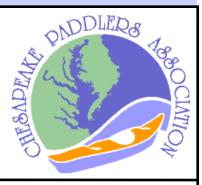
October 2019

# The Chesapeake Paddler



Publication of The Chesapeake Paddlers Association, Inc. Volum

Volume 28 Issue IX

October 2018

# Voting Is Now Open for CPA Officers Vote online, by mail or at the Annual Meeting

#### Coordinator



**Bill Smith** I am honored to have served as the CPA coordinator for the past three years and to continue this coming year-CPA's 30<sup>th</sup> year. Besides performing the coordinator duties, I enjoy being an active trip leader and working with water access issues. I am planning to lead a few skills sessions and beginner friendly paddles this coming year to increase new paddler participation. I have been an active paddler since my pre-teens and hope to continue for many years to come. Thank You for

your support.

#### Secretary



**Sue Stevens** I have served as Secretary for several years and would be honored to serve CPA again. Weekly, find me kayaking with our Wednesday Pirates of Arundell. I volunteer at other CPA events, including SK101, the CPA annual Meeting, the Wye Island trips, and organize a week of ADK kayaking. I most often kayak and work with my husband Rich to coordinate membership data. It is encouraging that lots of our

members are involved with CPA—at kayaking skills training, SK102, weekend campers, day trips, AND keeping up their membership dues. The best way to learn about the Bay and kayaking too is with our club trips! It's encouraging seeing new members discover kayaking buddies, with 56 volunteer trip leaders/ event organizers, it's a group effort for our club. The Secretary's tasks include managing the off-line CPA membership database, keeping meeting minutes, handling our Paddler News e-distribution, PO Mailbox pickup, and (of course) reminding folks through the year about their CPA membership. I am very happy to serve our club again.



#### Treasurer

**Rich Stevens** I have been treasurer for several years now, and would be honored to serve again. Now that the Club is incorporated and on a sound legal basis, I've worked to insure that all the proper

federal and state filings have been kept up to date as well as our insurance liability policy. I've also worked hard to insure that members are reimbursed in a timely manner, all payments are properly recorded and deposited, and that the necessary paperwork is kept up to date in an orderly fashion. I plan on continuing to work to seek other ways for the Club to give back to our members and to insure that Club funds are spent wisely. Although I generally hate paperwork, I've enjoyed my work for CPA. No fame and glory and the pay is non-existent, but a necessary part of a corporation.

#### Steering Committee (listed alphabetically)



Lisa Arrasmith I grew up in Iowa and did not guess that I would fall in Iove with the water in the middle of my life. I learned to kayak in Baltimore Harbor in 2003 through the Canton Kayak Club (mind the Water Taxi! mind the tugboat! mind the barge! mind the drunken power boater! mind the drunken sailboater!) and lived to tell the tale and buy my first sea kayak in 2005. My first annual CPA meeting was in Galesville in 2004, where someone

sneered at the kind of boat I said I wanted to buy. I bought my Prijon Catalina anyway and still love and paddle it today. The CPA should be a no-boat shaming, sneer-free zone. My favorite CPA paddle was the final KIPP in 2011, the easiest 34 miles I ever paddled in one day, though some of the KIPP training paddles sure had their moments. The CPA needs more full-day fun events at both easy and advanced levels. I'd like to do a Maryland side season kickoff day in late May. I've also been a leader in the public water access movement for the past six years and together with many other people we jailbroke several closed "future parks" in Anne Arundel County, so now we can all get to the water. We're not yet done jailbreaking parks. Please vote for me and I'll do my best for you.



**Ralph Heimlich** I have been an active member of CPA for the last 17 years, and am honored to be nominated to continue on the Steering Committee. My particular interests are a) trip leading, particularly multi-day kayak touring trips; b) training new trip leaders to continue the Club's strong

# 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.

#### Officers

Coordinator coordinator@cpakayaker.com **Bill Smith** 407-489-7191 Membership, subscriptions Sue Stevens c/o CPA, P.O. Box 341, Greenbelt, MD 20768

Secretary—Sue Stevens Treasurer—Rich Stevens **Steering Committee** Jacyln Gilbert Greg Hollingsworth Tim Dole **Ralph Heimlich** Paula Hubbard Chip Walsh

membership@cpakayaker.com 410-531-5641 secretary@cpakayaker.com treasurer@cpakayaker.com steering\_committee@cpakayaker.com

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**Gear Volunteer** 

Marla Aron

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news\_editor@cpakayaker.com

Paddler Profiles - Bob Browning 410-661-6725 Mailing and Distribution Sue Stevens (digital) Jenny Plummer-Welker (hardcopy)

#### **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 10month 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!

#### **Pirate Groups**

**Pirates of Algonkian** James Higgins **Pirates of Arundell Committee Rich Stevens** Béla Máriássy Greg Welker Sue Stevens **Pirates of Baltimore** Ed Cogswell **Pirates of the Eastern Shore** Paula Hubbard **Pirates of Georgetown** Jesse Aronson Tom Heneghan **Rob Pearlman** Larry Ichter **Pirates of the North Bob Shakeshaft** Gary Foster Joan Sweet Jerry Sweet Pirates of Occoquan Jim Zawlocki Pirates of Patuxent Jenny Plummer-Welker **Don Polakovics Pirates of Potomac** Dick Rock **Pirates of Sugarloaf** Liz Marancik **Rita Scherping** Lise Soukup

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#### 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

The newsletter may be reprinted whole or in part if credit is given to this newsletter and any identified author (unless an article is specifically copyrighted), and a courtesy copy is sent to the Editor. The download link or file for the electronic version of this newsletter may not be posted or forwarded to non-members without the express consent of the Coordinator or Editor.

# **News From the CPA Coordinator - Bill Smith**

#### WANTED: Editor for The Chesapeake Paddler

The current CPA newsletter editors are passing the torch with the publication of the last issue of 2019, so CPA is looking for volunteers to fill this position. If you have a

passion for publishing and want to see the newsletter continue, we need you. The newsletter is published ten times a year with November/December and January/February being combined issues. The newsletter welcomes articles from members who want to share an outdoor experience or trip reports from your favorite paddle. We all



love paddling and the outdoors, so you can share your experience with an enthusiastic crowd who will appreciate your story.

I want to thank Beth Boyd and Lois Wyatt for the fantastic job they did over the past three years as co-editors of the newsletter. They are a real joy to work with-they will be missed.



# CPA ELECTIONS-Online voting is open

Fall is the time when we elect new officers and show support for the current officers. This year is unusual because all the current officers have agreed to run again, but if you want

to add a write-in candidate, that is your choice. You may vote online at <u>https://www.esurveyspro.com/Survey.aspx?</u> id=130f029c-d177-4699-8351-adf2cf070f9a. Note, you MUST enter the last name and member number (on your membership card) for your membership for your vote to count. Invalid votes will be discarded. An email will be sent to the email of record for the membership in early October. Check your inbox.

All votes will be tallied at the CPA annual meeting on November 3<sup>rd</sup>. The annual meeting will be at the Eastport Library, located at 269 Hillsmere Drive, Annapolis, MD, across from Quiet Waters Park. The library hours are from 1:00 to 5:00 PM, so the meeting will start promptly at 1:00. If anyone is interested in a morning paddle, Truxtun Park is nearby. We'd appreciate a volunteer to lead the morning paddle; let us know.

Recently I read an article about a lone kayaker paddling in the ocean off Massachusetts when he became separated from his kayak. After an hour in the 66° water, a passerby reported to the Coast Guard that they spotted a kayak floating with no one aboard. The report triggered a search which intensified when they found a drybag with car keys and a shirt. About this time the kayaker's wife called and reported him past due. This story has a happy ending because the paddler was found alive after three hours in the water, but you can imagine he was not in the condition he was when he shoved off; I assume he was at least suffering from hypothermia. This guy had luck on his side since his empty boat was sighted and reported, followed promptly by a search. His wife's reporting him missing probably let the searchers know who they were looking for and that they had a legitimate search on their hands. This is a good argument for having an identification label in your boat, so the Coast Guard or rescuers can determine if a person is missing or they are dealing with a boat that strayed from someone's dock. Since living on the bay, I have come across stray boats from time to time; it is easy to assume that a kayak without a paddler is a stray boat and not a paddler in distress.

CPA usually has Coast Guard identification labels available at meetings several times a year. You can also get them from your local water safety agency.

We still have plenty of beautiful paddle days ahead before the winter sets in. Hope to see you on the water. Happy paddling.

Bill Smith

Do 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 contributions to this publication. •

#### The Chesapeake Paddler

#### (Continued from page 1)

programs; c) water access issues, particularly promoting new paddle-in campsites; and d) interfacing with other recreational and environmental organizations that pursue goals congruent with sea kayaking interests. This past year, I've updated entries for the Chesapeake Bay Launch Site and Paddle-in Campsite Atlas on CPA's web page, continued leading trips, and volunteered to serve on a DNR's Boat Act Advisory Committee. If elected, I hope to continue these efforts in support of the sea kayaking community.



Paula Hubbard CPA has done a great job in promoting safe kayaking, water access, and water safety education. I enjoy the time I have spend working with CPA members and would like to continue serving on the steering committee.



Katherine Neale I am honored that several members of CPA have nominated me to be a member of the Chesapeake Paddlers Association Steering Committee. I have been a CPA member since June of 2006, and have enjoyed many of the activities and fellowship that the club has to offer. If elected, some of the things I would like to work on are: 1) Recruiting and training of more trip leaders from the membership, so we can offer more trips; 2) Getting more members more involved

in their local Piracies; 3) Promoting the club to new paddler; and 4) Helping to support safe and responsible sea kayaking.



**Chip Walsh** Having tremendously benefitted from my membership in CPA, I welcome the opportunity to continue supporting the club by serving on the Steering Committee. My hope is that by participating, I can help the SC make it easier for members to organize trips and attend trips. Additionally, I support the Club's efforts to expand water access for all paddlers, especially in Anne Arundel County, where I live.



Shelly Wiechelt It has been my pleasure to serve on the CPA Steering Committee and Chair the SK101 Planning Committee over the past year. I am hoping to have the opportunity to serve for another year. I believe we have a rich tradition of kayaking safely in the Chesapeake Bay region and I enjoy being part of the community. If elected, I intend to continue to promote safe kayaking and to work to create

a welcoming and engaging environment for all CPA club members old and new.

You may vote online at https://www.esurveyspro.com/Survey.aspx? id=130f029c-d177-4699-8351-adf2cf070f9a. Note, you MUST enter the last name and member number (on your membership card) for your membership for your vote to count. Invalid votes will be discarded. An email will be sent to the email of record for the membership in early October. Check your inbox. You may also mail in the ballot in this newsletter or vote in person at the Annual Meeting.

#### All the CPA Award Citations

2013 Brian Blankinship—For originating, developing, and sustaining the Chesapeake Paddlers Association, Inc., Sea Kayaking On-Water Training (SK102) at Lake Anna, Virginia, for 15 years, serving as CPA Coordinator 2003-2005, Pier 7 Pirate Captain 1998-2000, and numerous other roles in the club since 1996.

**2013 Marshall Woodruff**—For originating, developing, and sustaining the Chesapeake Paddlers Association, Inc., Kent Island Practice Paddle (KIPP) Series. KIPP has fostered confidence, endurance and rough water paddling skills in participants since 2006.

**2014 Suzanne Farace**—For originating and leading the annual CPA Gear Day from 2008-12, leading CPA's Introduction to Sea Kayaking (SK101) course in 2010-13, co-leading a beginner course for Kayak Camping, serving on the Steering Committee in 2009, leading numerous day and camping trips, and participating in many CPA events and activities since joining in 2005.

**2014 Gina Cicotello**—For originating and leading the annual CPA Gear Day from 2008-11, leading CPA's Introduction to Sea Kayaking (SK101) course in 2010-11, co-leading the Greenland Paddle Workshop from 2006-13, serving on the Steering Committee in 2009-10, leading numerous day and camping trips, and participating in many CPA events and activities since joining in 2002.

2015 Catriona Miller—For originating and leading the CPA Boat and Paddle Workshop from 2013-14, organizing and leading CPA's Sea Kayaking Skills Clinic (SK102) course in 2014-15, serving as registrar for SK102 in 2012-13, organizing the CPA Gear Day in 2013, organizing the Cold Water Clinic in 2014 and recording and posting the talk in 2013, co-managing CPA's website, forum and Face Book pages since 2013, serving on the Steering Committee in 2012-13, and participating in many CPA events and activities since joining in 2010.

2015 Sue and Rich Stevens—For serving the administrative needs of the Chesapeake Paddlers Association, Inc. as Membership Secretary since 2006 and Treasurer since 2007, Pirates of Arundell coordinators since 2006, SC members since 2006, leading numerous day trips and support activities, and participating in many CPA events and activities since joining in 1999.

**2016 Jenny Plummer-Welker**—For extended service as Chesapeake Paddlers Association's longest-serving Pirate Captain (15 years with the Pirates of the Patuxent and 9 years on the Pirates of Pier 7/Arundell committee). Jenny was one of the originators of the Patuxent Pirates as early as 1993 and has participated in many CPA events and activities since joining in 1991.

2016 Dick Rock—For extended service as one of Chesapeake Paddlers Association's longestserving Pirate Captain (13 years). Dick has served as Captain of the Potomac Piracy at Belle Haven Marina since May 2003 (taking over from Bill Dodge) and participated in many CPA events and activities since joining in 1998.

**2017 Paul Casto**—For organizing and leading SK101, Introduction to Sea Kayaking, from 2014-17, serving on the Steering Committee in 2014-15, participating and assisting with KIPP, instructing at SK102, and participating in many CPA events and activities since joining in 2009.

2017 Gregg Banse—For serving as one of the CPA Web Masters from 2015-17, updating and running the CPA Forums, and converting the CPA website to Wordpress over the winter of 2016-17 since joining in 2015.

2017 Ralph Heimlich—For serving as CPA Coordinator from 2013-16, on the Steering Committee for 2006-11 and 2017, editor of *The Chesapeake Paddler* from 2006-12, organizing SK203, Trip Leader Training, in 2016, running the Spray Skirt Workshop from 2009-17, hosting the CPA Holiday Party from 2006-10 and 2014-17, co-leading the Patuxent Cleanup with Chip Walsh from 2005-17, leading numerous camping and day trips since 2005, and participating in many CPA events and activities since joining in 2002.

2018 Lisa Arrasmith—For outstanding service to the sea kayaking community through her tireless advocacy for better water access in Anne Arundel County. Lisa participated with the AA county Water Access Committee and organized paddler representation at many public hearings and events, resulting in improvements to water access points at Beverly-Triton Beach, Spriggs Farm, South River Farm, Bodkin Creek at Downs Park, Franklin Point State Park, Mayo Beach, and many others. Lisa has been a CPA member since 2004.

2018 Paula Hubbard—For outstanding service to the Chesapeake Paddlers Association in helping organize and lead the Kent Island Practice Paddles (KIPP) since 2010, teach navigation classes numerous times, serve as an instructor at SK101 and SK102 for 7 years, serve as Web Master with others since 2013, and serve on the Steering Committee 6 years since joining CPA in 2009.

Who'll be the CPA Award Winner this year? Come to the Annual Meeting and find out.

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#### The Chesapeake Paddler

October 2019

# Paradise Waiting

When I die, let my ashes float down the Green River Let my soul roll on up to the Rochester Dam I'll be halfway to heaven with Paradise waiting Just five miles away from wherever I am <u>Paradise</u> by John Prine

#### By AI Larsen

Out on the water, I often find myself singing, and more often than not, it's a John Prine song. Often it's "Pretty Good, Not Bad, Can't Complain," accompanied by an ear-to-ear grin as I soak it all in. But usually it's "Paradise". Yep, paradise is waiting for me out there on the water, wherever I am. My special corner of paradise is the waters of the Adirondacks. Maybe a smallish pond with no one else on it, maybe a big lake with majestic views of adjacent mountains, or maybe a winding river with close-in banks filled with wildflowers and clear-to-the-bottom water, maybe even squiggling up and over a beaver dam. But what about all of those in one single day trip? Now that's paradise! Guess what – no waitinng. In fact a group (gaggle, flock, school, herd?) of CPAers had just such an outing in early September.

The **Cedar River Flow** is a 640-acre lake created by the Wakely Dam on the Cedar River. It's essentially in the back yard of CPA member Jennifer Bine near the town of Indian Lake, NY. From the intersection of Route 28 and Cedar River Road in Indian Lake (by the cemetery and golf course—no apparent connection between them), follow Cedar River Road 12 miles to a campground. There is a rather large meadow parking area near the dam providing cartop boat access. No motors are allowed on the Cedar River Flow, making it an excellent, secluded spot for wilderness paddling.

Starting out on the lake formed by the dam, we see mountains surrounding the lake, giving perspective as well as a scenic backdrop, and equally scenic islands, creating an interesting paddle path. The CPA Loons check out the avian loons and vice versa. We saw an adult with a juvenile riding on back as they do earlier in the summer. It struck me as getting rather late in the season for the young one to be at that stage of development. It's going to have to be able to fly in about a month, or it will miss the last flight out, as it were.



Mountain views on the Cedar River Flow Photo credit: AI Larsen

Approaching the far end to the lake, we encounter a beautiful marsh with many braids of stream flow. Hmmm. Which is the true creek that we're searching for? The gang spreads out a bit, trying this one and that one, and then we settle on the one that we need. It's clear that one could spend a fair amount of time in trial and error searches. Fortunately for us,

Rich and Sue



The meandering Cedar River Photo credit: Al Larsen

Stevens had scouted the route the week before and were able to direct our searches to approximately the right area. Even then, we had a bit of trial and error before finding the creek. Not as if paddling around the marsh grasses was wasted time, though; it was beautiful.

Now, we were paddling up a meandering Cedar River, with a large variety of flowers at their end of summer peak. By my reckoning, Joe Pye weed was the most photographed. Ah, peaceful, quiet kayaking, with no sound but our own paddles. Then, there it was: the beaver dam, strategically placed, as those critters are wont to do for their structures. A few of us shimmied up and over, using the dam itself to gain purchase for the final thrust. Others, smarter probably, realized there was a side bit of earth that, while it couldn't be paddled through, did allow for getting out of the boats and just walking a few steps. Each group was convinced it had made the better choice.

Continuing up the river, I was thinking, it sure would be nice to find a spot to stretch the legs, find a, uh, tree, and have some lunch. Nature (or the Adirondack Park folks) anticipated my desires. Tucked into the trees, at a bend up ahead, was an iconic Adirondack lean-to. Even had a nearby out house. Great lunch spot. This made for about a five mile paddle in, including the lake and the river portions, with a half-way destination at just the right spot. After lunch, we continued another half mile until we hit a set of rapids that meant either turning around and heading back, choice of the majority, or pretending to be salmon, and wriggling a bit farther upstream, which some of the gaggle, flock, herd, did. Of course, we had to wait down below the beaver dam for the salmon-group on the return, but we didn't mind taking in the beauty of the marsh where Cedar River flowed into the main lake. Pretty good, not bad, can't complain.

It was Wakely Dam, not Rochester Dam. But, if you can take a trip to the Adirondacks with your kayak, Paradise is waiting.

### **Annual Meeting Voting Ballot**

At the meeting, we will discuss CPA business and elect the association officers (Coordinator, Secretary, Treasurer) and the other six Steering Committee positions. We posted electronic notices asking candidates to send their name and a brief "campaign speech" to "webmaster@cpakayaker.com". The deadline was October 5 so they could be listed on the ballot in this newsletter. Any member may also conduct a "write in" campaign. Check the website (http://www.cpakayaker.com/ nominations) to see who is running along with their "campaign speeches". If you can't attend the annual meeting, you may vote electronically on a link provided on the website (http://www.cpakayaker.com/vote). You will need your member number to vote—an email will be sent to your email of record with the member number in October. Only one valid ballot per membership, including family memberships. You may also fill out the ballot below and mail it. We will count mailed ballots at the same time as "live" votes at the meeting.

Your CPA Member Number \_\_\_\_\_ (required for a valid ballot, it will be emailed to you in October).

Officers	(choos	se one	of eac	h)

Coordinator (vote for one)

- \_\_\_\_ Bill Smith
- (Write-in Candidate)\_\_\_\_\_

#### Secretary (vote for one)

- \_\_\_\_ Sue Stevens
- \_\_\_\_ (Write-in Candidate)\_\_\_\_\_

#### Treasurer (vote for one)

- \_\_\_\_ Rich Stevens
- \_\_\_\_ (Write-in Candidate)\_\_\_\_\_

#### Steering Committee (choose six)

- \_\_\_\_ Lisa Arrasmith
- \_\_\_\_ Ralph Heimlich
- \_\_\_\_ Paula Hubbard
- \_\_\_\_ Katherine Neale
- \_\_\_\_ Chip Walsh
- \_\_\_\_ Shelly Wiechelt
- \_\_\_\_ (Write-in Candidate)\_\_\_\_\_

### **Vote for CPA Officers and Steering Committee**

After you've voted, please tear out this page, place in a stamped envelope, and mail to: The Chesapeake Paddlers Association, Inc. Attn: Ballot P.O. Box 341 Greenbelt, MD 20768-0341 Ballots must be received by October 31, 2019 to be counted.

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

Date	Event	Summary
Tu-Th 10/1-3	area piracies	check CPA & Meetup calendar for details
Sa-Sa, 10/5-12	Sail Angels at Cedar Island, NC, non- CPA event	10/5 noon-10/12 noon, canoe & kayak sailing, Cedar Is, NC
W-Th 10/8-10	area piracies	check CPA & Meetup calendars for details
Wed, Oct 10	Upper Elk River	10:00-3:00, Adv Beg, explore the Upper Elk and its creeks
Sat, Oct 13	Maxwell Hall 250th Anniversary Colo- nial Faire	9:00-5:00, paddle downriver to Maxwell Hall Lndg, walk around Faire (10-3) for demos of weaving, tobacco culture, swordsmanship, etc
Mon, Oct 15	Upper Chester River	10:00-3:00, Adv Beg, explore Upper Chester R fr Crumpton past Mil- lington
W-Th 10/15-17	area piracies	check CPA & Meetup calendars for details
Sun, Oct 20	Fall Foliage at Fountainhead	10:00-12:00, dress for fall temps
W-Th 10/22-24	area piracies	check CPA & Meetup calendars for details
W-Th 10/29-31	area piracies	check CPA & Meetup calendars for details
Wed, Oct 31	Mid-Chester River / Southeast Creek	10:00-3:00, Adv Beg, 10-12 mi, paddle Southeast and Island Creeks
Sun, Nov 3	CPA Annual Meeting	1 pm, Eastport Public Library, 269 Hillsmere Drive, Annapolis, MD
Th-Tu, 11/7-12	"Chickahominy Camper" at Chippokes Plantation SP, VA	11/7, 7 pm-11/12 9 pm, traditional Veteran's Day weekend camping, this year on south shore of James R

# CPA Paddler George Radebaugh Medals in Special Olympics Kayaking

Baltimore Piracy paddler George Radebaugh once again competed in the Maryland Special Olympics kayaking program, medaling in three timed-trial events.



The event, on August 24<sup>th</sup> was the 8<sup>th</sup> year that the championships were held at the Washington College boathouse on the Chester River. This is "a premier facility," matched only by the multi-million dollar Olympic competition sites in Gainesville, GA, Oklahoma City, OK, and Long Beach, CA,

organizer and Special Olympics coach Jack Brosius said.

Special Olympics rules limit the number of competitors in a heat to six, who must have trial times within 10 percent of one another from fastest to slowest, "so that everyone has a fair chance," Brosius said. Each event may have as many as 15 to 20 heats, depending on the number who want to participate. Races were held at four distances: 100, 200, 500 and 1,000 meters. Medals are awarded for the top three in each heat, with ribbons for the other three finishers. Most of the competitors are individual paddlers in single kayaks, but there are also events for "unified teams," in which a person without special needs teams with a person with special needs.

George took gold in his heats in 3 distances:

Division 606 Kayaking 200 m 1 minute, 26.8 seconds

Division 205 Kayaking 500 m 4 minutes, 26.6 seconds

Division 805 Kayaking 1,000 m 9 minutes, 23.8 seconds

George has previously competed in Special Olympics kayaking events and medaled numerous times.

The event attracted about 150 athletes from across the state of Maryland, plus 18 to 20 from Pennsylvania, where there is no such Special Olympics kayaking program. There were also another 100 coaches and supporters, plus 30 to 40 volunteers to run the events. If you want to put some of that hard-earned kayaking skill to a good use, volunteer to help Special Olympics kayakers at <u>https://www.somd.org/volunteer/</u> or ask George.

# Campsite of the Month: Widewater State Park, VA



This is the paddle-in campsite on the Potomac River, just above the mouth of Aquia Creek. This site shares a full restroom with the picnic area and has running water available. A second campsite is planned farther up river in the park for a later date. The SP also has a kayak launch on Aquia Creek.

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

Name: Widewater State Park (4 pads, 1 site)

Water Body: Potomac River

River Mile: VA 97.5 (from Smith Point)

Website: https://www.reserveamerica.com/explore/ widewater-state-park/VA/144700/campsites? lookingFor=2003&pageNumber=0

Phone: 540-288-1400

Lat: 38.40778 Long: -77.3151



The Chesapeake Paddler Chesapeake Paddlers Association, Inc. P.O. Box 341

Greenbelt, MD 20768-0341

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.