

Chesapeake Paddler



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SK102: CPA's 15th annual pilgrimage to the shores of Lake Anna

by Maywin Liu



Kayaks lined up along Lake Anna
photograph by Maywin Liu

By ones and twos, they came to the warm side of Lake Anna. It was time for SK102, CPA's annual three-day weekend devoted to developing kayaking skills and building confidence. While many were seeing familiar faces, other students and instructors were meeting each other for the first time.

Brightly colored kayaks filled the waterfront while a tent city spread across the 2.5 acre yard. This was the 15th anniversary of the event and Brian Blankinship's last year as the coordinator. Many wanted to be part of the commemorative festivities.

Since SK102 was open only to current CPA members, a year membership (\$10) was included as was a special commemorative shirt for all attendees. With these extra features, the fee was still a reasonable \$58 (\$35 in 2012 for SK102 alone).

A record number gathered at Dave and Teresa's home: 36 instructors, 103 students, and one volunteer. One instructor and a student journeyed from North Carolina. Another student arrived from New York City. The weekend was predicted to be splendid: sunny skies, highs in the 70's, lake's temperatures mid 70's-low 80's. In the 15-year history of SK102, only two had no rain. This was looking to be the third.

SK102 began in 1999. Brian wanted to offer both novice and more experienced kayakers a way to learn skills at minimal cost. On the face of it, kayaking seems to be easy. Get in, put the paddle into the water and away we go! But like any sport, there is a method to doing it properly and safely. What happens if you fall out or want to turn? Why are there so many different shapes of kayaks? At SK102, all of these questions and more are answered with multiple demonstrations, clear directions, and ample opportunity to practice new skills.

Initially offered in the fall, Brian moved the event to the spring when kayakers could learn or refresh skills before the "start" of kayaking season. For the first SK102, Brian recruited skilled friends as instructors and searched for a location where students could practice with minimal risk of hypothermia. Dave and Teresa quickly volunteered their home at Lake Anna, a cooling pond for a nuclear power plant. Little did they know just how long they would be hosts or the large numbers that would come over the years.

In 1999, SK102 had 10 instructors, 45 students, and five 1-hour courses for each instructor, with each student scheduled independently each hour. As the number of students grew, classes became two half day blocks: three hours in the AM block and two and a half hours in the PM, with a one hour lunch break. Class sizes had a maximum of eight students, with an instructor and assistant. The current core course line-up has remained unchanged since 2002: basic and advanced rescues, basic kayak design, wet exits, and strokes, intermediate strokes and bracing, Greenland skills, and rolling.



Brian Blankinship gives an overview of weekend's classes
photograph by Maywin Liu

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When kayaking, always bring your bow & stern!

Vince Dalrymple tries on Catriona Miller's three-piece kayak

photograph by DJ Manalo

Note: Vince does not have the CPA minimal safety gear: PFD, paddle float, and bilge pump. While the bulkheads may be water tight, the bow & stern compartments are not without the hatch covers on!

SCHEDULE FOR THE 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. Have an idea for an article, or is there information you would like to see in the newsletter? Email Jenny at news_editor@cpakayaker.com or call 301-249-4895.

THE CHESAPEAKE PADDLERS ASSOCIATION, INC.

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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Heat, Sun and Lightning

Summer on the Chesapeake is hot, humid and hazy! Not really a news flash: His Britannic Majesty allowed diplomats assigned to Washington, DC hazardous duty pay in the 19th Century because of the tropical summers. We kayakers flee to the waters of the Bay and tributaries during the hot summer months to beat the heat, but it follows us there. We stress the dangers of cold water paddling in the winter months (hypothermia), but perhaps do not think enough about the opposite dangers of hot weather paddling (hyperthermia, heat stroke, dehydration).

Hyperthermia is an abnormally high body temperature caused by a failure of the heat-regulating mechanisms of the body. Hyperthermia can manifest as heat fatigue, heat syncope (sudden dizziness after prolonged exposure to the heat), heat cramps, heat exhaustion and heat stroke. Heat stroke, the most serious form, occurs when body temperature increases significantly (generally above 104 degrees Fahrenheit) with symptoms such as mental status changes (like confusion or combativeness), strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering, or coma. We need to be extra aware of these potential symptoms, not only in ourselves, but in those we're paddling with, especially older people (like ME!). If you or someone on your trip exhibits these symptoms, don't delay in getting them to medical attention as soon as possible because it is a life-threatening situation.

Fortunately, the best cure for hyperthermia is prevention. First, take and drink plenty of water (3-4 ounces every 20 minutes). It doesn't help to drink a gallon all at once since your body can only absorb about 8 ounces an hour, so you have to drink enough water to replace losses from sweating and urination as it occurs. I like to use a bladder and hose system so I can drink without interrupting my stroke, but however you do it, drink enough water or sports drinks to stay hydrated.

Second, cover up to keep the direct (radiant) heat of the sun off your head and upper body. That means a big shady hat with a lot of cross ventilation, and sufficient clothing. I actually wear two layers: our CPA wicking shirt as a base and a loose nylon overshirt that acts as a combination "burnoose" and swamp cooler because I keep it wet.

Third, cool off by rolling (rotocooling) or just "taking a bow" by using a paddling partner's bow to rotate half your body into the cooling waters at a time.

Take a "beach break" when the opportunity affords, pull off your PFD and skirt and take a swim right in the Chesapeake Bay—no kayak needed. Another easy preventative measure is to take a small tarp or emergency blanket in your hatch so when you take your beach break you can rig a shade and cool off during your lunch.

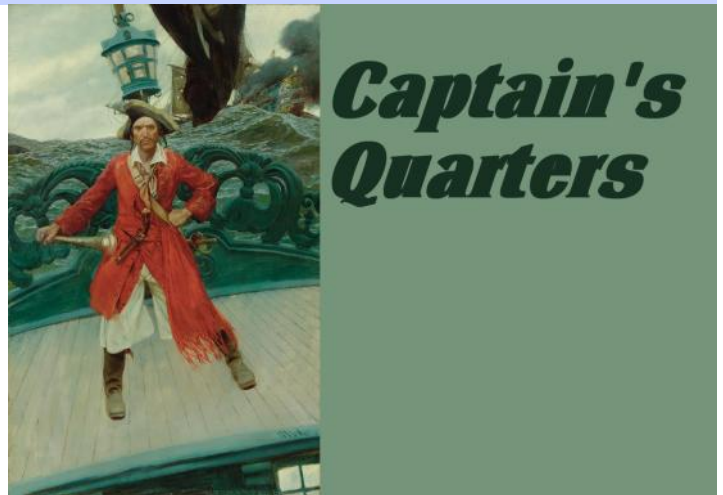
Another aspect of a Chesapeake summer is the late afternoon thunderstorm. Weather forecasts get a little predictable: low of 70, high of 95, scattered afternoon thunderstorms. For us kayakers, however, the issue is what to do when one of those thunderstorms scatters in our direction during a paddle. Clouds and a little rain would actually be a welcome break from the sun and heat, if they don't last too long, but the risks are high winds and lightning.

Keep the possibility of brief periods of high winds associated with thunderstorms in mind as you plan your summer paddle and try to have a "plan B" set up if you need to duck into a more sheltered tributary or cove.

Lightning can be a real killer on the water, and is hard to predict. The key is to get off the water as soon as you hear thunder (when thunder roars, go to shore). The reason is that lightning can strike 10 to 15 miles away from the storm's rain. Get off the water and stay off until 30 minutes after the last lightning. There is a wealth of interesting and useful stuff about lightning in Tina Ehrig's notes from SK203 (Trip Leader Training) at <http://www.cpakayaker.com/forums/viewtopic.php?f=22&t=7607>.

So, get out and enjoy the best the Chesapeake has to offer in the hot, humid, hazy summer months, but BE COOL!

Ralph Heimlich
Coordinator



Ralph Heimlich kayaking on Mattoponi Creek, July, 2013
photograph by Jenny Plummer-Welker

CPA Paddler Profile ~ Paula Hubbard

Interview by Rick Wiebush



Paula Hubbard on Dillon Beach,
Marin County, California

Name: Paula M. Hubbard

Lives in: Chestertown, Maryland

Real job: Technical Consultant, NetCracker Technologies (Customer Care and Billing)

Member of a Piracy? Pirates of the Eastern Shore

Paddling Buddies: Rich Pieper (Husband), Sue Byerly, Laura Ventura, Marshall Woodruff and the KIPPers.

Number years paddling: 8

How did you get involved in kayaking? I started in California. I had a solo canoe in Florida but when I moved to California it was obvious that San Francisco Bay was not a good place for an open canoe, so I made the switch to sea kayaking and fell in love with the sport.

How did you learn to sea kayak? I started taking an intro to sea kayaking class with California Canoe and Kayak (CCK) and bought my first boat (the Andromeda that I still paddle) soon after. I joined Bay Area Sea Kayakers (BASK) and found lots of people who were also addicted to paddling. Between classes, club trips and club events, I spent lots of time on the water and had plenty of mentors. I received such incredible support from the BASK when I was learning that I continue to volunteer for CPA events to pay it forward.

Formal training or ACA/BCU certifications: I strongly believe that training plus practice is the best way to advance skills. I started with CCK (Marce Wise and John Lull) – Intro to Sea Kayaking, SK 102, Intro to Surf, and Open Water. BASK also sponsored several skills sessions including their six week Skills Clinic. Then I

took classes with Roger Schumann including Surf Zone, Rock Gardening, Rolling Clinic, and Instructors Workshops to move up to a more advanced level. I received my Level 3 instructor's certification from Roger in 2008, then recertified with Ben Lawry this past summer. I took several open water classes with Rick Wiebush last summer and received my ACA Level 4 assessment from Tom Noffsinger last fall at Kiptopeke. This summer I received the BCU 3* assessment from Tom Nickels.

Boat usually paddled: Current Designs Andromeda 17'3" teal over white for longer trips, and NDK Romany 16'1" blue over white for playing or teaching

Type paddle used: Euro – Werner High Angle blade

Do you do any other type of paddling besides sea kayaking? I still have my canoe but it hasn't seen much action since I started kayaking.

Do you regularly do any other outdoor activities? I try to get outside as much as possible. I go biking, mostly recreational on back roads or bike trails. Regular gym workouts help me stay in shape between paddles.

How often do you paddle in summer? At least twice a week unless I'm traveling. I would like to do more but work still gets in the way.

Do any winter paddling? I try to paddle at least once a month in the winter and would do more if the weather and work cooperate.

Go to pool sessions? I love pool sessions but they've been hard to find this year. Distance and timing haven't worked.

Favorite local paddling location: Kent County has free launch points along the Chester and Sassafras Rivers and there are many creeks that open into the Bay. When the bay gets too hot, Cape Henlopen is an easy day trip and has excellent open water paddling.

Favorite non-local location: You can't beat the Pacific Coast for coastal scenery and rock gardening. I love the Mendocino area, either Russian Gulch or Van Damme state parks have good launch points. On the Atlantic Coast, my favorite is Kiptopeke for the variety of paddling opportunities, both flat water marshes and interesting surf and open water.

Best paddling trip/experience ever and why: My best trip is frequently the one I'm on – enjoying the moment. One of the most rewarding was last September's KIP Final – going around Kent Island in less than ideal conditions in about 11 hours. The most exhilarating was my last trip to Mendocino where I did my first combat roll in the surf then had to do it again 10 minutes later. Most memorable were the coastal trips in California, especially around the Mendocino area.

Scariest/most dangerous trip/experience and why: The open coast trip where we nearly lost a paddler was the scariest. It was a relatively calm day (for the Pacific at least) and we were playing in the rocks north of San Francisco Bay. One paddler was having

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CPA Paddler Profile ~ Kathy Rost

Interview by Rick Wiebush



Kathy Rost kayaking at Sandy Point
Photograph by Lisa Arrasmith

Name: Kathy Rost

Lives in: Parkville, Maryland

Real job: Accountant at Johns Hopkins University

Member of a Piracy? Pirates of Baltimore

Paddling Buddies: Edwin C., Dale & Sue R., Lisa A., Gail A., Kathy H., Maywin, Bob G., and Caretta J.

Number years paddling: 7

How did you get involved in kayaking? I started out floating down the Gunpowder Falls with some friends on Sundays when the water levels were high enough.

How did you learn to sea kayak? I learned how to sea kayak from rubbing shoulders with the talented members of the CPA and all the wonderful events that they've sponsored as well as Cross Currents by Rick Wiebush and lots of great stuff from Jay Gitomer.

Any formal training or ACA/BCU certifications: I've had just a little formal training but no certifications.

Boat usually paddled: Wilderness Systems Tempest 165 - orange

Type paddle used: Greenland!!!

Do you do any other type of paddling besides sea kayaking: I have a 17-foot canoe but it feels like a big bathtub now that I'm a sea kayaker. I still get into a rec boat once in a while for going down the Gunpowder. I really do want to do the Pine Barrens again and this time in a small canoe.

Do you regularly do any other outdoor activities: Yes...I am quite a geocaching geek...that sometimes includes hiking, backpacking, biking, caving, and since there are now some underwater geocaches I may just need to learn how to dive.

How often do you paddle in summer?: Once or twice a week if I'm lucky.

Do any winter paddling? Yes

Go to pool sessions? Yes, Catonsville Y, Fairlands, University of Maryland

Favorite local paddling location: Broadcreek/Susquehanna

Favorite non-local location: Algonquin Provincial Park

Best paddling trip/experience ever and why: My best paddling trip was kayak camping in the Great Dismal Swamp. I was traveling with a group of intrepid friends known as the Trailtrekkers, whose adventurous spirit and outdoor culinary skills know no bounds. The first night we got to Lake Drummond just in time to see the most spectacular sunset I have ever seen in my life, silhouetting the cypress trees and our boats. The next day as I paddled across to the far shore I rescued a giant, bizarre looking dragonfly from the lake and watched as he dried on the end of my Greenland paddle, getting an incredible photograph. The last night, as I paddled with a friend along the feeder ditch in almost complete darkness, lit only by the narrow star-lit strip of sky above, we both witnessed an apparition...only to find out later that the area is haunted...by the Lady of the Lake.

Scariest/most dangerous trip/experience and why: Well I wish I had something better for this! I was going down the Gunpowder Falls in my little rec boat, and I had tied my paddle to my boat with a paddle leash against the better judgment of my paddling buddy. I assured him that it would be fine as long as the leash wasn't around my wrist and that I thought the river had eaten enough of our paddles. It wasn't long before I wiped out on a strainer and got pinned against it in the strong current by the leash. My friend cut me loose, and I learned a good lesson.

Bucket list trips: Pictured Rocks, Eleuthera, Moosehead Lake, Everglades, Baja

Three things you like most about paddling? The absolute joy of piercing the water with my paddle and being the captain of my own boat. The camaraderie of all the people I've met. The limitless opportunities to explore, have adventures and push your own boundaries.

What do you like about CPA? I like how willing CPA members are to share their knowledge and help you grow. I love the roving piracies, SK102, Paddle Clash and the Pirates of Baltimore skills clinics. What's not to like? It's the best \$10 I've ever spent in my life!

One thing other people find interesting about you: I don't watch TV.

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All kayaks were welcome. People could see how well their kayaks performed and how well outfitted they were. Several students brought kayaks without bulkheads. Those who had not added floatation saw their kayaks slowly fill with water and sink after capsizing. Others discovered how well their paddle floats held them up...or not, during self-rescues. Still others realized that their kayak may not be best suited for them, whether too large, too slow, or just not sexy enough. SK102 is a veritable kayakers' paradise, with over 120 kayaks present, often with several highly coveted models. People were encouraged to try out different kayaks and paddles (with the owner's permission, of course).

In addition to the Saturday courses, a Friday night paddle is offered. This was often the first time many had paddled at night. Lake Anna is a good area to experience night paddling. There is a minimum of ambient light, making it easy to admire the constellations and stars above. Lake Anna has little boat traffic at night and is extremely calm. As the numbers grew, the Friday night paddle changed from a single group to several groups at varying speeds (fast, medium, and leisurely) and in 2012, the addition of a "quiet group."

SK102's strength is its ability to combine high quality instruction in a convivial environment. Brian has amassed an impressive roster of instructors and assistants over the years. What other organization can boast of not one but three world champions and several nationally renowned coaches among its volunteer instructors?! Many instructors are certified ACA and BCU coaches. Instructors are not paid but return year after year for the joy of passing on their passion for kayaking and watching their students acquire new skills.

The student spots for SK102 are highly coveted. As kayaking's popularity boomed, more and more people signed up with CPA, some specifically for SK102. Students frequently try to attend again and again because of the friendly, encouraging atmosphere. Try is the key word. Priority is given to first timers who also attend the companion SK101 and to newcomers to SK102. It is so popular, it sells out well in advance, and there is always a wait list. As the rosters exploded, Brian increased the numbers of students accepted to allow all newcomers a chance to attend.

Over the 15 years, 1,000-1,200 students have enrolled in SK102, the majority new attendees. One hundred-thirteen different instructors and assistants have taught at SK102. In addition, over the years, several of the students have "graduated" to become instructors and assistants. Many of these former students and new assistants were experiencing teaching in a formal environment for the first time. A few have gone on to become certified coaches.

After spending hours on the water and camping in close quarters, many new friends are made. In this spirit, a group dinner is given on Saturday night where everyone is encouraged to attend and mingle. At the first two SK102s, Saturday night dinner was held at a local Chinese restaurant. As the numbers grew, Saturday became barbecue night at Dave and Teresa's, with hot dogs and hamburgers followed by cakes made by Theresa and her neighbors. This year, in honor of Brian's 15th year, food was upgraded to Angus beef burgers served with salad, ice cream, and, of course, Teresa's homemade cakes.

As dinner wound down, Ralph Heimlich, the CPA coordinator, thanked Brian for all his hard work. As Ralph reminded everyone, CPA does not do anything, it is the members who volunteer, create, and drive projects and trips. To develop, expand, and maintain an event like SK102 for 15 years takes many, many hours of work. Many people have benefited from SK102, receiving a sometimes eye-opening introduction to kayaking skills and safety. To this end, Brian and CPA were awarded the ACA's Rushton Award for Excellence in 2008.



Kayakers and kayaks arriving at the 2003 SK102
photograph by Brian Blankinship



Alison Sigethy gives instruction in Greenland technique
photograph by Maywin Liu

In honor of his hard work and dedication over the past 15 years, Ralph presented Brian with a CPA plaque and monogrammed soft-shell jacket. In honor of all their hard work and generosity in hosting SK102 for 15 years, Ralph also presented Dave and Teresa with monogrammed jackets. As the celebrations continued, "door prizes", ranging from kayaking DVDs, books, and a paddle, were given to randomly chosen people. As the evening wore on, Paul Casto, Manual Vera, and Jen Bine on guitars, Jesse Aronson on accordion and keyboard and Cragg Howard on vocals led the crowd in rounds of oldies but goodies, illuminated by the bonfire.

Meanwhile, Greg Welker gave CPA's annual version of a firework show. Greg tried to set off flare after flare, the majority Skyblazers, without success. None of the expired ones worked. A few unexpired ones also failed. Finally, Greg found a functional Skyblazer. The flare was alight for only three seconds. As he demonstrated, multiple flares are needed because of the high fail rate. He fired a flare gun, its bright light blazed for six seconds. The gun appeared to be the more reliable option but given its size, it is not practical to be worn on the

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Greg Welker assists a student with learning to roll at the 2005 SK102

photograph from the archives

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body and must be kept scrupulously dry. The discussion of flares and their usefulness was a highlight of this year's display.

Tired after a day of hard work practicing on the water and full bellies, the crowd gradually petered out as the bonfire sputtered. The grounds became hushed except for a few scattered snores.

Sunday opened with the hot coffee prepared by a team that had been up before sunrise and a short yoga class. Sunday courses, this year organized by Suzanne Farace, are not limited in class size, and the scope and variety have grown dramatically. This year, a record 16 mini-courses were offered, most with six to 10 students, including some of Saturday's instructors and assistants. As always, rolling was popular with students who wanted get their first roll or solidify their roll. Kayaking improvement classes included advanced Greenland skills with world champion Alison Sigethy, boat and body balance workshop with Jay Gitomer, performance paddling with Brian Blankinship, and incident management and edging and bracing with Paula Hubbard. Instructors also offered courses in the makings of a trip. Taken as a whole, the courses offered by Bela Mariassy (classroom Navi-

gation), Rick Wiebush (on-water Navigation), Greg Welker (kayak outfitting), Dave Isbell (expedition planning), kayak camping packing (Frank Day and Suzanne Farace), knots (Chris Bresnan), trip locale/documentation (Jenny Plummer-Welker), and cold water safety (Moulton Avery) provided the basic tools to plan and execute a single or multiple day trip. Demonstrating how to put it all together, Dan Hoke gave a talk on trips in South Carolina, Florida and the Keys.

Fittingly, the day ended in rain. Mother Nature certainly reflected the feeling of the event well. Smiles and laughter echoed in the sunny and warm days and rain as the event closed, almost as if she were crying at SK102's end and at the close of the Blankinship era.

Epilogue: Brian leaves a well-organized event and a core of experienced volunteers who will profoundly miss his leadership. As with all CPA activities and events, enthusiastic volunteers will be needed to ensure SK102's future. SK102 represents the best of CPA volunteer and community spirit with so many members pitching in to help, both visibly and behind the scenes.

Maywin Liu has been a CPA member since 2009 and served on CPA's steering committee in 2012. She lives in Towson, Maryland.

SK102: First Timers' Perspectives

by Rob Pratten and Regan Wilder

I heard of SK102 many years ago when my friend Catriona said I should come down for a weekend. Unfortunately, life events took over. This year was different. This year I had the opportunity to trek south and discover for myself what makes this event so popular that it has been running for 15 years. There are three reasons why SK102 is the premier paddling instruction event in the Chesapeake area: incredible instructors who are thoughtful in their methodology, accommodations that can be rivaled by few, and pristine water at bath temperature that makes for a happy paddler!

Regan and I arrived at Lake Anna Friday night after a three and a half hour drive from DC to discover a somewhat empty parking lot, friendly parking attendants (CPA volunteers), and tents setup for a beautiful weekend retreat. Upon checking in at the main tent, we handed in our waivers, received our t-shirts, and advice on our next steps: unload our boats, park, and enjoy the night paddle! Everything that was described in the administrative letter held true. When the letter states, "do not arrive before 4 PM" and "please print out and sign your waiver," that really means arrive after 4 PM and have it done ahead of time! Reading over the admin letter was definitely a time saver.

How does one describe a night paddle? We headed into the sunset with each stroke gently dipping into glass smooth water, bows effortlessly parting the water and the sterns creating smooth wakes. We returned to the pier with the moonrise. I don't suppose there's a great word but I'll settle on serene. After pulling back into the private property turned temporary campground, we stowed our boats with the others and departed for the night. We were unable to stay the night which was quite disappointing because we met some really great people.

Upon returning Saturday morning, we had just enough time to pound our remaining coffee and shoot down to the shoreline for the weekend's safety briefing by Brian and his party. While listening to his words, it was easy to get distracted by what was happening around us: paddlers had various expressions worn proudly on their faces. Some expressed angst while others expressed giddiness for the pending activities. Caveat: that angst may have been coffee induced while they stared directly at the porta-loo. Regardless, the safety speech was heard loud and clear and really drove the point home: SK102 is all about learning new skills, meeting friends, and having a good time. However, none of that is going to happen if you're dead. Be smart on the water.

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Once the safety brief was done, it was game on! The roster listed the morning and afternoon classes, with the assigned students and instructors. The instructors made themselves clearly visible. Once the groups formed, instruction took place. I cannot say for sure what happened in every group, but I had some incredible instruction. My instructors were intelligent, highly skilled in their chosen class, and more patient than I could have hoped. We worked on stroke improvement, learned new strokes, and had plenty of time to play with our boats and slowly hone the newly acquired skills.

The afternoon class held much the same for the level of instruction. Only this time, I foolishly elected to take a group rescue class. Was I more apprehensive than this morning? Sure. Nobody willingly falls out of their boat. But this time was different. Remember I said the water temperature was bath temperature? I'm pretty sure there came a point where the instructors wondered why I was out of my boat more than in it.

Input from Regan: "From my point of view, I agree with Rob. This was my first time where I had been in a sea kayak in an educational forum. Without a doubt, I walked away with more knowledge in those 12 hours of kayaking than I could have done on my own. +1 for the instructors! A big thanks to Catriona for loaning me everything I needed!"

This is probably the coolest part of SK102: following the Saturday instruction, there's a couple hours of free time before dinner. Some folks snoozed and got cleaned up, others played in their boats rolling over like corkscrews, and others borrowed boats to see how they fit and paddled. Starkly different from a car club, this group let complete strangers walk up, borrow their boat, and paddle it around the water until they were satisfied. I can't think of a better test drive anywhere. For those who previously attended SK101 or are looking for a boat that works for them, I'm fairly confident in saying most brands and models were represented and included plastic, fiberglass, Kevlar, wood strip, plywood, and skin-on-frame kayaks.

Dinner is served! We had a BBQ with all the fixin's and sides. After we left the buffet line, we headed over to the foldout chairs near the fire for live music and quite possibly vodka infused gummy bears. The conversation was great and ranged from kayaking to homebrewed beers and everything in between.

Following dinner and between shows of the live music venue, we were treated to the annual flare demonstration, which we found very useful! Not only did we go through simple details such as price and availability of flares, but we also discussed more technical specs such as how long the flare is good for versus what experienced kayakers have experienced. This demonstration not only highlighted how important it is to use flares in accordance with Coast Guard regulations, but it was also a heavy dose of reality to realize the stranded paddler only has about five to ten seconds of useable flare to attract attention!

From two points of view: we will do our best to attend SK102 next year. There's too much to learn, and I look forward to catching up with friends that I will make over the course of this year with Pirate Paddling Groups! Till next time, CPA...

Rob Pratten joined CPA in 2010 and lives in Elkridge, Maryland. Regan Wilder joined CPA this year. She lives in Centreville, Maryland.

(Continued from page 4) CPA Paddler Profile ~ Paula Hubbard

an off day, capsized, missed his roll, and was swept into a narrow slot with his boat on top of him. He came out of his boat, but was repeatedly sucked under by the surge from the ocean swell. The slot was too narrow to get into with another boat and would have been dangerous to both the rescuers and the victim. Fortunately, we had a large group of extremely competent paddlers and two very strong paddlers managed to swim to the rocks, climb up, and use a rope to the victim out of the water. The rest of us were trying to assist as much as possible but we still felt helpless. It was a sobering reminder – even though conditions were fairly benign, and everyone in the group had excellent open water skills, there was still a near tragedy. It was also a reminder to listen to your body. Even highly skilled paddlers can have an off day, and there are times where the best choice is not to push it. This incident was written up in Sea Kayaker in 2010.

Bucket list trips: Lake Superior, Washington State, San Juan Islands, back to California, Florida Coast, Maine....I see multiple road trips in my future.

Three things you like most about paddling? Being able to get into places on the water that you couldn't get to in a larger boat. Being close to the water and appreciating the power of the ocean. Every day can be different, some days it's about the challenge of wind and waves, some days it's about nature.

What do you like about CPA? I like the social aspects of the club. After moving across the country, I've found many friends here. I also like the way the club promotes safe kayaking, and I enjoy volunteering for many of the skills events.

One thing other people find interesting about you: I've had an assortment of careers including veterinarian at Suffolk Downs Race Track. I was an avid equestrian and competed in hunter jumper and three-day events. Somehow I made the transition from vet to tech and in the process had the opportunity to travel all over the country and to some interesting international locations.

Analyzing the Forward Stroke

by Brian Blankinship

Every kayaker can make their trip easier by having a more efficient forward stroke. After all, about 90% of the time, we are paddling forward (well, most of us). Yet few really pay attention to the proper form and technique to get the most from our effort. In writing this article, I researched several different viewpoints and sources, but I will lean heavily on my two paddling heroes. Greg Barton, who holds two Olympic Gold medal in Canoe/Kayak, and Oscar Chalupsky, the undisputed king of open water with 12 World Championships.

Okay, so those guys are fast, but what if you are not concerned about speed? Speed comes from efficiency. Sure you can gut-out a 500 meter sprint, but when you are paddling 30 miles across the Pacific Ocean you better have more than just raw speed if you want to win. For the sake of this article, I will assume you are paddling with a Euro paddle, not a Wing or a Greenland paddle.

Let's start with how to hold the paddle. I see a lot of paddlers with their hands on a Euro like it is a Greenland, at about shoulder width. This is too narrow for a Euro. Instead position your hands like you are saying "touchdown" at 90 degrees of elbow bend, then cheat a little bit. I put a wrap of electrical tape just inside my thumb at that point so I can quickly find the proper grip if my hands start to wander. Your control hand's knuckles should be in line with the top of the blade.

Now have a seat in the kayak, but sit up straight. Leaning back will inhibit rotation while leaning slightly forward will open up your rotation as it will free you from the back band. Your legs should be comfortable, but able to press against the foot pegs to drive the boat forward. Your legs, back, shoulders, and torso muscles dwarf your biceps, and they are the ones you should be engaging to paddle. Sit on the ground with your paddle behind your neck and hands draped over the paddle near the blades. Rotate each way. See how your knees naturally come up? In a kayak you should be driving the boat forward with those powerful legs. Notice in this position you are not using your elbows to move the paddle? That is how your stroke should be as well.

The forward stroke has four parts: catch, power, exit and recover.

CATCH The goal of the catch is to engage the water as close to the bow of your boat as possible. Rotate your body so that your hand is at the edge of your deck and slightly "spear" the blade forward to put it into the water. Your on-side arm (the one engaging the water) should be straight, but not locked. If you plant the paddle off to the side, you tend to pull the boat in that direction. It is okay for the paddle to travel away from the boat during the power phase, but it needs to start right against the hull. It is also important to not start un-rotating until after you have "caught" the water. Otherwise you waste rotation in the air.

POWER After you "grab" the water in the catch phase it is time to start unwinding your torso. Leave your on-side arm straight and un-rotate your body allowing the paddle to slide out to the side along the path of the boat's wake. At the same time press forward with your on-side foot to push the hull forward under you. Think about transferring the power from your blade to your foot. Done correctly, your elbow will barely change angle and your torso and legs will propel you. As you rotate, your blade will arch away from the boat. If you are pulling your paddle back along the side of the kayak, you are using your shoulder/arms, not your torso/legs. One trick I use is to have my off-side hand (the one not engaging the water) trace the horizon as I am doing the stroke.

EXIT Once your on-side hand gets to your hip, continue rotating as you pull the paddle out of the water. That eliminates any braking action.

RECOVER At this point your entire body should be rotated toward the side on which you just took a stroke so that your previously off-side shoulder is pointing towards the next catch. Bring the paddle up to horizontal. In a long distance run, you might pause slightly to rest here as your kayak coasts forward. You are now in a position to spear forward with your new on-side hand, keeping your new off-side hand at eye level, ready to trace the horizon on the next stroke.

While this highly efficient stroke takes some getting used to, I believe you will find it more efficient in the end. Just like starting any new exercise, your muscles have to work into it before it is comfortable.

Brian Blankinship, a CPA member since 1996, is a former CPA Coordinator and leader of SK102 and SK203. He is an ACA L4 (Open Water Coastal Kayaking) Instructor, BCU 4 Star (old system), and has ACA endorsements in Traditional paddling and Adaptive Paddling. He is the owner of Bay Kayaking instruction and tour company and has competed successfully in many kayak races. Brian lives in Woodbridge, Virginia.



Brian Blankinship demonstrating the "Catch"



Becca Svec demonstrating the "Recover" photograph by Brian Blankinship

Full Moon/Summer Solstice Paddle

by Suzanne Farace

The CPA Full Moon/Summer Solstice paddle was co-led by Suzanne Farace and Tom Heneghan on June 22, 2013. Twelve paddlers participated. This was rated a beginner trip, so many of them were newer paddlers. We launched from Columbia Island Marina on the Potomac River in D.C. at about 8 p.m. with all required safety equipment, including lights. Because we launched with the high tide, we were able to successfully navigate the Boundary Channel by the Virginia shoreline. Once we rounded the tip of Roosevelt Island, we continued up the Potomac, past the Washington Canoe Club to some small rock islands in the river called the "Three Sisters." From there we returned down the D.C. side of the river along the Georgetown waterfront with a terrific view of several of the monuments as well as the rising full moon.

Although this evening was one day shy of the true "super moon", the night was much clearer than the following evening, so the moon was more than "super" enough for us. We stopped many times to admire the moon, the scenery, and to take photos. We paddled approximately six miles and returned to Columbia marina around 10:30 p.m.

Links: Columbia Island Marina <http://www.columbiaisland.com/>; Roosevelt Island www.nps.gov/this/index.htm; Washington Canoe Club <http://www.washingtoncanoecub.org/>; and Three Sisters [http://en.wikipedia.org/wiki/Three_Sisters_\(District_of_Columbia\)](http://en.wikipedia.org/wiki/Three_Sisters_(District_of_Columbia))



The Super Moon from above Key Bridge
Photograph by Suzanne Farace



Paddling at dusk in search of the Super Moon
Photograph by Suzanne Farace

Mayo Beach Opens for the First Annual Swimmable Action Day

by Lisa Arrasmith

Mayo Beach Park opened to the general public from 9 a.m. to 1 p.m. on Sunday, July 28, 2013 for the First Annual Swimmable Action Day, hosted by the South River Federation as part of the Waterkeeper Alliance's larger national celebration (<http://www.southriverfederation.net/index.php/board-calendar/details/288-swimmable-action-day>).

Mayo Beach Park is in Edgewater, Anne Arundel County, Maryland. This county-owned public park has glorious sand beaches fronting the Chesapeake Bay, big shade trees, picnic tables, lawn, port-a-potties, a playground, a tidal pond that looks like bird nerd heaven, lots of parking and a decades-long tradition of discouraging use by the general public.



Kayakers and beachgoers at Mayo Beach Park on Swimmable Action Day
Photograph by Gina Cicotello

Mayo Beach Park is not usually open to the general public, as noted on Anne Arundel County's website on the park: <http://www.aacounty.org/RecParks/parks/mayobeach/index.cfm#.Uefi1W3DDVJ>. You can usually get into Mayo Beach Park by one of two methods. First, rent the entire park for a wedding, family reunion or other gathering. Second, buy a car top boat launch permit for \$35 for the six warm weather months that lets "one" person in "one specific vehicle" into the park to launch "one" car top boat.

It's about a mile south to Beverly Triton Park, another drastically underused waterfront public park. It's about three miles north and into the South River to South River Farms Park, a "closed" 170 acre waterfront public park on Selby Bay and the South River. Check out the lovely beach at Limehouse Cove and another tidal pond off Limehouse Cove. It's the "Non-Public Public Parks Water Trail" (http://www.aacounty.org/RecParks/parks/mayobeach/resource/2011_MayoBeach_Watertrails.pdf). The Baltimore Sun reported on the event, *Clean water advocates take the plunge to promote swimmable waterways*, <http://www.baltimoresun.com/news/maryland/anne-arundel/annapolis/bs-md-ar-swimmable-action-20130728.0.2686665.story>.

Chesapeake Paddlers Association Tentative 2013 Calendar

Date	Title	Summary
8/3/13	St. Georges Island to St. Mary and Return	Watch the finishers of the Governor's Cup Race as we Paddle from St. Georges Island up the St. Mary's River and return. Mike Cohn, 301-283-2391, mdcohn@verizon.net
8/3/13	Cape Henlopen Dolphin Paddle	Paddle around Cape Henlopen to look for dolphin and experience the open ocean.. Paula M. Hubbard, 410-778-4935, paula@md-kayaker.com
8/3/13	Beginner Paddle Series -Tridelphia Lake	Beginners/intermediate paddle on Tridelphia Lake, Sue Stevens, 410-531-5641, susiegreenthumb@verizon.net
8/4/13	Kayak Swim Support—Pancreatic Cancer Network Purple Swim Baltimore—NON-CPA EVENT	Join us at Rocky Point Beach and Park in supporting this day of fun, inspiration and hope. 1-mile, 2-mile and 3-mile swims and will need kayakers along the route. All kayakers can visit www.purpleswim.org and register as a volunteer for free and receive a volunteer t-shirt. Jeni Ayers, 310-706-3359, jayers@pancan.org.
8/9-13/13	Patuxent Kayak Kamper Out and Back	Paddle and camp along the Patuxent River. Ralph Heimlich, 301-498-0918 leave a message, heimlichfamily@comcast.net
8/10/13	Kent Island Practice Paddle Series (KIPP)	This series will have six practice paddles once a month, from April thru September. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
8/10/13	Mallows Bay to Chicamuxen	Paddle Malloes Bay to a secluded creek and to Chicamuxen Bay and return. Greg Welker and Jenny Plummer-Welker, 301-249-4895, gdwelker@verizon.net, plummer_welker@verizon.net
8/11/13	West and Rhode River Paddle	Beat the dog days of summer on these two rivers south of Annapolis. 10-12 miles with breaks and lunch on several sandy beaches! Dorothy Guy, 410-744-6057, dmgy13@aol.com, Jenny Welker-Plummer and Greg Welker
8/17/13	Beginner Series - Turner Creek Lotus tour	Beginner paddle trip to view native lotus blooming in the coves on the Sassafras. Sue Stevens, 410-531-5641, susiegreenthumb@verizon.net
8/18/13	Kayak Swim Support - Iron Girl Triathlon—NON CPA EVENT	Kayak swimmer support for Iron Girl Triathlon, Centennial Lake, Howard County, Md. Sue Stevens, 410-531-5641, susiegreenthumb@verizon.net
8/24/13	Mobjack Marathon Series 20+ mile paddle	A series of monthly skill and endurance building group practice paddles in Mobjack Bay and the surrounding waters. Mary Larson, 804-316-3432, larsonfamily3@gmail.com
8/24/13	Greenwell and Sotterley Inlets Tour	Paddle the Patuxent River upstream from a sheltered (mostly) bay in St. Mary's County to explore the inlets of Greenwell State Park and the Sotterley Plantation. Don Polakovics, doooobrd@md.metrocast.net
8/24/13	Exploring the Patapsco River	We are going to start at the Bay. This is an urban paddling trip that passes by steel mills, power plants, and historic forts. Lots of ships. We will end in Baltimore. This is a point-to-point trip which will require a shuttle. Peter Henry, 571-278-5548, peterghenry@hotmail.com
8/31/13-9/7/13	2013 Loons of the Adirondacks	TRIP IS FULL : 10th Annual foray into the Adirondack Mountains of NY for a week of fantastic paddling and dining. David Moore, 301-445-3273, dtmoore@starpower.net
9/13/13	Nanticoke River Car Camper	Camp and paddle the waters of the Nanticoke River. Ralph Heimlich, 301-498-0918 leave a message, heimlichfamily@comcast.net
9/14/13	Kent Island Practice Paddle Series (KIPP)	This series will have six practice paddles once a month, from April thru September. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
9/14/13	21st Annual Wye Island Regatta—NON CPA EVENT	15 Events; The 13.1 Mile Head Race starts at the Wye Landing on the Wye East River, 18 miles southeast of the Chesapeake Bay Bridge and continues around Wye Island. It is the only 100% "people-powered" paddle/rowing regatta in USA. Steve Hall, Annapolis Rowing Club, 410-693-6975, shall@sandler.com
9/21/13	Patuxent Paddle	Showcase paddle for the Patuxent Pirates. Dan Wells, 410-414-2660, wellstd@comcast.net, Jenny Welker-Plummer, plummer_welker@verizon.net, and Greg Welker, gdwelker@verizon.net
9/21/13	Mobjack Marathon - 26.2 nautical miles (30.15 statute miles) around Mobjack Bay	The culmination of a series of monthly skill and endurance building group practice paddles in Mobjack Bay and the surrounding waters. Mary Larson, 804-316-3432, larsonfamily3@gmail.com
9/27/13	3rd Annual Kiptopeke Sea Kayaking Symposium—NON CPA EVENT	Virginia Eastern Shore For Paddlers of All Skill Levels. Rick Wiebush, 410-788-1241, rwiebush@gmail.com
9/28/13	Kent Island Practice Paddle Series (KIPP)—Final	This series will have six practice paddles once a month, from April thru September. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
9/28/13	Wye Island Circumnavigation	Day paddle around the Island = 12 mile tour. Rich & Sue Stevens, 410-531-5641, susiegreenthumb@verizon.net
10/4-6/13	30th Annual Mid-Atlantic Small Craft Festival—NON CPA EVENT	Festival of small maritime craft and craftsmanship. Chesapeake Bay Maritime Museum, 410-745-2916, http://www.cbmm.org/mascf/

Visit the CPA Web page, <http://www.cpakayaker.com/>, for more events, details and trip leader/organizer contact information. For a full listing of upcoming Club events, visit the CPA Calendar, <http://www.cpakayaker.com/index.php?page=calendar>.

CPA Classifieds

Kayak for sale. Eddyline Equinox kayak, 14' long, 2011 model bought new, minimal use, showroom condition, includes Eddyline Swift 2-piece carbon fiber lightweight paddle, many accessories. \$1,250 complete. See www.eddyline.com for fine details of this first class kayak. Located in Richmond, VA. Contact: mcdonough.jim@comcast.net or phone (804) 795-5402.

Kayak Storage. Storing your kayak outdoors? Were you worried about it during the Derecho last summer? Would you like to store it indoors and protected from the weather? The Pier 7 Pirates have indoor kayak storage spaces available at our weekly paddling site on the South River. Attend Pier 7 Wednesdays without having to load and unload your boat each week! With the location conveniently located near US-50, you can pick up your boat on the way to Eastern Shore paddling trips. Reserve now for the summer paddling season. The storage space is indoors, secure, climate controlled, with 24/7 access and free launching from the sand beach on Wednesday nights. Rates are \$30/month for a six month lease (rent for the warm paddling season, rent for winter storage, or both) or \$30/month if you need shorter term storage. Please contact Greg Welker at gdwelker@verizon.net or 301-249-4895 if interested.



CPA's 2013 Gear Day/Fall Out of Your Boat Day in Annapolis

Photograph by DJ Manalo

Inside this issue:

- **SK102: CPA's 15th annual pilgrimage to the shores of Lake Anna**
- **SK102: First Timers' Perspectives**
- **Captain's Quarters: Heat, Sun and Lightning**
- **Paddler Profiles—Paula Hubbard and Kathy Rost**
- **Analyzing the Forward Stroke**
- **Full Moon/Summer Solstice Paddle**
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The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.

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REMINDER: Please check your mailing label for your membership expiration date. If you receive the newsletter electronically, you will receive an e-mail reminder prior to your membership expiring; please notify the Secretary for changes to your email address. If your CPA membership has expired, or will expire soon, please send in your dues. SEE BOX ON PAGE 2 FOR ADDRESS.