

Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Inc. Volume 18, Issue 1

January-February 2008

New Paddlers Needed for SK101: Introduction to Sea Kayaking

CPA's one-day seminar on sea kayaking, SK101, will take place on Saturday, March 1, 2008, at the West River Center, in Maryland. Presentations will include kayak and paddle design, how to choose boats and gear, basics of safe paddling, where to paddle, and other topics. There will be boats and gear on display, and knowledgeable people available to discuss different aspects of kayaking. Weather permitting, there will be an on-water demonstration and cold water gear checks. This event is primarily for the new paddler; however, everyone is invited to expand their paddling horizons. Cost is \$20 and includes a continental breakfast, lunch, and handouts. Registration is required, and a flyer and application is online at [. from Gina Cicotello at 240-305-0922.](#)



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



Marshall and Dave tell paddlers where to go
Photo by Yvonne Thayer

CPA Coordinator Dave Biss says, "SK101 is a great opportunity for people who are just getting started or are new to the sport of sea kayaking. Here is a chance to meet and listen to others talk about their experiences and their love of the sport. Interested newcomers can gain hands-on understanding of essential gear, get indispensable advice from experienced kayakers, and see demonstrations of techniques."

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 2008. Registration is limited, first come-first served, and required for attendance, preferably by February 1. See registration form and instructions on [page 8](#).

SK102: On-Water Sea Kayaking Skills Clinic Is 10 Years Old

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's SK102, the annual On-Water Sea Kayaking Skills Clinic at Lake Anna. 2008 will be the tenth 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.

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.

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



SK102 Students get WET!

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—Arctic Wind Paddle by Werner.
 Please call R.L. Spear,
 410-248-0260.



Jenny and an eagle-Piscataway Creek, January Photo by Ralph Heimlich

SCHEDULE FOR 2008 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 2008	February 15, 2008
April 2008	March 15, 2008
May 2008	April 15, 2008 (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

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Pirate Groups:

Pier 7 Pirate Committee—Rich Stevens, Jenny & Greg Welker, Sue Bauer, Brent Cogswell 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 King—James Higgins 301-460-8022 pirates_sugarloaf@cpakayaker.com

Pirate Queen of the North—Bob Shakeshaft 410-436-7069 and Mike Free 302-633-8740 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



Everyone has their moment when they desire above all else to be floating away into a state of blissful ignorance. Sometimes paddling is just about leaving it all behind, and trying not to think of anything...except when you are paddling cold. *When it comes to paddling in cold water, attention and knowledge is paramount. You can never know too much about cold water paddling!*

As the water drops below 60 degrees in the fall and winter in our area, many kayakers face new threats that are physical as well as psychological. The physical threats are obvious; the cold water, the cold air, stronger winds and shorter days. The psychological threats, or how you cope with the new environments,

may need more consideration.

Let's look at cold water. Everyone has heard of **hypothermia**: the dropping of the body's core temperature. Do you know what some of the milder symptoms are? It is not feeling cold and shivering. It is instead irritability to your paddling partner, difficulty in removing your gloves and spray skirt, confusion about what to do, and faster breathing. Have you experienced any of these symptoms while paddling in the winter? I have. Knowing what they may indicate helps me change my paddle plans to make myself more comfortable if not safer. As hypothermia gets more severe, a sort of cold-water anesthesia can develop, making a person's mental processing disconnect with their bodily functionality. You can forget where you are and lose control of limbs and fine motor skills.

Another cold water factor we have all heard of is **cold shock**. This is the surprise of your head going under cold water, right? Well, it is more than that. It is a physical reaction of your whole body to quick exposure to cold water. In this situation, the human body often responds by forcing more air into the system. Uncontrollably fast breathing is often too much for someone who is suddenly swimming in freezing water to cope with.

Self-denial is an automatic psychological protective mechanism. Don't deny it! How often have you read of a kayaking fatality and said "Oh, but that would not happen to me because I would have done..."? Me?...every time I read one. Don't laugh off this common malady, but use it to help plan more effectively when venturing out into more dangerous environments. Plan through your trip in your head more completely ahead of time. Leave no eventuality unexplored. Peer support can work against you as well as with you. If everyone you are paddling with has chosen to ignore dangers facing the group when paddling cold, you will be highly likely to fall in with your peers. When paddling in numbers there is safety, but you need to protect yourself first. One last psychological factor is our inability to process emergency factors in great numbers. Will you be able to focus on the wind, waves, boat traffic, your friend yelling instructions to you, and that darned complicated paddle float rescue maneuver when an emergency happens? Practicing helps build pathways in our cognitive processing which will go to faster and more regularly. That is why people who get CPR training, always go back to re-read the emergency procedures. When the time comes to jump into action, give your unconscious something to jump into action with as well.



What to do? First of all, "Dress for the water" cannot be stated too much in this case: A dry suit and appropriate insulating layers. Protect your extremities, your head, hands, and feet. Keep up your fuel with extra high-energy snacks. Plan your trips differently when paddling cold. There is lots of cold water information available to kayakers. Some places that I have found recently to read about cold water paddling are at: In particular, check out the [CPA Brochure "It's Still Cold in There"](#)

Stay warm,

Dave Biss
Coordinator

I am saddened to inform you that Cindy Cole passed away on January 1, 2008. Cindy Cole was a sea kayaker extraordinaire. She and her husband, Charlie Cole, were instrumental in introducing many people to sea kayaking in the Maryland, Delaware, mid-Atlantic region, and in introducing sea kayakers to Greenland paddling. The Coles organized the first Delmarva Paddler's Retreat (this coming DPR will be the 20th). Cindy was a board member of Qajaq USA. She performed an amazing sequence of rolls set to music at a Delmarva Paddlers Retreat and inspired other paddlers to perform kayak dressage at subsequent retreats. They owned Millpond Paddlers, a sea kayak outfitting store, in Ocean View, Delaware. They participated in CPA's paddle fests.

Cindy Cole and Greg Stamer were the first two USA citizens to compete in the Greenland National Sea Kayaking Championships in 2000. Greg Stamer wrote an article for Sea Kayaker regarding their experience, February 2001 (Issue 80, page 34). Cindy wrote an article, "The Throwing Stick Roll" in the February 1997 issue of Sea Kayaker magazine (Issue 56, page 36).

Greg Welker

CPA Pool Sessions, 2007-2008

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 17, Mar 10, and 24, May 4, May 12 and 19: The pool should be open for us but sometimes the later meets make us go in late but we are still with the same closing schedule. If you go in late because the pool isn't available you can stay into the next session if you like.

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.



2007 Paddle for the Border photo on City of Chesapeake, VA, website

Paddle the Historic Dismal Swamp Canal

<http://www.chesapeake.va.us/services/depart/park-rec/paddlefortheborder.shtml>

The 5th Annual Paddle For The Border, is taking place in the Historic Dismal Swamp Canal on Saturday, May 3, from South Mills, North Carolina, to Chesapeake, Virginia. This is a 7.5 mile scenic paddle in a canal. For \$30 you get a tee-shirt, hat, lunch, and shuttle service. Kayak and canoe rentals are available therein, and there is a campground for lodging in the area as well.

Their website is: <http://www.chesapeake.va.us/services/depart/park-rec/paddlefortheborder.shtml>

The Dismal Swamp Canal connects the Chesapeake Bay in Virginia via the Elizabeth River and the Albemarle Sound in North Carolina via the Pasquotank River. This is the oldest continually operating man-made canal in the United States. Its inclusion into the National Register of Historic Places and its designation as a National Civil Engineering Landmark are honors worthy of its colorful past. Begun in 1793, it was finally completed after 12 years. While all this history is great, there is also an amazing abundance of wildlife in this protected area.

If you plan to attend, get your registration in the mail now, as there is a strict 230-boat limit.

There is a campground 15 miles north of the NC Welcome Center in Chesapeake, VA, named Chesapeake Campground. <http://www.rvparkreviews.com/regions/Virginia/Chesapeake.html>. Elizabeth City, NC, which is about 18 miles south of the paddling location, has a listing of lodgings (with contact information) <http://www.discoverec.org>

The photos of the participants from the past Dismal Swamp paddles are amazing, and I can share them upon request. I hope all can join us.

Bob Cianflone

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

When: February 10, 2008 (Sunday)

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 light lunch (soup and crackers) will be served and 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 8, 2008 (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](#)



Carving a "stick" photo by Gina Cicotello

Make A Greenland Paddle: A CPA Workshop

Gina Cicotello and Nelson Labbe are once again organizing a workshop to help you build a Greenland Style Kayak Paddle.

Been wanting to make your own Greenland paddle, Binky? Did you sign up for the Greenland paddling class at SK102 hoping to borrow one? Do you have a half-finished paddle that has lingered for months waiting for attention, or just needs a few tweaks? Come join us for a workshop and make your own Greenland Paddle!

If you have never carved a paddle before, we provide you with a blank (a piece of cedar that has been rough-cut to your custom dimensions) and instruction on the rest of the process. If you know the routine and want to make a new paddle

from scratch, please join us and be prepared to share your experience. Or, if you have unfinished projects and just want company for motivation, and to trade tools and tips, you are eagerly welcomed also. If you bring your own paddle, we'll provide finishing materials (sanding blocks, tung oil), informative handouts, and guidance.

When: Saturday, March 22, 2008

Where: Carderock (Bethesda, MD) in the pavilion

Cost: \$45 if you need a cedar blank, \$10 if you don't

Class size: Limited to 15 —Register today at <http://www.cpakayaker.com/gpmaking08.html>



Volunteer: Major Patuxent River Cleanup

Ralph Heimlich, Steve Grant, Mark Woodside and I have worked the Patuxent River cleanup (this year it is April 5) for the past few years. We put in at Queen Annes Paddler's Launch and float to Hills Bridge, filling our boats with trash as we go. We always have a good time but it has been a source of frustration for me to go down the river picking up cans, bottles, and the occasional tire, only to pass several spots that are littered with old appliances and even a few cars. These items are too big and too heavy for us to cart off in our boats.

This year, I worked through Fred Tutman, the Patuxent Riverkeeper, and got the cooperation of Keith Holman of the Capital Off-Road Enthusiasts (CORE), to begin to piece together a plan to remove some of the heavy trash from a portion of the Patuxent on March 29. We are still working on the plan, but one thing that is clear:

We are going to need some people to help out. I say people, because we can't be picky, but I would rather say paddlers, because we are the primary group that can anticipate a future when we won't have to look at this dumping area as we float by.

CORE is a group that seriously likes driving off-road SUVs. CORE members often mount heavy-duty winches on their vehicles to help rescue themselves or other vehicles that may get stuck. Some also have access to trailers. They will contribute winching and tractive power. Once the trash items are extracted from their resting places along the river banks, they will go onto trailers or pick-up trucks for a half mile, off-road ride out to Sands Road, where they will be deposited into a County-provided dumpster.

Please consider helping with this effort. It will be wonderful if CPA members can form a work crew of paddlers to assist with this effort. A removal site crew and a dumpster crew are needed. Also, because transporting the trash from the river bank to the road is shaping up to be a substantial part of the job, if you have access to a trailer or pick-up truck and can help with the haul-out, please volunteer.



Further details will be provided as they develop. Respond to Chip's post in the CPA Events forum or email chipwalsh@comcast.net if you have questions, suggestions or want to volunteer.

Chip Walsh

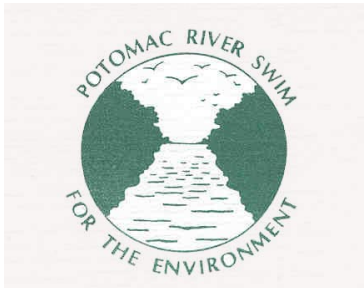
Calendar

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 Meeting, Ralph Heimlich
March	1 SK101, West River Center (especially for new paddlers) Yvonne Thayer and Gina Cicotello 10 Virginia Planning Meeting, Dave Biss and Cyndi Janetzko 22 Greenland Paddle Making Workshop, Gina Cicotello and Nelson Labbe 29 Patuxent Major Trash Cleanup (on land)
April	5 Patuxent Trash Cleanup (on water) 25-27 SK102, Lake Anna, VA, Brian Blankinship and Laura Butterbaugh
May	31 Non-CPA Event: 14th Annual Potomac River Swim Support, Cheryl Wagner and Chris Bresnan

Potomac River Swim Support



Support paddlers are needed for the Potomac River Swim on May 31, 2008.

This is a fun event and a chance to really make a difference to an individual swimmer.

Kayakers get a t-shirt, dinner on Friday night, free camping at Point Lookout State Park (in Maryland) on Friday night and Saturday night and a free picnic on Saturday after the swim. Also, I arrange a free kayak rolling session sometime in the summer, at the Patuxent Adventure Center on Solomons Island for Potomac Swim kayakers.

Your support helps improve the health of the river and the bay since proceeds from the swim go to area environmental organizations.

Additional safety procedures have been added this year. I hope you will consider joining us!!

For more information about the swim, see our website:
<http://artemis.crosslink.net/~cherylw/pr2008i.htm>

Happy new year and safe paddling.

Cheryl Wagner

H (202) 387-2361

W (202) 874-0614

FAX (202) 478-0948

Chris Bresnan

bresnacj@pwcs.edu



Swimmer John Sullivan and kayak supporter Photo by Cheryl Wagner



Boats, Paddles, Gear and more

Chesapeake Paddlers Association, Inc. 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 PAYMENT IS RECEIVED and you receive a return email or phone call. Registrations will be accepted starting January 7, 2008. 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/sk10108.html>

REGISTRATION FORM

Your Name: _____

Your Email: _____ Your Phone #: _____

Address (Street, Town, State & Zip Code)

How did you learn about this workshop? _____

Have you attended SK101 before? When? _____

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

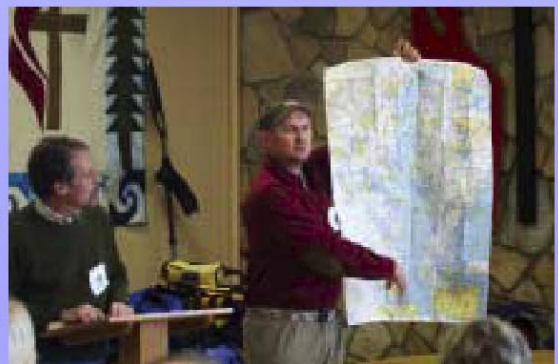
Would you prefer a vegetarian option if offered? Yes/No

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

Gina Cicotello
 P.O. Box 1472
 Pasadena, MD 21123
 (240) 305-0922
ginacico@earthlink.net

Note: You are confirmed ONLY if PAYMENT IS RECEIVED and 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 TENTH ANNUAL SK102 SKILLS CLINIC, APRIL 25-27, 2008

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: \$35, 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.

Registration will be limited 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 \$30. 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 \$35 (\$30 for ACA members) check payable to "CPA" to:

Laura Butterbaugh 829 Chester River Drive Grasonville, MD 21638



CPA Holiday Party and Kayak Video Screening

Photo by Beth Heimlich

Inside our January-February 2008 issue:

- **SK101: Intro to Sea Kayaking**
- **SK102: Skills Training**
- **Spring Planning Meetings**
- **Pool Session sign up info**
- **Paddle for the Border**
- **Major Cleanup on the Pax**
- **Potomac River Swim Support**

The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.
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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.