

The Chesapeake Paddler



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May 2002

Fourth Year At Lake Anna



photo by Mike deBlois

The shore of Lake Anna: This is only part of the fleet. In the fore foreground you can see that the water level was the lowest in years when we arrived and Dave said it was up about 8" from its low a few of weeks before.

Newsletter News and News

I regret that this month's newsletter was so late. I've been avoiding this for month but the tardiness of this issue proves I can't hold on any longer. I must turn our publication over to someone else. Unfortunately, this is just the beginning of my issues with time. I will be working teaching and going to school for the next four years. I will not be able to do more work on the newsletter in the foreseeable future. I suspect getting even a paddle a week in over this season will not happen so I know I don't have time for the work on the newsletter.

Being the editor has been both rewarding and fun. I've met more nice people than I can name through this publication and CPA, in general. When someone says that kayakers of

Editor cont. on page 2

by Nelson Labbé

I am a beginner/intermediate paddler and a relatively new member of CPA. My experience with CPA so far consists of only a few outings last year with the

Georgetown Pirates on Thursday evenings (great group!). I tried to go to the Lake Anna Skill Weekend last year but a business trip delayed my registration. The registration had filled in just a few days, before I could get my registration in. Needless to say, this year I made sure to get my registration filled out on time to get spots in the gathering for me and my son, Craig.

Although I was excited about getting to attend I admit that I was a bit anxious about what to expect at the Lake Anna site. I like to camp out, but camping in the vicinity of up to 90 other people had me a little worried about crowding and facilities.

We arrived about 6 pm on Friday. I could tell when we were getting close as I saw other vehicles with kayaks heading the same way. We arrived and followed the instructions posted on the tree outside the house. Basically, drive down the back yard to the water to unload kayaks, find a campsite and unload gear, check in with

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photo by Joan Spinner

A B-B-Q was planned for Saturday, after all the work of classes was over. The job of feeding some huge number of hungry paddlers was undertaken successfully, on the grill thoughtfully provided by our host(ess). Real hamburgers, hotdogs and Veggie burgers, cooked to perfection popped onto the table with gusto, the same way they were consumed.

THE CHESAPEAKE PADDLERS ASSOCIATION

The Chesapeake Paddlers Association is an association whose mission is to provide a way for people to safely enjoy sea kayaking within the Chesapeake Bay area and to promote safe sea kayaking practices through the education of the local sea kayaking community and the interested public.

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DEADLINES: Closing date for articles, trip reports, information, and advertisements is the 15th of the month prior to the next issue. The Managing Editor retains the right not to print and/or to edit articles, trip reports, photographs, drawings, advertisements, or other materials submitted for publication of a subject matter not related to the interests of our readers or due to lack of space, etc. See Advertising information in the Classifieds section

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From the Coordinator Moving On

All good things have to come to an end, and my tenure in the Washington area is no exception. After fourteen years here, and six years paddling with CPA, I am leaving the area, moving to New Jersey to pursue an exciting job opportunity.

I started paddling six years ago. I was one of those newbies like the ones some of you have probably just met at Sandy Point State Park, trying boats in an effort to figure out what I might like. I found the CPA that day, after I paddled up to someone all decked out in funny-looking gear to say “gee, you look like you know more about this than I do, let me ask you some questions.” That turned out to be Joq Martin, who said that if I wanted to

find ads for used boats I should join the club and check the ads in the newsletter.

He also suggested that if I wanted to see what good paddling style looked like, I might follow a red boat with a blonde paddler who turned out to be Greg Hollingsworth. He in turn suggested that if I wanted to try out one of those *stick paddles*, I might ask the Filipino paddling by, who turned out to be Nick Meman.

I signed up for a short “intro to kayaking” class that was to be taught by Beth Morris, and she pointed out the other blonde-haired Greg who ran CPA, Greg Welker.

That summer, paddling regularly at Pier 7, I met a lot more CPA people,

Video cont. on page 3

From the Editor

(from page 1)

CPA are elitist or something like that I wonder what CPA member they can be talking about. The people I know will literally give you the shirt off their backs, if you need it. The issues of safety are just that, issues of safety, not gear or years paddling. It is hard to tell others “no” when they want to go have fun with you. The easy way would be to not say that and pray that nothing happened. I applaud the courage of those willing to say that “no.”

Any organization the size of CPA runs through the efforts of a few members on a regular basis and by the efforts of many members on occasion. One of the occasions for *the many* will be coming up in the next few months. The by-laws that have been worked on for many months by

a few members will be presented to the whole membership for its consideration. If you will take the time to read and consider what is presented, then respond with any concerns you have, that will be your contribution to the club.

Speaking of a few, with Joy Hecht moving out of the area and setting aside the roll of coordinator, we need someone with a willingness to pick up the reins. Frankly, the two jobs with the most impact on the club are, in order, newsletter editor and club coordinator. They set the tone of the club internally and externally.

The coordinator creates their own job, as does the editor. Neither job is so easy that you don't have to do anything but you can do as much as you'd like to do. For me, I liked doing a lot when I started but as my time became consumed by job changes, now school to become certified

Editor cont. on page 3

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Moving-on (from page 2)

many of whom contributed to the (rather frustrating) effort to teach me to roll, and a few of whom became my regular paddling partners and friends.

Clubs like this have lots of turnover. Beth has since moved to London and back again, Greg H. has been caught up with his family and doesn't come to Pier 7 as much any more. Greg W. has finally extricated himself from running the club though he's still actively involved in many other ways. And lots of new people have become active parts of the club since

then - many of you have probably never even heard of the people I met that day six years ago, though they were very active club members at the time.

At some point, I heard someone talk about leading trips and teaching novices as a way to give back to the club. I'm not much of a teacher or a trip leader, but I thought I could help by taking on tasks that other people find tedious, like the bookkeeping. I've also served as the coordinator for the past year, though I'm never sure if that has really been much of a contribution!

Now that I'm on my way out, here's just a note of thanks to everyone at CPA

who helped bring me into the sport. And to everyone else who has learned new skills and made new friends through CPA, perhaps it's time for some of you to give back, as well?

I've gotten a great deal from the club, and I'm sure some of you have as well. So please pass it on to the next group of new paddlers, so that the club will continue to be strong!

And if anyone is heading to central Jersey and wants to paddle, do send me an email!

Joy Hecht



Editor (from page 2)

in special ed, and looking forward to having my own classroom soon, I'll be lucky to paddle much at all.

To make it easier I've found that if I just run what people send me, it reflects the club very well. I don't have to write those 4 page pieces to fill 12 pages. I have to admit I've had to do some real editing on some pieces but mostly because the writing style was a bit rough, not the *what* of the piece. I've only turned down one piece and that was because it was too commercial.

What do we really need the newsletter for? As I have seen it the first thing people look at is the calendar and then the classifieds. Everything else is nice but I don't fear being hunted down if I can get

that much out. Seriously, all the feedback has been nice, even the questions I've gotten about the lack of this issue.

I've written some pieces. That is fun and I know how to write to length. Once I accepted that the newsletter didn't have to be 12 pages, any combination of 2 works fine, life was easier. Pictures save the day, like when you can't find that 3 page piece someone sent and their email has been consumed by AOL or some email gremlin.

I've lost my share of stuff because I've changed machines about 6 times in 2 years between work changes and the death of 2 home machines. It is embarrassing to do stuff like that. Only one person got a bit "upset" and even that was probably hitting the SEND button too quickly. Not at all bad for a bunch of "elitist."

The way this newsletter looks is the result of almost 20 years as a graphic artist. I have the professional software, Quark and Photoshop. You don't need that kind of stuff. I think that many folks would be happier if someone used software that anyone else could pick up and do the newsletter in.

I haven't a clue about MS Word. I resisted when it was suggested we change. I can send anyone who takes this job on the template and specs if they like. Or, feel free to design your own. I am more than willing to help someone transition this project.

I would love to continue to write and take pictures, if I'm every where people are paddling to report on. I can help without spending 16 hours a month on getting this out. It probably wouldn't take someone else as long as it does me. I'm looking at producing something that reflects my background. There is a wide variety of styles, not just mine. They all do the job of communicating, that's the bottom line.

The value is in the contributions of the writers and photographers, not in how pretty the words look. If you want pretty, I promise to try to help. The words will be donated by the members, this I know and am grateful for.

I'm so proud that I've had the gift of serving this great bunch of people who are now friends, or will be once we get on the water together. I brag on every one of you. I plan to continue to serve as opportunities come available to me.

Joan Spinner

almost ex-managing editor



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Fourth *(from page 1)*

Brian or Laura, find a parking area for your vehicle.

Although it seemed that most people had arrived, there was still space for more tents. I found that while the tents were fairly close to each other that everyone I met was very friendly and considerate of those around them. The porta-potties were clean and there were plenty of them.

A great amount of thanks is deserved by Teresa Pendleton and David Compton for hosting the Lake Anna skill sessions. I'd also like to thank Brian Blankinship and Laura Butterbaugh and the others involved in setting up this event. It is clear to me that a lot of preparation was required.

Most important, ***the kayaking was great.*** First of all, I've never seen so many and such an assortment of kayaks in my life. Wow! The Friday night moon-



photo by Mike deBlois

The Saturday night ritual of testing fairs went off well until the rain had everyone scurry under the tarp that had been set up near-by. This year only one of the many failed to work in contrast to last year when only one or two did work.

light paddle was great. I've never paddled at night before and it turned out to be a real treat.

There were several groups and I was in a group of 10 medium speed paddlers.

The water was warm, the moonlight was fantastic, and the paddling was great. We even got a great view of the five planets in their alignment just above the western horizon. As we paddled back toward the house, past the cooling water outlet for the power plant, I noticed a light mist produced by the warm water beneath the cooling air.

We made it back to shore, pulled our kayaks out of the water, and walked back up to our tent. I had been a little concerned about the possible noise level of a fairly crowded camping area but everyone seemed very conscientious and it wasn't a problem at all. Soon, I was cozy in my sleeping bag and had a great paddle-induced sleep.

The next morning dawned bright and sunny. Brian gave a brief class orientation at 7:30 and the classes themselves began at 8:00. Craig and I were enrolled in the intermediate strokes, rolling, self rescue and bracing classes with Brian, Greg Welker, David Moore and James Song respectively. Wow, what great training sessions. I learned new skills and lots of procedures and techniques to practice.

But for me the big excitement was that Craig completed his first roll! Craig had practiced wet exits and hip snaps during several previous outings. He had even tried to roll before but it wasn't until he got some of Greg's guidance that Craig was able to put everything together and complete several rolls. It was great! I had rolled a few times before but Greg was able to correct some faults in my technique

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photos by Joan Spinner

Top: All kinds of tents sprang up everywhere. Bottom: The registration table became the kitchen with Laura presiding.

What you thought you knew, or maybe you forgot

Trip Participants Etiquette

by Mark English

We've had a many articles on the required skills and knowledge of the trip leader. The trip leader is volunteering to organize the trip and take some measure of responsibility for the members on the trip. As participants of a trip we are still responsible for ourselves and have responsibilities to other trip members and the trip leader. We are responsible for our own equipment, whether it is water and sunscreen, cold-water gear, or the club required PFD and spray skirt. We should acknowledge the effort of the trip leader and make their task as easy as possible.

Here are some of the things a trip participant can do to make the trip leader's task easier:

Contact the trip leader at least a week in advance to let them know of your

interest in the trip. Ask them about the difficulty of the trip and let them know if you have any concerns about your ability. They will take your name and the names of any others you are planning to bring. Trip leaders need to have an idea of how big a group they will be leading. Trip leaders need a way to contact you (in case weather or some other event causes the trip leader to change the trip). Get directions to the meeting (usually the launch) point.

Call the trip leader again as soon as you know you can't make a trip. Considerate trip leaders often wait for late arrives, which means everyone on the trip may be waiting for one person who didn't take the time to call to cancel.

Try to arrive early. The trip leader usually indicates the time they wanted to LAUNCH, not the time they planned on meeting. Arriving early allows time to fill out waivers and review float plans, lets you leisurely unload and pack your boat (not rush and risk forgetting things), and gives you a chance to talk to and help the other trip participants.

Be prepared to help. others unload, move, and load their boats. If you are an experienced paddler, be willing to occasionally take point or sweep, perhaps be willing to help others (if they want it) with paddling skills.

Stay with the group. Don't take off on a side trip with out checking with the leader. If the leader is not comfortable with splitting the group, accept their decision.

Help keep the group together. As paddlers don't paddle at the same speed, trips have a tendency to spread out. Check on the person behind you. If they are falling behind, call to the paddlers around you and slow down. A faster paddler can always slow down while a slower paddler might not be able to speed up.

Keeping a tight group is especially important when there is powerboat traffic, bad weather, or poor visibility due to darkness or fog and on crossings.

Be considerate. Be considerate of the trip leader, fellow paddlers, other boaters. Be aware of ALL the boat traffic, kayak or battleship. Not yielding to a boat under sail or bigger and faster is not a good idea, anyway.

Thanking the trip leader at the end of the trip is a good way to show you appreciate their effort.



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Put It On Your Calendar

Planning is well under way for the 11th Annual Great Chesapeake Bay Swim, which will be held on Sunday, June 16, 2002. Over the past ten years, the GCBS has been successful in raising and donating over \$450,000 in charitable donations. Recipients include the March of Dimes, the Chesapeake Bay Trust, Chesapeake Bay Foundation and the University of Maryland Medical System.

This year, the event falls on Father's Day, and we are planning some very special prizes to honor the volunteer fathers participating in the event. Please make plans to attend the Volunteer Appreciation Party on Saturday evening, June 15, 2002, at Hemingway's Restaurant. I hope you will attend - there will be a great meal and raffle prizes given to the volunteers.

We have some very exciting news to share with you! This year, Dodge Corporation has signed on as Title Sponsor for the event - providing us with some much needed resources to allow us to continue producing this first-rate, nationally-recognized event.

Mike Vandamm is the contact person for kayakers and paddlers involved in this event. You can contact him at (301) 345-6324 evenings & weekends, or at (202) 268-3021 weekdays. His e-mail address is: mvandamm@hotmail.com.

On behalf of the swimmers and staff of the GCBS, we sincerely thank you for your past participation and look forward to your involvement this year! Your continued dedication is gratefully recognized and vital to assuring each swimmer the highest possible level of safety.

Chuck Nabít

Great Chesapeake Bay Swim, Race Director

RED, WET, and BOOM!

by John Blackburn

I moved to DC two months after the Watergate break-in, and have only missed the fireworks on the mall four times over the intervening years. When David Moore, of the Pirates of Georgetown, offered to lead a trip to see the fireworks from the water, Susan (my better half) and I jumped at the chance to go along.

It turned out to be one of neatest and also the wettest Fourth of July's I've been lucky enough to participate in.

Twelve of us met at Jack's and were on the water by 6:30pm. Because of concerns with parking at Jack's, we took our boats down around noon. I pulled up to Jack's just as someone was pulling out, I thought that I had done something very nice in a previous life, what a break. The people at Jack's were very gracious and let us park our car there with the boats on top, still on the racks for the afternoon.

David's original plan, anticipating a lot of big motor boat traffic and much nicer weather, was to paddle up river, hugging the Maryland side, to the Three Sisters Islands, cross the Potomac at that point and then work our way down river hugging the Virginia shore line, pass Roosevelt Island and under Memorial Bridge. We would then raft up. David had asked that we bring unusual snacks and had planned that we would raft up and share, nothing like a picnic on the water.

However, the best laid plans of mice and men . . . nothing defines a good trip leader better than the ability to think on their feet, or is that seat? That plan went down the tubes due to the weather. An unusual moment of no rain allowed us to get on the water at the appointed time. Due to concerns about the weather and the traffic on the river, we formed a line just below Key Bridge and sprinted across the Potomac to the North end of Roosevelt Island in a formation that reminded me of something out of the Charge of the Light Brigade, passing just astern of a tour boat headed down river, much to the delight of those on board. They were yelling something about "Prepare to Repell Boarders". Then down the channel between the Island and the GW parkway to Memorial Bridge.

Smaller individual fireworks were being set off by the crowds along the

shoreline and the paddle down was fun, then the sky opened up.

There were periods of light drizzle, HEAVY rain, no rain, a small patch of blue sky and at one point some serious thunder and lightning north of us. We arrived at our viewing spot with about an hour and a half to spare, and due to the rain, ended up hanging out under the second span of Memorial Bridge. Now I know what motorcycle riders feel like. Not only our crew, but many other canoes and kayaks had also sought shelter from the storm. It was crowded under there! And with the current we were constantly drifting through the span and then paddling back to the upriver side, just marking time.

I don't know how David arranged it, (since he was in charge he gets the credit) but a couple of minutes before the start of the fireworks the rain stopped and everyone darted out from under the bridge and were treated to a spectacular display.

In our line of sight there were very few power boats, and lots and lots of canoes and kayaks that were silhouetted against the displays. Very pretty, all of those people had been hiding under other spans of the bridge.

The one thing that I have always enjoyed about fireworks was the feeling, you can feel the concussions in your

chest. This was somewhat muted by my PFD, but being on the water we had echoes of the explosions from the Virginia side and that was a new experience for me, sorta like getting two for the price of one.

After the display, it was time for a sprint back to Jack's following the same route we took down. The last 15 minutes in a pouring rain. It rained so hard that there was a puddle in Jack's parking lot that I floated my kayak in and washed it off! I wished that my glasses had windshield wipers it was raining so hard!

Everyone helped get the kayaks back onto our cars in what must have been record time, Then everyone split to go home and dry out.

Many thanks to David and Woody for shepherding us.

One of the funny things that came out of the trip is that as we were about to get under way, David had us introduce ourselves during his safety talk. Skill levels ranged from those of the trip leaders to one guy, who during introductions, said he had just the last five minutes of kayaking experience. It was a hell of an introduction to kayaking.

Susan and I had a great time. Once you realize that kayaking is a water sport you understand that a little rain is no problem! Make sure this becomes an annual event for you. As a long time fireworks junky, I can tell you that the view from the water is unsurpassed.



The Potomac Sojourn June 23-30, 2002

The Potomac Sojourn is a week long canoeing and kayaking expedition that features educational programming, riverside camping, festive meals, meetings with elected officials, and much more. Novice and experienced paddlers alike enjoy a unique on-the-water experience that builds a strong environmental ethic, while having a lot of fun in the process. The Sojourn aims to elevate awareness of the Potomac River's importance to the region and to encourage local residents to play an active role in its restoration.

The 2002 Potomac Sojourn will begin on Sunday, June 23rd in Shepherdstown, WV and will continue, with overnight camping stops, down to Washington, DC.

Participants are welcome to paddle the entire week or a portion of the week. Nonpaddling programs are offered throughout the trip.

For more information, please contact Jamie Keefer at the Alliance for the Chesapeake Bay at 202-466-4633 or jkeefer@acb-online.org.

Video Review

The Brent Reitz Forward Stroke Clinic

by Tom Crabill

Kayaking instructor Brent Reitz contends that the forward stroke is the most used and least taught stroke in kayaking. He says that most teachers only touch upon the bare essentials before they move on to more “interesting” paddle maneuvers. By doing this they fail to give the most important stroke in kayaking the full attention it deserves.

Reitz’s contention provides the thesis for this one-hour video. In it he presents fresh insights into the forward stroke, and offers useful advice about incorporating his methods into your own paddling efforts. The video is well produced, it offers an innovative teaching technique, and it has an interesting setting. All in all, I found this product to be worth the \$30 I had to pay at REI.

Reitz’s emphasis throughout the video is on stroking efficiency. To teach the most efficient paddling techniques, he divides the forward stroke in to five phases:

1. Torso rotation
2. Elbow lift
3. The catch
4. Pushing with a bent elbow
5. The exit

Space doesn’t allow me to delve into all five parts, so I’ll focus on torso rotation and the catch, which are the most important phases.

Torso Rotation

Most kayakers understand the importance of torso rotation, and they honestly believe that they practice it in their paddling. Reitz contends that these poor souls are deluded. Based on his own teaching experiences, Reitz says that most paddlers rotate only their upper chests. Full torso rotation involves rotating your upper body along an axis that starts at the base of your spine and extends all the way to your neck.

To experience full torso rotation, Reitz suggests laying your paddle across your shoulders and rotating your torso from side to side. When I first tried this exercise I could feel twisting along the entire length of my spine, and especially in the seat of my pants. I had never experienced this before.

Doing this exercise made me realize that I was one of those deluded paddlers who only rotate the upper chest! Now I do “paddle twists” whenever I kayak. It reminds me of what full torso rotation should feel like.

The Catch

With the catch, you transfer the power you generate from rotating your torso to the face of your paddle. Reitz says that many kayakers waste some of that energy by pulling down on their paddle shafts as they dip their paddles into the water.

According to Reitz, when you pull down on your paddle you shorten your stroke by about six inches. Since a paddle stroke is only 36 inches long, losing six out of every 36 inches means that you’re losing 18 percent of your paddling efficiency. Time-wise, you lose 20 minutes for every two hours that you paddle!

To paddle more efficiently, you should spear your paddle into the water with the hand that’s higher in the air. Reitz likens this action to spearing salmon, and he says that you should spear your paddle into the area alongside your toes.

Of course “spearing salmon” may feel strange at first, because most people want to pull down on the paddle shaft with their lower hand. To master this technique you need to maintain control in the hand that’s higher up until after you’ve speared your paddle into the water.

Learning Reitz’s Methods

Like “spearing salmon”, Reitz admits that many of his methods will feel strange at first. He advises that you practice only one technique on one side of your stroke at a time. Eventually the new movements will feel natural, and all five of the stroke phases will flow together without your thinking about them.

Reitz also advises that if practicing his methods ever makes you feel pressured, you should back off and return to your old ways for a while. His methods will make you more efficient, but you can always choose to be less efficient.

Production Value

This is a well-produced video. The image and sound quality are both clear

and crisp. It is set in Monterey Bay, and the harbor appears in the background as Reitz teaches. This setting adds interest without distracting you from the content of the lessons. The film’s director also uses the Monterey Bay setting to advantage by including sea lions in the title segments.

This video uses an innovative teaching technique. As Reitz talks, he appears in one of two different locations. Sometimes he sits in his kayak on the water, while at other times he’s on an elevated platform with the harbor in the background. This technique provides two views of the same motion. The platform provides a “cut-away” view of the motion, without the kayak.

As Reitz speaks, the director freely interplays shots of him in both locations. At one point Reitz begins a sentence while sitting in his kayak and ends it while sitting on the platform! While this technique may disturb some viewers, it kept me from getting bored, and it lends a dynamic quality to the video.


As good as this video is, I would like to see time codes for each stroke segment. After all, Reitz says to limit your practice one stroke phase at a time. Time codes would let you locate the particular stroke segment that you wish to study

Appendix: The Case for Wing Paddles

In the last video segment, Reitz gives a pitch for switching to a wing paddle. While this segment is interesting, it’s not necessary, and it leaves me questioning Reitz’s real reason for including it. Does he have a financial interest in promoting wing paddles? Does he include the segment to boost the running time of his video to 60 minutes? His wing paddle spiel seems almost like an infomercial, and it reduces his credibility a little.

About Brent Reitz

Infomercials notwithstanding, Brent Reitz is more than qualified to teach the forward stroke. He holds six national titles in wild water and marathon kayaking, and he’s a former member of the US Olympic team.

Reitz lives in Monterey, California, and teaches for a variety of paddling shops in northern California. He released *The Brent Reitz Forward Stroke Clinic* video in January of 2001. 

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Hyside Padillac II. ducky, inflatable whitewater, self-bailer, tandem, 11'11"X 40" premium foot pump, bow bag. 2 thwarts, \$450, call Fred, 703-360-0670 (05/02)

P & H "Dawn Treader" 16.5" fiberglass sea kayak, yellow. Older boat, heavily used, 1 paddle & 2 spray skirts. \$300 call Dave: 703-527-5526. (5/02)

Necky Looksha IV 17' sea kayak. Kevlar, yellow over white, light use 1.5 seasons, excellent condition, superb stability/handling. \$2000 call Cris: 703-525-4465 (05/02)

Current Designs Solstice SS and ST. Like new, only used a few times. Many accessories available. (410) 421-9042 or anthonyshort@aol.com

Yakama rain gutter towers, excellent conditions, sell \$75. New car has no rain gutters. 301-559-3345 or jspinner2@aol.com (1/02)

Necky Looksha III, fiberglass, excellent condition, 19.5' and 55 lbs. Yellow with green trim. Like new spray skirt, paddle, and paddle float included. Performance and stability for all levels - See www.necky.com. Selling for \$1700 (list price for

Calendar of Events

Please, make yourself aware of the minimum safety requirements to participate with CPA on the water events. They will be enforced. See page 10.

Please, be sure to contact the trip leaders, even if you are totally familiar with the area being paddled. They need to have contact information in case of changes and there may be space limitations.

May

May 4 (Sat) Eastern Neck Wildlife Refuge
An 8 to 10 miles, easy shoreline paddle. bring cold water gear .Sign up by reaching Cyndi at janetzko@igc.org or Dave bisss@erols.com or call 301.240.4659

May 25 (Sat.): Flag Ponds/Calvert Cliffs to Cove Point Lighthouse. Adv. beginner. 10-12 miles, scenic shoreline paddle with some surf. **Carts required** - 1/2 mile hike to beach. Call Barry at 10-728-4016 or Circus_Cyaneus@hotmail.com

June

June 1 (Sat) Potomac River Swim for the Environment See page 6 for details. Kayakers needed for support of this 9th annual distance swim, which raises funds and awareness for the health of the river. *To volunteer or receive more information contact:* Potomac River Swim for the Environment c/o Cheryl Wagner 3103 Hawthorne Drive, NE, Washington, DC 20017-1040 (202) 387-2361 Home Phone, (202) 478-0948 Fax, Email: cherylw@

kayak alone - \$2600). Contact John Enderle at jenderle@integ.com or 410-626-8190 hm. (1/02)

1998 **Pyranha** Storm, 11, 7'10" x 27" Great river-runner with some play, used but not abused, purple. Selling for \$250. Contact James at james.song@verizon.com or 703-375-4754 (1/02)

CLC North Bay Custom - Used only a few times; professionally built; red. \$1900 Ask for Ed 410-267-0137, ext. 11(11/01) **CLC Chesapeake 16** - Four to chose from in various stages of completion. Each boat includes all parts required for completion. \$700 to \$1000. Ask for Ed 410-267-0137, ext.11 (11/01)

CLC Chesapeake 16 - Four to choose from in various stages of completion. Each boat includes all parts required for completion. \$700 to \$1000. Ask for Ed 410-267-0137, ext. 11 (11/01)

WANTED

Wanted: Ocean Kayak Sprinter with rudder. New or used. NO SUBSTITUTES. Contact: Saki e-mail: saki@radix.net home phone: 410-242-4739 work phone: 301-688-0308 (5/02)

crosslink.net, Web: www.crosslink.net/~cherylw/pr2002i.htm

June 1-2 (Saturday & Sunday): Canoe and kayak race on the Rappahannock from Motts Landing to Old Mill Park. Class I - III. Lots of race categories for everyone! Call (540) 371-5085 for details.

June 8 (Sat.) adv. beginner, Chapel Point State Park, Destination will depend on participants and weather conditions. RSVP necessary. Call 301-472-4894, e-mail rmdement@crosslink.net

June 16 (Sunday) The Great Chesapeake Bay Swim. Kayakers needed for swim support duties www.bayswim.com. Contact Mike Vandamm for info on joining the kayak support team at mvandamm@email.usps.gov; mvandamm@hotmail.com: 202-268-3021(office); 310-345-6324(home)

June 23-30 Potomac River Sojourn. see below for details. For more information, please contact Jamie Keefer at 202-466-4633 or jkeefe@acb-online.org.

June 24 (Monday): Full moon.

July

July 20 (Sat.) 9 a.m. Patuxent River and St. Leonard Creek Kayak/canoe shoreline tour, Beginner trip of about 5 miles. A tour of the Patuxent River and St. Leonard Creek guided by an archaeologist. Sponsored in conjunction with Jefferson Patterson Park and Museum. Limited number of participants, sign up early! RSVP trip, contact Greg Welker or Jenny Plummer-Welker, 301-249-4895 or gwelker@erols.com or plummer@chesapeake.net.

July 24 (Wednesday): Full moon.

July 26-28 (Friday-Sunday): Gwynn Island, car camping. Mathews County Va. ADC Chart 13, more details to come.

August

Aug. 17-18 (Saturday-Sunday): St. Clement's Island, kayak camping trip, ADC chart 23, paddle to St. Clement's Island to camp there, more details to come.

August 22 (Thursday): Full moon.

September

Sept 21 (Saturday): Full moon.

Sept. 28-29 (Saturday-Sunday) Chichahominy River, car camping, ADC chart 32, more details to come.

October

Oct. 21 (Monday): Full moon.

November

Nov. 2-3 (Saturday-Sunday): Point Lookout, car camping, more details to come.

Nov. 21 (Tuesday): Full moon.

Fourth (from page 4)

that had made me inconsistent. I thought that the level of instruction was very high and I was impressed with the quality of each of my instructors. So much great stuff to practice to improve my paddling skills. This was great.

Lunchtime seemed to be fairly quiet. I think that many were resting after a morning of good work. The afternoon consisted a choice of several group paddling trips or a session of fun and games led by Brian.

I joined in the group of fun and games. First, there was a game somewhat like dodgeball. It was a great chance to practice some of the paddling and bracing techniques we learned that morning. Chasing the ball around, trying to hit others with the ball and avoid being hit was a great workout. And I didn't even have to practice a roll or self-rescue, there were several others who did, though. That was just a warm-up for what I remember as "duct tape tag".

Each boat got a section of duct tape applied to their stern and bow. The object



photos by Mike deBlais

One of the favorite things at Lake Anna is the rolling sessions. Here, Mark Shone works with a student. This year the water and the air were a lovely temperature for being on, in, or out of the water.

of the game was to collect as many pieces of duct tape from the other boats without losing yours. This was a real workout. Most importantly it was a lot of fun.

Unfortunately, we couldn't stay for the Sunday session. Craig still had homework to finish and we had relatives that would arrive on Sunday. So, that night we loaded up the kayaks and gear, and headed back home to Springfield, VA.

Maybe it was just as well we had to leave early since the steady rain that fell Saturday night and Sunday morning apparently turned the site muddy and created problems. Some of the vehicles and definitely caused muddy tire ruts.

Overall, I'd have to say that I was very impressed with this CPA event and highly recommend it to all members, especially to those who are relatively new to kayaking.

My goal now is to get lots of practice paddling, using the skills I learned at Lake Anna; learn new skills and go on enough CPA trips so that I'll be leading a few CPA trips in a few years.



start here. GO ANYWHERE.®

Kayak and Fly-Fishing Instructors

It has been over 20 years since the first days of L.L. Bean's Outdoor Discovery Schools, but each new season seems as fresh and invigorating as the one before. When you love the outdoors as much as we do, the reward is often in the sharing. L.L. Bean is looking for seasonal instructors for our Kayaking and Fly-Fishing programs in Maine, Maryland, Virginia and New Jersey.

Kayak instructors should have certification in First Aid/CPR and 2+ years experience in paddling. ACA certification is a plus.

Fly-Fishing instructors should have a vast knowledge of fly fishing and casting and certification in First Aid/CPR. Federation of Fly Fishers Instructor Certification is a plus.

Please email your cover letter and resume indicating Job Code: CPAKFIML302 to recruit@llbean.com (please use text or MS Word format). Or mail to L.L. Bean, Inc., Job Code: CPAKFIML302, Employment Department, Casco Street, Freeport, ME 04033. So we may review your resume faster, we thank you for not calling. L.L. Bean is an equal opportunity employer.

Go to llbean.com/ods for more information about our Outdoor Discovery School

L.L.Bean®



Greg Welker preparing his sailing kayak for a short tour of the lake.

A WORD ABOUT TRIPS & RATINGS

CPA trips are organized by members of the club, for members of the club. When you participate in them, please remember a few things: Trip leaders are "hosts," not professional guides. They are not necessarily trained in first aid nor CPR, and do not always carry first aid equipment nor safety devices for your use.

You, and you alone, are responsible for your personal safety.

Trip leaders will pre-screen all participants for skills, equipment, and willingness to abide by club rules and policies. If you wish to join a trip, please contact the leader in advance.

While on the water, all paddlers must wear PFDs, spray skirts, and clothes appropriate to the water temperature. Boats must have watertight bulkheads or flotation in order to prevent the kayak from swamping when capsized. All paddlers must have, and know how to use, a pump and paddle float. On the day of the trip, leaders may refuse to admit participants for non-compliance with any of these, so if you are not sure, discuss it with the leader in advance!

All paddlers must sign a CPA waiver of liability. For the safety of the group as a whole, trip participants must agree to abide by club policies and rules and to follow instructions of the trip leader.

Trip Ratings

First Timers: for those who have never paddled before.

Beginners: for those who have paddled some, taken classes, or been on short (up to 4-mile) trips and are able to do a wet exit and paddle float re-entry.

Advanced Beginners: for those who have been on longer trips (up to 10 miles, full day outings), have some experience with varying conditions such as winds, and waves, and have good rescue and group-paddling skills.

Intermediate Paddlers: for those who are comfortable on longer trips (more than 10 miles), can maintain a steady pace for extended periods, are comfortable with open water crossings of 2+ miles, can handle a variety of water conditions, and have strong self- and group-rescue skills.

Weekly Pirates Paddling

Pirates at Pier 7*

Wednesday nights, arrive 4-6 p.m. Paddling, rolling, rescue practice, boat fitting, BBQs, and hanging out with other paddlers. (PFDs required.) *Directions: Take US-50 west toward Annapolis. Exit onto MD-665. Exit onto MD-2 southbound. Continue on MD-2 south over the South River. Take the first left after crossing the bridge. Follow the road to Pier 7 Marina.* Contact: Alan Avery at 410-956-3299 or aandsavery@yahoo.com.

Pirates of the Potomac,

Tuesday evenings, 5 p.m. \$3 launch fee. Seasonal passes \$45. *Directions: From Alexandria, VA, take the Mt. Vernon Parkway 1.3 miles south of the Beltway, then left and straight into the marina.* Contact: Dick Rock if you are coming at 703-780-6605, dick.rock@att.net. In case of inclement weather, call Belle Haven Marina at 703-758-0018 after 3:30 p.m. to confirm launch cancelled.

Pirates of the Patuxent

Thursday evenings, arrive 5-6 p.m. and free parking on right just north of the boardwalk across from Our Lady Star of the Sea Church. Contact: Don Polakovics 301-866-0437 or doooobrd@erols.com; or Jennifer Elmore at 301-862-2398 or JSElmore@erols.com.

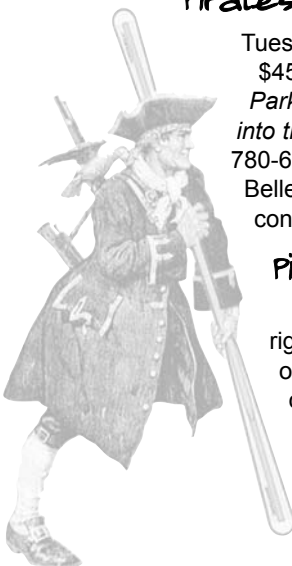
Pirates of Georgetown

check web site to keep informed

Thursday evenings, 6:30 p.m. Plenty of parking.

Home port, the dock at Jack's Boats (202-337-9642), is located in Georgetown, Washington, DC, under the Whitehurst Freeway at 3500 K Street, NW. Rental kayaks are available. Contact: David Moore 301-445-3273 or dtmoore@clark.net, web site: <http://www.scienceappliance.com/pirates>

** Notice re Pier 7, Annapolis, MD. Kayak launching is free on Wednesdays only. All other times there's a \$5 launch fee, even if launching from the beaches.*



CPA Policy Re Trip Waivers: It is CPA's policy to require that all participants in CPA-sponsored trips and events sign legal release forms before setting out on the water. Trip leaders and "event organizers" are responsible for obtaining blank release forms from the Coordinator, for securing signatures from participants, and for returning the signed forms to the Coordinator for safekeeping. A fresh signature must be obtained for each separate trip or event, except that only one release per season is required for regularly-scheduled events such as the weekly activities of "pirates" at Pier 7 and other venues. The legal release absolves all participating CPA members from legal liability for the injury or death of a fellow participant, and allows us to continue to organize and participate in group activities without undue fear of incurring personal legal liability.

Minimum Required Safety Equipment for CPA trips

The minimum safety gear for participating in a club trip are (beyond a kayak and paddle) are as follows: Personal floatation Device (PFD), paddle float, bilge pump, spray skirt, water tight bulkheads or flotation bags (to prevent kayak from sinking when capsized).

You and you alone are responsible for your personal safety.

Please report . . .

sightings of dead, injured, netbound, or stranded whales, dolphins, or sea turtles to the following telephone number: (757) 437-6159.

This is the Virginia Marine Science Museum Stranding emergency number and will be followed up within 24 hours by rescue crews.

As you may know, Humpback and Fin whales are at the mouth of the Chesapeake Bay, Bottlenose dolphins are throughout, seals are present at certain times of year, as are sea turtles.

ALL sea turtles are threatened now with possible extinction (IUCN red list), even though sea turtles have lived on earth since before the dinosaurs (about 400 million years).

CPA POOL Sessions 2001-2002

Still happening for those who only have a couple of hours to practice.

CPA Indoor Pool Sessions

Fairland Aquatic Center

Saturdays: Sept. 15, 2001 to **Memorial Day weekend 2002**

Hours: 4-6 pm

Required: Boats and gear must be clear of leaves, mud, grass, etc.

Recommended:

Confirm that pool is open. FAC pool: 301-206-2359.

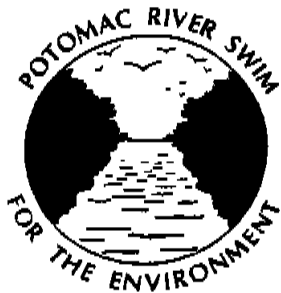
*No reservations required *now* but they will be in the fall.

Fee: \$5 per person. Pay at FAC door or guard office (pool level).

How? * Telephone Joan Spinner at 301-559-3345 or email JSpinner@peoplepc.com; leave message with this information:

1. Your name
2. Date of session
3. Number of boats
4. Your phone number

Directions: Take your best route to I-95 between Baltimore and Washington. Exit at MD-198 West. Turn left at 2nd light, Old Gunpowder Road. The pool will be about a half mile down on the right. Boat entrance is around to the left side of the building.



2002 Potomac River Swim for the Environment June 1, 2002

*Boaters, Paddlers, Safety
Personnel....*

*We need your help! Volunteer to help the
Potomac River Swim for the Environment.*

The **Saturday, June 1, 2002 Potomac River Swim for the Environment** needs boaters, touring kayak paddlers, and public safety workers to ensure the success of this distance swim, which raises funds and awareness for the health of the river.

To volunteer or receive more information, about this 9th annual event, contact: Potomac River Swim for the Environment
c/o Cheryl Wagner 3103 Hawthorne Drive, NE, Washington, DC
20017-1040 (202) 387-2361 Home Phone, (202) 478-0948 Fax,
Email: cherylw@crosslink.net, Web: www.crosslink.net/~cherylw/pr2002i.htm

Nav-Aids Available

CPA has sets of Chuck Sutherland's Nav-Aids available for \$5 each. The Nav-aid is a compass rosette on rigid clear plastic, which is used to assist with chart and compass navigation when out in a kayak. It comes with detailed directions for how to use it and a variety of other information about navigation in open water. If you would like one, please call Alan Avery, 410-956-3299. He can mail it to you.

*If you pay by check,
please make your check
out to CPA, not to Alan.*

<http://www.cpakayaker.com>

Chesapeake Paddlers Association

The Chesapeake Paddlers Association offers many diversified activities and benefits providing a way for people to safely enjoy sea kayaking within the Chesapeake Bay region.



HOME

MEMBER NEWS

CPA PADDLING GROUPS

CPA NEWSLETTER

CALENDAR OF EVENTS

LAUNCH SITES

SPECIAL EVENTS







Check the web site for information on the proposed bylaws, trip information AND to keep up with what we are doing.

www.cpakayaker.com



**Pirates have started to gather
Join us!**

Inside:

-  Reflections on Lake Anna
-  Changes—Resignations
-  Trip Etiquette
-  Things to do: Fireworks, The Bay swim, 2 sojourns,
-  Video review
-  the calendar and classifieds

The Chesapeake Paddler

Chesapeake Paddlers Association

P.O.Box 341

Greenbelt, MD 20768

REMINDER: Please check your mailing label for your expiration date. If your Chesapeake Paddlers Association membership has expired, or will expire soon, please send in your dues. ****SEE BOX ON PAGE 2 FOR ADDRESS****