

# Chesapeake Paddler



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August 2010



Survivor paddlers working on the "Hole-in-the-Boat" problem photo by Jay Gitomer

## Survivor! Hart-Miller Island

By Jay Gitomer

The day started with a persistent rain... the perfect environment for a day of disaster scenarios. Survivor! Hart-Miller Island was going to be GREAT. Our activities were going to include a series of scenarios that included common injuries and boat damage. The idea was that, while we often practice rescues by themselves, the practical application of rescues is more complex; first, the best rescue for the situation has to be determined, and then it has to be put into effect, possibly in adverse conditions, possibly in fear.

We had a lot of experts on hand to make sure that the scenarios remained strictly imaginary. The leaders were **Brian**

**Blankinship, Paul Diggins, Paula Hubbard, and Rick Wiebush**, who had all offered great ideas and a lot of support. Kevin Black also contributed greatly to the planning, but was unfortunately unable to attend the actual event. I was the organizer.

Of the original thirteen participants who had signed up, twelve showed up at Rocky Point Park, ready to get wet. Oh, wait: They were already wet. We were wet before we'd finished unloading the boats. The day was supposed to be hot and thundery. It turned out to be rainy, windy, and cool.

We started with a pre-trip safety chat. Kathy Haduch, one of the participants, handled that with aplomb. Kathy leads a lot of trips in Baltimore, so she was a natural. We got on the water and paddled across the channel to Hart-Miller Island to begin the scenarios.

The scenarios involved putting the paddlers into pairs, trios, and groups (progressively) and then giving each paddler within the group a different "secret" problem. The paddlers would capsize and sort out what to do next to re-enter their boats and move toward shore.

The first scenario involved pairs of paddlers. Each pair got in the water and then one paddler displayed the symptoms and disabilities of a dislocated shoulder. The unhurt paddler had to reenter his boat solo and then help the disabled companion re-boat. I was with Kathy Neale and Jay Perry. Kathy was the unhurt paddler. She tried a paddle float re-entry but it was unwieldy in the conditions, so she decided to cowboy in. Once in, she used a scoop to get Jay back into his boat. I didn't see what the other paddlers did, but later the coaches said that their groups used a lot of creative techniques to re-boat.

The second scenario also involved pairs. In this case, the "secret" problem was a lost paddle. Contact tows were the solution, and people did them in a variety of ways.

We had one more scenario before the lunch break, one involving groups of three to four paddlers. The "secret" problem was a holed boat. Most groups rafted up and had the paddler with the damaged boat climb onto the rear decks of the raft and lay across them while the rafted up paddlers hauled the damaged boat across their bows and performed the repair. With the boat repaired, its owner was able to reboat and the group could move on. IMPORTANT NOTE: We did not actually HOLE anybody's boat! It was all pretend.

We broke for lunch on the beach at Hart-Miller. The morning had been highly physical and everyone had spent a lot of time in the water. As we headed for the beach, the rain



Panicked swimmers with dislocated shoulders and swamped boats— What ELSE could happen? Oh yeah—the rain! photo by Jay Gitomer

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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!

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Kayak yoga on the Potomac photo by Ralph Heimlich

**SCHEDULE FOR 2010 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:

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September 2010	August 15, 2010
October 2010	September 15, 2010
November 2010	October 15, 2010

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](mailto: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.

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**NEW: Membership is now \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 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.

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As our summer progresses and we get out and paddle more, it is important to practice safety skills. By that, I mean that we should practice wet exits, rescues and reentries. These are basic safety skills that should be practiced with regularity and in varying conditions so that when an unexpected event occurs, you can be secure in your knowledge that you can safely perform a wet exit and reenter your kayak. The recent Survivor activity is a great example of extending basic practice to more extreme situations, but the principle is the same.

There are many opportunities to perform these basic, yet important skills. In addition to SK102 Skills Weekend, many piracies will hold a skills night so that you can practice (See Pirates of Baltimore's event scheduled for August 10<sup>th</sup>). Also, there have been other opportunities to practice these skills, such as the CPA Gear Day event where a "Fall Out of Your Boat Day" was held.

There are also outfitters that offer skills sessions that you could contact to do this. And of course, during the winter, the CPA offers the "Pool Sessions" to keep your skill levels up.

If you have not practiced these skills in a while, I encourage you to practice them sometime soon (you should never practice these skills by yourself and should have an experienced paddler with you when you do so for safety purposes). You can arrange to practice with any number of club members or do so at one of the piracies. Better yet, you could arrange a practice event for the club and ask volunteers to help on the water.

## Admiral's Walk



Rescue practice at the recent Survivor: Hart-Miller Island photo by Jay Gitomer

Even though it is August and the "summer doldrums" are upon us and many of us head out of town on vacations, there are still many opportunities to paddle. In looking at the calendar for the next two months, it shows that there are some great trips scheduled and I encourage everyone in the club to join in and go paddling! These events include the KIPP series, the Purple Swim Baltimore (swim support), skills training with Pirates of Baltimore, Iron Girl Triathlon (swim support), Tuckahoe Creek Day Trip, Loons of the Adirondacks, Nations Triathlon (swim support), Wye Island Circumnavigation, Full Moon "Upchuck" Paddle, Wicomico Car Camper, Eastern Neck Paddle, Nassawango Creek and much more.

There is still time to plan and lead a trip this year. If you are interested in doing so and are not sure how, please contact me or any other member of the Steering Committee or anyone who has led a trip for guidance. Lastly, I just want to reiterate that without the great volunteers that have selflessly given their time and energy to plan and lead trips, skills events and general help such as the newsletter and membership, this club would not be what it is today. Thank you to all of you!

Have fun and go paddle!

Ed Hershon  
Coordinator



New kayak launch at Mallows Bay, Charles County, MD (Marla Aron, Ralph Heimlich, Paul Bieri) photo by Tom Heneghan Note the plastic "seal launch" slide—The gang tried it and it works.

*SURVIVOR (Continued from page 1)*

picked up. It was now coming down in fine sheets and the wind had picked up. On shore, Brian Blankinship talked about hyperthermia and Paula Hubbard addressed hypothermia. During this break, some of us had gotten pretty cold so we cut lunch a bit short and got back onto the water.

The scenarios were increasing in complexity. The next one involved groups of four. Each group had a paddler with a dislocated shoulder and a panicked swimmer. Rick Wiebush had taken aside the people who were to play the panicked paddlers during lunch and told them how to act; I don't know what he said, but whatever it was, it worked – the panicked paddlers were outstandingly alarming! Kathy Haduch, Mark McKeel, and Mike Kunselman terrified their groups with their bizarre behavior. I was near Kathy Haduch's group and I watched her splash madly about and then swim intently away from us. She's a good swimmer – the distance opened quickly. I heard from each group that their own panicked paddlers were equally belligerent and difficult. Impressive acting!



Jumbles of boats photo by Jay Gitomer

The scenarios had all taken a good bit of time and the weather was worsening. During the panicked paddler scenario, one of the participants was exhibiting signs of mild hypothermia. That paddler's partners recognized the symptoms and alerted Brian Blankinship. They huddled around the cold paddler to protect her from the wind, and Brian suggested a change in plans. We decided that we would cross back to Rocky Point Park and do the last scenario in more sheltered waters near the put-in. That way, we'd be out of the wind and if anyone needed to get off the water to warm up, they would be near their cars and warmth.

This is when things got interesting. We were a pretty big group and by now the conditions in the channel had become a bit challenging. I asked one paddler to be the point and lead the group across the channel. However, I neglected to say 'to the cove'. That point paddler took off and the rest of us followed. There was a lot of boat traffic out, despite the weather, and the channel was busy. The group was not sticking together. At one point, we had powerboats in between clumps of paddlers. We had some paddlers moving off in a slightly different direction than the rest. We had slower paddlers and faster paddlers. It was a mess.

We rounded up everyone who was still on the east side of the channel and crossed as a group. On the other side, we tried to join up with the faster groups but radios, whistles, and yelling didn't work. The paddlers in the lead group had paddled to the beach at Rocky Point, not the cove. Noting that we were unable to get their attention with sound, Rick Wiebush paddled over to them to clear up the confusion. We finally all gathered in the cove, where Brian Blankinship did one of his excellent de-briefings. He said that what had just happened was the best scenario of the day – it was exactly the sort of problem that we paddlers commonly deal with. We reviewed lessons-learned (Lesson #1: Look around) and moved on to the last scenario of the day.

This was the one I'd been looking forward to for weeks. It was going to be chaotic and complicated. And fun!

We divided into two groups of six each and did an all-in. Every single paddler had a "secret" problem. The problems were:

**\* Weakened hypothermic swimmers (2) \* Broken arm \* Holed boat \* Lost paddle \* Panicked swimmer**

The panicked swimmers again excelled in both realism and entertainment value. I witnessed Mike Hamilton swim desperately and violently toward Kathy Haduch, who was also in the water. She shoved her overturned boat toward him, and while he climbed on top of it, she swam around him in a wide circle, captured his boat, and entered it. The group I was with also had Chris Watson, a new member with a background as an EMT; his role was the paddler with the broken arm, and he was a fine method actor.

This scenario took quite some time. It was interesting how tunnel vision affected people. They broke into small groups that were assembled based on proximity; those closest to each other worked together, but I did not see them reach out to the other small groups that had formed. Another lesson – attempt to use all resources, human and otherwise.

This last scenario had the final component of forming a plan of action once on land: contact help? build a fire? nurse an injury? That component was not acted out, it was just discussed. By now, it was after 4 PM, people were tired and cold, and we wanted margaritas—Okay, "I" wanted margaritas. We landed back at the launch, changed into dry clothes, and then gathered for a final debriefing. It had been a long and enlightening day. Since Survivor! Hart-Miller Island, I've heard from a couple of paddlers who've had a chance to use something they learned, and from others who say they now have more confidence in their abilities.

I'd like to thank everyone who attended—what great sports you all were! And of course, we couldn't have done it without the coaches and trainers. Thanks to you all for your work in advance and for giving up a Saturday to drive to Baltimore to splash around in the rain. It was a productive day, and most of all it was a lot of fun.

Participants: Kathy Rost, Emily Bailey, Mark McKeel, Jay Perry, Maywin Liu, Mike Hamilton, KC Neale, Kimberly Riggle, Kathy Haduch, Mike Kunselman, Lisa Arrasmith, Chris Watson.

Editor's Note: If you would you like to see this activity expanded and repeated next year, let Jay and the SC know.



## Kayak Camping on the Patuxent and Potomac

By Ralph Heimlich

I forswore car camping, by and large, this summer, in favor of camping using only what could fit in my kayak's hatches. Fortunately for us, there are plenty of kayak camping opportunities around the Bay, and especially on our rivers. One trip I wanted to do was the string of beautiful campsites up and down the Patuxent. MDDNR and the counties, using funds from Mirant Power Plant in mitigation for the 1999 Swanson Creek oil spill, created these paddle-in campsites.

**Patuxent**—Greg Welker and I launched at Queen Anne Canoe Landing (just below Rt 214 on the PG County side) into the cool, shaded and flowing Patuxent River. The quiet of a Friday morning was great for bird song and soon we even spotted a bright yellow Prothonotary Warbler dipping down to the water. As the river broadened out, we passed the supposed last resting place of Commodore Barney's gun galley Scorpion (War of 1812 buffs alert, the bicentennial is fast approaching). As a slight



Landing at Spice Creek (Geoff Ultsch, Cragg Howard) photo by Ralph Heimlich

side trip, we turned up Back Channel into the historic river bed that was probably the one used by Barney's fleet when they scuttled their galleys to avoid capture by the invading Brits before marching overland to take part in the Battle of Bladensburg.

Below Route 4, we ran into Geoff Ultsch who had been going to join us for the launch at QACL but got crossed up and launched from Selby Landing (one less shuttle to run). The three of us landed at Mount Calvert, climbed the "mountain" and had lunch with the staff archaeologists, who unlocked the museum for us. If you haven't caught it, the displays of artifacts dug up from the grounds documenting thousands of years of human habitation of this imposing rise above the Pax flood plain is well worth it. The archeologists plan a big bicentennial exhibit with artifacts from Barney's fleet, the British landing at Croom and other material related to the War of 1812, known by some as the Second American War for Independence.

We relaunched and completed our paddle down beyond Jackson Landing (Jug Bay) and Selby Landing, but did a short detour up Lyons Creek (on a falling tide--not a great idea) before getting out at White Oak Landing paddle-in site and setting up camp. White Oak and the other paddle-in sites include a signed (but usually somewhat obscure) landing area, a grassy or wooded area for camping, a picnic table, fire ring, and well-serviced porta-potty. The chain of sites (Iron Pot, Selby, White Oak, Spice Creek, Milltown, Indian Creek, Maxwell Manor, Greenwell) make it possible to travel the entire 55 mile stretch of the Pax from Queen Anne Bridge to Solomons Island, kayak camping on your way (see Patuxent Water Trail at <http://www.patuxentwatertrail.org/>).

We ate dinner and took a short hike along the Merkle Wildlife Sanctuary Critical Area driving tour road and the wooden bridge across Mattaponi Creek and back to the parking lot at Selby Landing. As we got back, the sun set and barred owls started calling and the lighting bugs were flashing in every bush, lighting up the night chorus of bull frogs from the creek.

We lunched at another paddle-in site, Spice Creek. This heavily wooded site is in one of the quietest parts of the river, surrounded by protected land everywhere you look. Spice Creek flowed strongly into the river here, deep green and very clear, making for a very refreshing swim after lunch. The original plan had been to camp here on Sunday night and paddle out on Monday, but schedules were too restrictive (if only we could work on weekends and play the rest of the time!), but I'll be going back to Spice Creek sometime soon.

Paddling down beyond historic Lower Marlboro, and the public boat ramp at Clyde Watson (Magruder Landing), we came to the paddle-in campsite at Milltown Landing. This is a grassy camping area in a grove of waterside trees bordering an old farm--now DNR property. Despite the early afternoon, we were content to while away the hottest part of the day lolling on the grass in the shade, with a cool southerly breeze, watching the ski boats play. The river necks down here and the incoming tide created a swift current, sometimes difficult to swim against.

As the sun sank down, the fireflies started a frenzy that made every bush and tree sparkle, and the frogs on the old farm pond (fortunately a ways down river) set up a cacophony. The night was warm, but very peaceful and we slept in until the boats started to run down river. Next morning, with the tide, we did the whole 12 mile run in a little more than 2 hours. Several of our group bought their own Pax Water Trail maps (drawn by CPA member Dave Linthicum, who lives just across the river) to plan further Kayak camping on the Pax.

My pics at <http://picasaweb.google.com/ralph.heimlich/PaxRiverKamper2010#> and Greg's are at <http://onthewaterandinthetwoods.blogspot.com/2010/06/patuxent-water-trail-kayak-camping.html>

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## Flexibility, Flexibility, Flexibility: Swimming in the Rain

By Rob Pearlman



Waiting for the "Go" all photos by Manuel Vera

The recent "Swim For Life" distance swim event held in the Chester River was not only a successful event for the swimmers, but also a good learning experience for the kayakers who supported it. For those paddlers who have supported swim events, AND those of you who have organized these efforts, or are considering doing so, I'd like to share what we learned.

There were over 200 swimmers, 25 kayakers, and a variety of other folks assisting with support. The swim was a maximum of five miles, with five waves of swimmers. Each wave would swim either one, two, three, four or five miles. Everyone was prepared. Plans were set, buoys stationed, power boaters and kayakers at the ready. Swimmers, kayakers and boaters were briefed. We kayakers were scheduled to launch at 8:30 AM in order to station ourselves along the 2.5 mile "out and back" course before the swimmers started. The first wave of swimmers was to take off at 9 AM, followed by the subsequent four waves starting five minutes apart.

It was a dark and stormy morning. The weather forecast was threatening imminent thunderstorms. Organizers were watching the weather radar and listening to the VHF weather channels. The sky was getting darker and darker. A clap of thunder sounded the delay and kayakers were held at 8:30 AM. We waited, dubiously wondering whether or not the swim would take place. After about 20 minutes, the weather reports suggested a window of opportunity. Kayakers launched, yet the sky still threatened. Within five minutes thunder and lightening were sighted. Kayakers returned to shore. False start!

Now everyone more seriously doubted that the race could go forward. We remained in a holding pattern as the storms moved and conditions were evaluated. Months of work, preparation, fund raising, and hopes for a successful swim hung in the balance. What to do? As the kayak support coordinator, the Go-No-Go race decision was not mine, yet I felt responsible for the safety of our volunteer kayakers and, of course, if swimmers were in the water, theirs as well. We had a mixture of paddlers. Some were experienced as paddlers and swim supporters while others were relatively new to both. With everybody's primary objective, the safety of the swimmers and kayakers, launching the race in poor conditions could threaten the lives and safety of many and would not be worth the risk.

So an alternate plan was developed. If the conditions did not permit, it was clear that the race would not happen. But if a weather "window of opportunity" did present itself, what made sense? The five miler was scrapped. The race was reduced to a maximum of two miles for all swimmers, who would then choose to swim one, two or fewer miles. The shorter distance (one mile instead of 2.5 miles of open water) would better enable boaters and kayakers to patrol for safety and manage the large group of swimmers should we need to evacuate them from the water.



FALSE Start! Well, THAT was awkward!

We modified our kayak strategy to support this new approach and quickly developed very clear instructions for kayakers and swimmers, IF the swim were to go forward. If any kayaker heard or sighted thunder and lightning, they were to communicate immediately via other kayakers and radios. Swimmers would be instructed to swim immediately to the nearest river edge and wait to be picked up by a boater. Kayakers were instructed to herd all swimmers to shore and get themselves to shore as well. Communication would be key.

With all the swimmers and kayakers in a relatively small area, we announced the plan to everybody. After all their effort, everybody hoped we could make this work. And so we waited, monitoring the weather. Finally, there appeared to be enough of a break that Kathy, the race organizer, made the decision to GO!

Prepped with the revised plan, the kayakers launched again. A few were stationed at fixed points and the rest were instructed to rove along with the swimmers so we could cover as many swimmers as possible in case of emergency. The swimmers launched and the event was on in spite of the early threatening weather. Soon after the start, the heavens broke open and it rained, but thankfully there was no thunder or lightning.



Kathy says—GO!

(Continued on page 7)



*Flexibility (Continued  
from page 6)*

The race continued under the intense gray down-pours. Swimmers swam. Kayakers paddled. Boaters patrolled. The rain fell. And the organizers sweat! Kayakers with radios maintained fairly constant communication so we could successfully cover the course.



**Swimmers in the rain**

While cruising the course myself, I came upon a couple of kayakers who liked sitting in place, when they really needed to be roving. I gave them direction and they resisted, telling me that they had been told to stay in place. When I asked who told them, they explained that those were their directions at the very beginning before the race began. I told them that the plan had changed. Clearly they had either not listened, or were uncomfortable changing their behavior mid-event. I would think about that later.



When a substantial majority of the 2 mile swimmers were more than half way, we received word that thunderstorm cells were approaching with a projected arrival about 20 minutes later. Quite a few swimmers had completed the race by now, but there were still people in the water. All remaining swimmers were directed to turn back immediately if they were still swimming out, and they did. Kayakers closely monitored the remaining swimmers, ready to direct them to shore if necessary. As it turned out, the threat never arrived and all swimmers and kayakers appeared to have returned safely.

Once we got on shore, race organizers were unable to identify the return of ONE swimmer! Our hearts were once again in our throats. Thunder and lightning threats are a bit scary. A "missing swimmer" is even scarier. The electronic tracker was frantically reviewing the ankle tracking chip records. Everyone on shore was scanning the water, wondering . . .

A lone swimmer was spotted not too far from shore. Several kayakers rushed out. As kayakers, we wondered how could we have missed this guy? The mystery was soon solved. This swimmer had not checked in when he hit the

**Now it's REALLY raining**

beach, and then decided to go for an independent swim without letting anyone know. Oops! We were happy he was alive and identified, but angry that he had not considered the consequences of his action.

**Lessons Learned**

- ◆ Flexibility is key. Change the plan if conditions change.
- ◆ Help educate the kayakers about being flexible. Newbies may not be comfortable changing their assignments, coach them on how to expect the unexpected.
- ◆ When selecting people for a kayak support event, be sure you have enough experienced folks along with people learning for the first time or with less experience.
- ◆ Don't follow the plan if it doesn't make sense.
- ◆ Communication is key, with a simple approach about what to say and what to do.
- ◆ For everybody's safety, be prepared to scrap the event if necessary.



**Wet, but happy, kayak swim supporters**

## CPA Trip Requirements and Ratings

All 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. See <http://www.cpakayaker.com/index.php?page=trip-waiver-amp-policies> for requirements and skill levels. **You, and you alone, are responsible for your personal safety.**

### August

Aug 7	<b>KIPP-5 Number 5</b>	This is the fifth year for the KIP (Kent Island Paddle) event and I think it has been very successful in accelerating our learning curve in paddling.	Advanced Beginner	Marshall Woodruff
Aug 8	<b>PurpleSwim Baltimore (a.k.a. Bud Beatty Memorial Swim)</b>	Please volunteer for kayak support for this open water swim. Web Site: <a href="http://www.purpleswimbaltimore.org">http://www.purpleswimbaltimore.org</a>	Intermediate	Tim Beatty
Aug 10	<b>Skills Training Series @ PoB - 3 of 3</b>	The third of a series of skills training clinics run by Rick Weibush	Beginner	Jay Gitomer 443-449-5119
Aug 22	<b>Iron Girl Columbia Triathlon</b>	Please volunteer to help with the kayak support for the swim portion of the triathlon.	Advanced Beginner	Robert Golden- DAY CAPTAIN, Sue Stevens 410 531 5641
Aug 22	<b>Tuckahoe Creek Day Trip</b>	Paddle Tuckahoe Creek and the Choptank River.	Beginner	Ralph Heimlich

### September

Sep 4	<b>Potomac River Marshall Hall to Pamonkey</b>	This trip is primarily on the Potomac River with the option to find the end of navigation on Pomonkey Creek. We will follow the Maryland shore out and back.	Advanced Beginner	Mike Cohn 301 283 2391
Sep 4-11	<b>Loons of the Adirondacks</b>	7th Annual week of kayaking on the lakes and streams of the 6.1 million acre Adirondack Mountain Park in upstate New York	Advanced Beginner	David Moore 301-445-3273, Susan Bauer 410-531-5641
Sep 10-12	<b>Patuxent Kayak Kamper II</b>	This will be the second trip to some of the new paddle-in campsites on the Patuxent Water Trail. Kayak camping means carrying everything you need in the boat. See <a href="http://picasaweb.google.com/ralph.heimlich/PaxRiverKamper2010#">http://picasaweb.google.com/ralph.heimlich/PaxRiverKamper2010#</a>	Beginner	Ralph Heimlich
Sep 11	<b>KIPP-5 Number 6</b>	This is the fifth year for the KIP (Kent Island Paddle) event and I think it has been very successful in accelerating our learning curve in paddling.	Advanced Beginner	Marshall Wodruff
Sep 11-12	<b>Swim Support for the Nations Triathlon</b>	Come support the triathlon for a 1 mile swim on the Potomac along the edge of Washington D.C. in the Nation's Capitol. Web Site: <a href="http://www.nationstri.com">http://www.nationstri.com</a> This triathlon will present the racers with a	Advanced Beginner	Dave Biss 703-241-0036, Carl Steineger
Sep 18	<b>Wye Island Circumnavigation</b>	Paddle around Wye Island in one leisurely day. 12.5-mile trip around Wye Island, plus forays up some of its more interesting creeks and a mid-way stop for lunch. Will use the launch on Wye Landing Road. [Postponed from July 17 due to organizer's scheduling conflicts.]	Advanced Beginner	Jennifer Bine (703)533-2436
Sep 19	<b>Baltimore Swim Across America</b>	This noncompetitive 1 and 3 mile swim takes place in Redhouse Cove which is on the northern end of Gibson Island. <a href="http://www.swimacrossamerica.org/Page.aspx?pid=771">http://www.swimacrossamerica.org/Page.aspx?pid=771</a>	Advanced Beginner	Lyn Brooks 410-592-6248
Sep 23	<b>3rd Annual Full Moon Upchuck Paddle</b>	This is the event where we eat a potluck dinner first then paddle. If we eat enough, then paddle hard enough, then roll quickly several times we might just get a glimpse of Ralph or Earl.	Beginner	Peter Harris 703-408-7812
Sep 24-26	<b>Wicomico Car Camper</b>	Camp at a private house on Maryland's Wicomico River (a trib of the Potomac) and paddle the area.	Beginner	Ralph Heimlich
Sep 25	<b>KIPP-5 Final</b>	This is the fifth year for the KIP (Kent Island Paddle) event and I think it has been very successful in accelerating our learning curve in paddling. Date will depend on conditions.	Advanced Beginner	Marshall Wodruff

Check all details online at <http://www.cpakayaker.com/index.php?page=calendar>



*Pax and Potomac (Continued from page 5)*

**Potomac**—This was a repeat of a Chip Walsh original back in misty memory (2004). Some slight differences were 2 months (July vs. May), 3 feet (difference in gauged height at Point of Rocks), and 20 degrees (82 vs. 102). In addition, most of the faces were changed to protect the names.

While the forecast heat emergency scared off a couple of people, the REAL threat was tornado-style winds after we got off the river—but who knew?

Thanks to Chip's arranging an outfitter shuttle for Sunday, we could drive directly to the launch at Brunswick (at the end of Maple Avenue, beyond the MARC parking lot at the ramp under the Route 17 bridge), where we stuffed gear into boats and then moved the cars back to the MARC lot under the watchful eyes of the train dispatchers. A pattern that was to prove prophetic had most of the paddling crew IN the river as soon as they were reasonably ready to go, as later arrivals sweat to get ready. The assembled crew were: veteran river runners Chip Walsh, Scott Brody and Greater Baltimore Canoe Club's Kara Brown, Al Larsen, Suzanne Farace, new CPA member (but old paddling hand)

Charles Brown, Cragg Howard, Tom Heneghan, Steven Jahncke, and Ritu Sharma. We launched into the backwater at the ramp, scraped over some rocks and were afloat on the wide Potomac with a nice 5 knot breeze helping the rushing current to carry us along.



**Going Hippo**—Cragg Howard, Tom Heneghan, Suzanne Farace, Ralph Heimlich, Charles Brown, Steven Jahncke *photo by Chip Walsh*

They said it was going to be hot, and we had had a briefing on heat exhaustion, but with splashing and such we mostly stayed cool as we kayaked along. Spying a shady bank, we took the opportunity for an early lunch, rest period and...hippo practice in the river. Getting back on the river, we flowed along with current as the heat rose, finding lots of rocks and ripples, getting stuck occasionally, and taking time outs every so often to get into the shade. We made a pretty quick passage to our campsite area on Meadow Island, opposite Noland's Ferry, but shielded from it by another intervening island. We all...went hippo. While the water was not COOL (86-89 degrees F by the Martha Stewart scale--Chip's meat thermometer) it was tons cooler than the air temps and did produce a few degrees of evaporative cooling when you stood up.

As the full moon rose, the strains of dance music wafted (ok the base driver VIBRATED) from some swanky venue on the Virginia shore, and we ate our evening meal, many with as few caloric inputs as possible. Suzanne provided emergency rehydration supplies (in red and white) and we simply lazed around, rising occasionally to engage in...hippo practice in the river (what did you think?).

Dawn broke at a cool 89 or so, and we all got up from our beds, went to the river, and...went for some hippo practice! We proceeded downriver, making one stop at the Dickerson Power Plant outlet, which is the location of the Dickerson White Water Course (<http://bce-racing.com/blog/>). We eventually reached our pull out at Edwards Ferry ramp. Lo and behold, Lee from River and Trail Outfitters was there in a van just as we arrived. Perfect timing. The "drivers" quickly buttoned up our boats, grabbed keys and licences and piled into the 15 passenger van, while the "stayers" headed back to the river for...hippo practice (\$90 minimum fee for a shuttle).

As we drove away from the landing over a tangle of back roads, the T storm that had been on the weather alert grew closer and darker, finally bursting down into heavy rain. We didn't think much of it as Lee pulled into the MARC lot at Brunswick. After a quick confab over directions, the various vehicles moved out into the waning rain. Apparently the "stayers" hippo practice was rudely interrupted by near-tornadic winds that blew sticks and branches over everything, as well as rising a gritty dusting. Alas, Ritu's rent-a-boat from Annapolis Canoe and Kayak took a direct hit from a large branch, smashing gel coat on the Up side (she'd been concerned about rock damage to the hull). It was a good trip, immortalized by Ritu with a limerick:

On the Potomac River they met  
To paddle, to soak, and to sweat  
Then came a storm  
From trees limbs were torn  
Now a broken Solstice does Ritu get

Pics of all but the storm are online at <http://picasaweb.google.com/ralph.heimlich/PotomackKayakKamper2010#>

Complete trip reports (with many details omitted due to space limitations) are on the Forum at

<http://www.cpakayaker.com/forums/viewtopic.php?f=25&t=4907> and

<http://www.cpakayaker.com/forums/viewtopic.php?f=25&t=5031>

I encourage you to get out our beautiful rivers and CAMP.



Lily pads at Turners Creek photo by Catriona (see <http://picasaweb.google.com/ImmunoGirl/TurnerSCreek#>)

## Inside our August 2010 issue:

- ◆ SURVIVOR! Hart-Miller Island
- ◆ Kayak Kamping on the Pax and Potomac
- ◆ Flexibility, Flexibility, Flexibility: Swimming in the Rain
- ◆ August and September CPA Calendar

### The Chesapeake Paddler

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