomac River Swim Support

Happy New Year!

The 14th Annual 7.5 mile Potomac River Swim will take place on June 2, 2007. The webpage with entry form and other information can be found at: <http://artemis.crosslink.net/~cherylw/pr2007i.htm> or for kayak support info, see <http://artemis.crosslink.net/~cherylw/pr-boater-kayaker-info.htm>

Please join us for another fun and challenging year. Kayakers, swimmers, boaters and other volunteers are needed. For more information, contact :

Cheryl Wagner
 EMAIL cherylw@crosslink.net OR cherylw46@yahoo.com
 H (202) 387-2361
 W (202) 874-0614
 FAX (202) 478-0948

TERRAPIN MASTERS
<http://www.terrapinmasters.org>
 POTOMAC RIVER SWIM (June 2, 2007)
<http://www.crosslink.net/~cherylw/pr2007i.htm>
 POTOMAC SWIM SPONSOR:
 Patuxent Adventure Center <http://www.paxadventure.com/>



Swimmer Andrew Hewitt and kayak supporters Jennifer Bine and Dan Hoke *Photo by Cheryl Wagner*



Waiting for the demo

Chesapeake Paddlers Association
CPA is a completely volunteer-run organization. The mission of the Chesapeake Paddlers Association is to help people safely enjoy sea kayaking and to promote safe paddling practices through the education of the local sea kayaking community and the interested public. Club activities may include, but are not limited to, kayak trips, kayak camping trips, instructional workshops, informal weekday evening paddles, parties, and any other activities consistent with the mission that members of the club wish to organize.



Registration: Apply to register in SK101! Space is limited and available on a first come, first serve basis. You are confirmed only if you receive a return email or phone call. Registrations will be accepted up until February 1, 2007. Applications received after the workshop is full will be placed on a waiting list. Use the form below or register on the web at <http://www.cpakayaker.com/sk10107.html>

REGISTRATION FORM

Your Name: _____

Your Email: _____ Your Phone #: _____

Address (Street, Town, State & Zip Code) _____

I have kayaking experience: Yes / No
If "Yes", what kind, how long? _____

Would you prefer a vegetarian option if offered? Yes/No

Mail this form and your check for \$20/person to:

Gina Cicotello
4511 Sangamore Road, Apt 302
Bethesda MD 20816
(240) 305-0922
ginacico@earthlink.net

Note: You are confirmed ONLY if a slot is available. You will receive a return email or phone call confirming your registration. If you do not receive an email or phone call, you HAVE NOT been registered.

Cancellations: Please be sure to contact Gina if you know you won't be able to attend so that someone on the waiting list can benefit.



Places to paddle



THE NINTH ANNUAL SK102 SKILLS CLINIC, APRIL 27-29, 2007

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, and are posted on www.cpakayaker.com/forums under Events, SK102.

Cost: \$32, which covers 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 conduct the free skills clinic. This is not certified instruction.

For questions or to volunteer: Email: SK102@BayKayaking.com. If needed, call Brian at 410 867-1051.

Registration will be limited to 80 and will fill up quickly. See instructions at the bottom of the form. You will be notified by email of acceptance/non-acceptance. For those turned away, checks will be destroyed.

ALL MUST BE PRE-REGISTERED: NO NON-REGISTERED GUESTS OR WALK-INS allowed on the grounds.

SK102 REGISTRATION FORM

Name(s): _____

Email Address: _____

Address: _____

Phone(s): _____

Note: Children 12 and older are accepted, 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

Did you attend last year? 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 \$22. ACA Membership # _____

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

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

For course descriptions, go to www.cpakayaker.com and look under Special Events, SK102

Morning Session: 9:00-12:00 Saturday

- BLOCK 1: Kayak Design, Wet Exit, Basic Strokes
- BLOCK 2: Stroke Improvement, Intermediate Strokes, Bracing
- BLOCK 3: Self Rescues, Group Rescues, Towing
- BLOCK 4: Greenland Style Paddling
- BLOCK 5: Wing Paddle Technique

Afternoon Session: 1:00-3:00 Saturday

- BLOCK A: Stroke Improvement, Intermediate Strokes, Bracing
- BLOCK B: Self Rescues, Group Rescues
- BLOCK C: Advanced Rescues
- BLOCK D: Rolling

Sunday Morning Sessions do not require registration, and will be announced by email and on the web page.

To register: Send this form along with your \$32 (\$22 for ACA members) check payable to "CPA" to:

Gina Cicotello, 4511 Sangamore Road, Apt 302 Bethesda, MD 20816



Kayak Santa

Photo by Ralph Heimlich

Inside our January-February 2007 issue:

- **SK101: Intro to Sea Kayaking**
- **SK102: Skills Training**
- **Spring Planning Meetings**
- **Pool Session sign up info**
- **Late Fall Potomac Paddle**
- **PaddleQuest Paddler's Guide**
- **Potomac River Swim Support**

The Chesapeake Paddler

Chesapeake Paddlers Association
PO Box 341
Greenbelt, MD 20768

REMINDER: Please check your mailing label or the email you were sent 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.