

# The Chesapeake Paddler



Publication of The Chesapeake Paddlers Association, Inc.

Volume 28 Issue VI

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## Epic paddle on the 'Great Potomac' tests stamina, skills

*No paddle? No problem. Flexibility and teamwork (and wine and Ibuprofen) are the key gear*

**By Igor Boras, with introduction by Ralph Heimlich**

*In April I got a call from a person wanting to do a long kayak trip on the Potomac River for his birthday during the week before the Memorial Day weekend. Because the proposed itinerary was so ambitious, I returned the call and then corresponded with Igor by email as he refined his paddle plan. The original itinerary (with my comments in italics) was:*



Photo/Ward@ Belle Haven Marina

Two conditioning paddles: *The paddlers (from left to right): Tom Cross, Igor Boras, Dan Leeds, Anton Boras, Jim Olson.*

May 18 - Key Bridge to Washington Marina and back

May 20 - Washington Marina to Belle Haven Marina and back *About 16 nautical miles.*

Then the paddle:

May 24 - Belle Haven Marina to Leesylvania State Park, hugging VA coast (sleeping home at Alexandria) *About 23 nm, quite a long day.*

May 25 - Leesylvania State Park, VA via Mallows Bay, MD to Fairview Beach, VA (sleeping in Colonial Beach) *It is 10 nm to Mallows, and another 10.5 to Fairview Beach, for about 20 nm.*

May 26 - Fairview Beach, VA to Colonial Beach, VA, hugging VA coast (sleeping in Colonial Beach) *It is 30 nm, which is a REALLY long day.*

May 27 - Colonial Beach, VA via Coles Point, VA crossing to Piney Point, MD, sleeping in Pines Point hotel *It is 26 nm to Coles Point, and another 6 nm on a direct line to Piney Point, for 32 miles, and another incredibly long day. The 6 mile open water crossing could be a real danger if you have a T-storm halfway across.*

May 28 - Piney Point, MD to Point Lookout State Park, MD, hugging MD coast *16 nm to Point Lookout.*

We have multiple copies of laminated nautical charts, fog sirens, pouches for cell phones. We will call off the

trip in the case of lightning or high wind. *There is a T-storm on the lower Potomac almost every day from June to September. It isn't so much a matter of "if" as when it occurs during your paddling day. We will have a LOT of food and water and extra clothes and sun screen. We are planning not to paddle 2 hours after low tide and try to "ride" the time between high tide and low tide.*

Thank you so much for your help; it was very valuable. We rented touring kayaks, Dagger Stratos (14.5) and Old Town Wilderness (14) polyethylene boats, one with rudder and the rest with skeg, from Annapolis Canoe and Kayak for \$159/kayak, including paddle, PFD, water pump and paddle float.

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# 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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## CLASSIFIEDS

### Advertising Rates:

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

size	cost	dimensions (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 announcements and personal ads to sell kayaks/ accessories are printed at no charge; non-members pay \$10 for 3 months. Ads dated three 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!

## THE CHESAPEAKE PADDLER

The Chesapeake Paddler is published 10 times a year, with combination issues in Nov/Dec and Jan/Feb. The deadline for submitting copy is the 15th of the preceding month. Have an idea for an article, or is there information you would like to see in the newsletter? Contact [news\\_editor@cpakayaker.com](mailto:news_editor@cpakayaker.com)

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## News From the CPA Coordinator - Bill Smith

**T**he heat of summer is here. Everyone should be taking precautions to prevent hyperthermia and all heat-related illnesses. When paddling around Chesapeake Bay and other area waterways, not only is the air extremely hot but also the water is very warm so that it does not help much with cooling a person. A primary risk factor is working or living in air conditioning all week and then coming out on a weekend paddle; you should find ways to acclimate yourself to the heat. Other factors include age, health status, and medications that may lower your tolerance.

More than 600 persons die from hyperthermia or other heat-related illnesses annually. Hyperthermia is the condition when the victim is unable to control his rising body temperature. Heat stress can lead to heat stroke, which can be deadly. Heat stroke occurs when the body temperature reaches 104°.

The best way to combat hyperthermia is to become acclimated to the hot weather, dress to protect your body from sun exposure, wear sunblock, and drink lots of water and electrolytes (sodium, potassium). While on the water, you should keep your clothes and hat wet to help cool your body. Avoid drinks with caffeine or alcohol since they can exacerbate the condition.

Heat stress is the first stage and, if not treated, can lead to more serious conditions of heat exhaustion or even heat stroke. Symptoms for heat stress include dizziness, weakness, nausea, thirst and headache. Treatment for heat stress includes removing the victim from the heat or moving them to a cooler area, having them drink liquids and electrolytes, and cooling the victim with water or ice. Applying ice at the arm pits or groin is most effective.

When the body can no longer cool itself, heat exhaustion occurs just before heat stroke. Symptoms include sweating profusely, dizziness, weakness, thirst, coordination issues, cool and clammy skin and a rapid pulse. When the victim reaches this stage, it is time to call 911. Treatment is the same as described above.

In the three-step progression, heat stroke, when the body temperature reaches 104°, is the most serious. Fainting is an early sign of heat stroke; other symptoms include irritability, confusion, coordination problems, flushed skin, reduced or no sweating, and a weak or rapid pulse. The best treatment while waiting for an ambulance includes cooling the victim in the water or shower, urging the drinking of liquids, and applying ice bags.



Other heat-related conditions include:

Heat syncope or fainting occurs when the blood flow to the brain is reduced and the blood pressure drops

Heat cramps follow intense exertion in the heat

Heat edema occurs when standing or sitting in the heat, causing hands, feet or legs to swell

Heat rash is a pimple-like rash from prolonged exposure to the heat; treat by changing clothes and cooling the area

The very best treatment for hyperthermia is prevention. Make sure you take and drink plenty of water (cool water is best for absorption) and have an electrolyte available. Carry extra water; much better to have too much than run out before the take-out. On longer trips I always take a jug of frozen water that usually thaws by lunch break. While paddling, watch fellow paddlers for signs of fatigue or other indications of hyperthermia and often remind one another to drink water. Make sure to wear a hat and clothing that covers your exposed skin, preferably something you can keep wet to draw heat from your body. You can also roll or take a bow dunk when on the water, a life saver on a hot day.

In my early days of paddling I was a poor example since I would frequently run out of water or forget it in my vehicle. I paid the price a few times. I learned a lot about hydration during the KIPP paddles so I always make sure I have my water. Now, forgetting my water would be as bad as forgetting my boat. Water should be a required safety item for every trip. ♣

~ *Bill Smith*

### Lend Your Digital Skills to CPA!

Chesapeake Paddlers Association needs an additional member for the Website Team. This person would be responsible for posting information to the CPA websites (<http://www.cpakayaker.com> and <http://www.cpakayaker.com/forums>) and making any necessary changes to the web content, including updating the WordPress and phpBB® Forum Software installations. Works with other members of the Website Team, the Coordinator, Newsletter Editors, and Steering Committee members. If you have website experience, especially with WordPress and phpBB, please reply to [steering\\_committee@cpakayaker.com](mailto:steering_committee@cpakayaker.com). ♣

# Paddler Profile: Béla Máriássy

**By Bob Browning**

**Lives in:** Annapolis

**Real job:** Retirement

**Do you regularly attend a Piracy?** Yes, Pirates of Arundell based in Annapolis

**Number of years paddling?**  
13

**How did you get involved in sea kayaking?** I went to a local kayaking demo day at Sandy Point. CPA had a booth that was manned by Alan Avery. I had never kayaked before and asked Alan to tell me about kayaking. He went on for 45 minutes about how he enjoyed it. I HAD to try it out and have paddled ever since.

**What boats do you paddle?** Wilderness Tempest 170, 17 ft, yellow

**Rudder or skeg?** Skeg

**Type paddle used?** Euro with beautiful wood strip paddle faces

**Do you do any other type of paddling besides sea kayaking?** Canoe with my wife since she can't paddle a kayak.

**Do you regularly do any other outdoor activities?** During the winter, I cross country ski and snowshoe (lower body exercise to balance out summer upper body exercise)

**How often on average do you paddle between May and October?**  
Typically once a week

**Do any winter paddling?** Too busy cross-country skiing

**Favorite local paddling location?** South River - which was our piracy base at Pier 7 for many years

**Favorite CPA trip you've ever been on and why?** Bow River in the Adirondacks. The scenery in the ADK in September is beautiful, and my CPA colleagues are the best people to share the experience with.

**Coolest paddling trip you've ever been on anywhere and why?** A trip to the Thousand Islands in the St. Lawrence River. We camped on a number of the islands and circumnavigated many others. Seeing the Boldt Castle and its boathouse. Attending the pirate festival in Alexandria Bay. Paddling the Admiralty Islands on the Canadian side of the river. Sharing experiences with a friend who is now gone.

**Scariest/most dangerous trip/experience and why?** One of my first trips after I had moved here from Arizona. Ralph lead a trip on the



Photo/Suzanne Farace

Tuckahoe in August. It was hot and humid at the put-in, so everyone was in shorts and t-shirts. In the afternoon, the heat of the day brought thunderstorms crashing over us. Ralph got us off the water, and we took safety positions away from the water. The rain dropped the temperature dramatically, and I was still wearing cotton clothes that I brought from Arizona. I was drenched, seriously chilled, and learned the meaning of the warning "cotton kills." The only relief was chuckling at a couple who

sat in their tandem kayak in the clearing to stay warm.

**Future bucket list trip(s)?** Paddling in Cobscook Bay in Maine and among calving glaciers in Alaska.

**Three things you like most about paddling?** Discovering isolated beauty. The zen of steady paddle dipping in the water. The thrill of being comfortable while being at the whim of Mother Nature.

**What do you like about CPA?** The ease of being with people who are happy to share their knowledge and enjoyment of paddling with you.

**One unusual, non-paddling thing other people find interesting about you?** That I am not an Italian woman named Bella, but rather a Hungarian man whose name is pronounced "Bayla." ♡

*Do you know a paddler who would make an interesting profile?*

Contact Bob Browning at:

[BBBrowning43@verizon.net](mailto:BBBrowning43@verizon.net)

**D**o you enjoy reading of the paddling adventures, local and distant, of other members? Do you like getting new ideas for paddling trips? Are you advocating for paddling access or amenities in your area? Have you pondered questions relating to kayak gear? Variety is the spice of life, and of newsletters. Please write an article reflecting your thoughts, experiences, and discoveries to share with our paddling community. We all become a bit wiser and excited to be on the water again. We need your input to make *The Chesapeake Paddler* the best it can be. We look forward to your help with content for these issues of 2018. ♡

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**Day 1 - Belle Haven to Leesylvania State Park**—Five of us, Igor Boras, Anton Boras, Dan Leeds, Jim Olsen and Tom Cross, started at Belle Haven about 9AM and finished at Leesylvania SP about 3PM (23 nm/6 hr = almost 4 nm/hr). It was hard but very enjoyable - first blisters showed up for two people. Even though I had paddling gloves, next time I would get a pair of padded paddle grips. We basically went from one point to another using the nautical laminated charts. The folks were enthusiastic and collected trash along the way. That idea was abandoned next day due to the hard work and need to preserve energy.

**Day 2 - Leesylvania State Park to Caledon State Park**—I called it a

marathon. One of us left a paddle at the beach the day before, so we had to wait until the state park opened at 9AM to rent one. Started at 9:30AM and ended at 7:30PM (24 nm/10 hrs = 2.4 nm/hr). We crossed the river at the narrow point before Quantico without much problem. Hit a rough patch at Mallows Bay but stayed OK. Went around the eastward bend of the Potomac, point by point, until we hit Maryland Point (Lions Camp Merrick) and then we crossed the river. Endless paddling from point to point was particularly tiring. Crossing the river was a rush. After the crossing, people were really tired, but we eventually made it to Caledon State Park. We missed the campground but hit the beach upriver from it and tied the kayaks to a bicycle rack. We walked 1.5 miles to the parking lot (otherwise it would have been four miles) and met John from the Dennison Street Inn who drove us back to their B&B in Colonial Beach. There, after our showers, his wife made us dinner at 9:30PM; we ate and drank wine. She also offered to do our laundry and we accepted.



*After a long day in the boat., Igor was super happy to reach Caledon State Park.*

Photo/Tom Cross

Many more blisters and much soreness. My son alternated between three pairs of gloves as each would create a blister at a different spot. I also had two blisters. Our bodies were hurting, so everybody was

taking ibuprofen. I saw the condition of the "troops" and decided to shorten the trip next day.



*Jim and Anton get ready for Day 2 at Leesylvania State Park. Photo/Igor Boras*

**Day 3 - Caledon State Park (lower end) to Route 301 bridge**—John, the B&B owner, drove us back to the park; we started at 9:30AM. My son started very weak—worn out from the Day 2 marathon and after Mile 1, he decided to go back. I paddled with him back to the park where the B&B owner returned with his pick up to take him back to the inn.

The four of us had a pleasant ride to the bridge. Aiming for the bridge was nice because we had in sight, after three or four hours of paddling, a spot where we would finish, unlike the seemingly endless bays. We lost an hour while going back with my son and then deciding what to do, so we arrived at the bridge about 3:30PM (12 nm/6 hr = 2 nm/hr). We had a great meal at Denson's Grocery Restaurant and local wine (Ingleside Winery). Due to exhaustion and a bad weather forecast for the next day, one member of the team decided three days was enough. The remaining three paddlers decided to cut the distance again for next day.

**Day 4 - Colton Point (MD) to Piney Point (MD)**—We were afraid of bad weather, so John drove us with three kayaks to Colton Point, right across from St. Clements Island. We had an inconvenient ramp launch because the local property owners did not allow us to use their sandy beach.

We left about 10AM and finished at 4PM. We were much faster this time and made it to land before the storm hit at 6:30PM. We locked the kayaks in the Island Resort and Inn garage and feasted on crab cakes and beer at the Ruddy Duck Restaurant next to the hotel.

**Day 5 - Cancelled**—The wind was too strong and weather was cold, so we decided not to risk it. Because there was little to gain, and a lot to lose, we went back to Annapolis with help of the friend who dropped after day 3 and my family (with a trailer) to return the kayaks and equipment.

[Continued on next page](#)

**WHAT WE LEARNED:**

- Importance of teamwork—When we had adversity, we came together and solved the problem instead of being desperate.
- Distances are relative—When you see the end point ahead of you (goal), it may be farther than you think.
- Long trips are big mental exercise—You need to shut down the mind and just focus on rhythm and direction in order to put in the long miles.
- Importance of training/preparation—None of us knew what it means to paddle six to 10 hours each day. Paddling one hour doesn't give you a feel for what 10 hours are like.
- We were well supplied with food and drink, about four liters/day each, and reapplied sunscreen during every break, about every two hours.
- Having a spotter (cabana/bail-out boy) would have made the trip shorter. People were not able to quit because they knew they had to reach the end point each day. If there had been a bail-out option, some would have quit.
- Ideally, this trip would be done in 10 days, but who can take 10 days away from the family? Perhaps we should have planned distances to match the time available, since we had to shorten it along the way.
- You should NOT mess with the Mother Nature—we respected the wind and weather and dropped the last leg.
- Comfortable lodging with good mattresses and without bugs made a huge difference in terms of rest and readiness for next day.
- We are all better for doing it and will have everlasting memories of our time on the Great Potomac River!



Dan, Jim and Tom take their first break of Day 3 after passing Caledon State Park.

About 15 years ago, I was hiking with my wife in Shenandoah National Park on the Cedar Run/White Oak Canyon trail, which features 8 great waterfalls. A group of young, unprepared students in flip-flops with

little water for the hot August day hiked along with us. At the first waterfall, they were very enthusiastic and screaming about it. At the third one, they were happy. At the fifth they lost gusto; they were okay with it. At the seventh waterfall a young man said to the girl, "Here's another one." She replied, "Damn WATERFALLS!!!!"

That is how we felt sometimes, "damn mansions, damn bald eagles, or in my case - damn fossils". Nobody

is cheerful when running a marathon. No marathon runner appreciates when somebody says, "just a little bit" because he knows how hard it is to make each new step to "a nearby place". The mental state was just to reach the next point and the one after that, and so forth—no projections, no frustrations, just paddle, look around, look at the directions and think about something else.

However, every marathon runner is happy when the race is over. We were very happy and considered this trip a great success because it gave us a different perspective on the mighty Potomac and gave us an idea of what our bodies can endure while our life is on the descending arc of "over the hill" (except my son, of course. He's still YOUNG).

Thank you for assisting me and please let me know if we can assist anybody in the future. ♦

**D**id you enjoy reading Igor's story? Do you have compassion for his friends who endured so much to help Igor pursue his goal and celebrate his 60 years' young birthday? Do you appreciate how honest he was about his own novice shortcomings? Whatever fortuitous path led you to kayaking, those of us who love the water could hardly be living in a more ideal location for indulging that love. The Chesapeake Paddler is here to expand the information base for hundreds of CPA members, offer new opportunities, and stimulate imaginations. The Paddler wants to present many and varied voices and perspectives.

Please tell us of one of your experiences on the water, as Igor did, by submitting an article. Please.

## Upcoming Events. For the most up-to-date listings, visit the [CPA Meetup Calendar](#)

Fri, 6/29-Mon, 7/2	Fourth of July Holiday Pocomoke Car Camper	6/29 3:00 pm - 7/2 1:00 pm, Pocomoke River SP, paddle area waterways
Th, 7/5	Thurs area piracies only this week	check CPA website for more info
Mon, 7/9	West River fr Galesville Wharf	10:30-3:30, Adv Beg, arrive by 10 to be ready to launch by 10:30, 8-10 mi leisurely paddle, bring bag lunch
T W Th, 7/10-12	area piracies	check CPA website for more info
Sat, July 14	KIPP #4	fourth mtg to help improve skills & build endurance
Sat, July 14	non-CPA event: Paddle Palooza	8:00-3:00, fun paddle to explore wetlands & circumnavigate Horsehead Peninsula, Grasonville, MD
T W Th, 7/17-19	area piracies	check CPA website for more info
Sat, Jul 21	Practice Kayak Camper	7/21 9:00-7/22 5:00 - Patuxent River, practice one night kayak camping with support & advice from experienced campers
T W Th, 7/24-26	area piracies	check CPA website for more info
Sat, July 28	Circumnavigate Wye Island	9:00 am - 3:00 pm, Adv Beg, 12+ mi, weather dependent
Sat, Jul 28	Magothy R to Severn R paddle	7:00 am - 9:00 pm, Int; 16 mi w 5 mi shuttle; expect waves, wind, following seas; launch timed to ride outgoing tide
T 7/31, WTh 8/1-2	area piracies	check CPA website for more info
Sat, Aug 4	non-CPA event: Circumnavigate Manhattan	6:45 am - 7:30 pm, 2 launch locations w 2 groups each
Sat, Aug 11	KIPP #5	fifth mtg to help improve skills & build endurance
Sat 8/25-Sun 8/26	Full Moon Overnight Paddle & Breakfast	7:00 pm-2:00 pm, Int, 20+ mi, southern MD
T W Th 7/31-8/2	area piracies	check CPA website for more info
Sat, 8/4	non-CPA event: Manhattan Circumnavigation, NYC	6:00 am, Yonkers Paddling & Rowing Club, 30 mi, check CPA website
T W Th, 8/7-9	area piracies	check CPA website for more info
Sat, 8/11	KIPP # 6	sixth mtg to help improve skills & build endurance
T W Th, 8/14-16	area piracies	check CPA website for more info
T W Th, 8/21-23	area piracies	check CPA website for more info
Sat, 8/25 - 8/26	Full Moon Overnight Paddle & Breakfast, Southern MD	8/25 7:00 pm - 8/26 2:00 pm, Int; leisurely 20 mi; open water w strong currents, wind,waves; potluck breakfast
T W Th, 8/28-30	area piracies	check CPA website for more info
T W Th, 9/4-6	area piracies	check CPA website for more info
Sat, Sept 8	KIPP #7	seventh mtg to build endurance for circumnavigation
T W Th, 9/11-13	area piracies	check CPA website for more info
T W Th, 9/18-20	area piracies	check CPA website for more info
Sat, Sept 22	Mallows Bay Ghost Fleet	10:00 - 3:00, Beg, paddle the graveyard of the WWI wooden ships, bag lunch
Sat, Sept 22	KIPP Circumnavigation	culmination of season of building endurance

## Launch of the Month: Thomas Landing



**Location:** 37.723041 -  
76.544664

**Street Address:** 350 Thomas  
Landing Rd Lancaster, VA  
22503

**Type:** ramp

**Parking:** Moderate

**Restroom:** No

**Owner:** Northern Neck Plan-  
ning District

**County:** Lancaster, Virginia

**Water Body:** Greenvale  
Creek/Rappahannock River

**Link:** <http://www.northernneck.org/MAPS/>

<http://www.cpakayaker.com/chesapeake-bay-access-and-paddle-in-campsite-map/>

### 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.