

The Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Volume 14, Issue 6

July 2004

CPA Kayakers: In the Swim

This is a series of reports on three swim events in which CPA kayakers lent swim safety support.

The Swim That Almost Wasn't by Marcus Koenen

The annual Potomac Swim is a 7.5-mile swim across the mouth of the Potomac, where the river meets the Chesapeake Bay. The event began with a lone swimmer in 1993, and expanded to ten participants in 1994. This year, the 11th Annual Potomac Swim drew 23 swimmers from throughout the region. Participants test their abilities and raise money for a variety of non-profit environmental organizations.

The event actually starts the night before the swim at Parrish Hall in St. Mary's City, Maryland, where participants share a carbohydrate-rich meal. Two groups participate in the Annual Potomac Swim: swimmers and paddlers. Each swimmer is assigned a paddler, whose job it is to help his swimmer during the crossing. Paddlers are responsible for keeping swimmers on course, and for providing food and drink along the way. At Parrish Hall, swimmers and paddlers are paired up for the next day's event. Paddlers usually strategize about the most efficient ways to cross the bay, and swimmers discuss the best high-energy foods to fuel their upcoming journeys. Swimming

across the mouth of the Potomac typically takes three to seven hours.

Most participants turn in after the meal to get plenty of rest for the next day. Swimmers often stay in hotels or have local hosts, while paddlers camp at Point Lookout State Park, near the launch area.

As I turned in the night before the swim, I thought that this year's event would be no different from past ones. Spirits were high and the weather forecast looked promising, with light easterly winds and possible rain. Nothing sounded bad enough to prevent the swim.

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The whole group: Swimmers and kayakers at Point Lookout

CALENDAR

Participants in CPA events must read and comply with the statement of CPA trip requirements and ratings.

Please contact the trip leaders in advance, even if you are familiar with the area being paddled. They need contact information in case of changes, and there may be space limitations or other trip restrictions.

The latest information about CPA trips is at www.cpakayaker.com.

JULY

4 (Sun) Fireworks Paddle/Cookout Jack's Boathouse (*Beginner*).
Yvonne Thayer

9-11 (Fri-Sun) Matthews Co. (VA) Car Camping (*Beginner*). *Bill Dodge*

10 (Sat) Rolling and Rescue Clinic. Jack's Boathouse (*All*). *Dave Biss/ Anatoly Ivasyuk*

18 (Sun) Baltimore Harbor (*Advanced Beginner*). *Barry Marsh*. 6-10 mi.

24 (Sat) Friendship Landing, Nanjemoy Creek (Charles County, MD) (*Advanced Beginner*). 8 mi. *Heather Gokee*; 301-934-5394. (**Need leader**)

25 (Sun) Smithsonian Research Center Tour and Paddle (*Beginner*)
Alan Avery (410-956-3299), *Host: Paul Pofonoff*. Brief tour of the labs in Edgewater, then paddle down Muddy Creek and Rhode River. Limit 20.

31 (Sat) Shoreline Tour of the Patuxent River & St. Leonard Creek (*Beginner*). *Jenny Plummer-Welker* (301-249-4895, plummer@chesapeake.net) 5-mile shoreline tour guided by an archaeologist. Sponsored with Jefferson Patterson Park & Museum. Limited to 12 paddlers. Sign up early! RSVP trip.

AUGUST

5 (Thurs) Max's Birthday paddle at Jacks Boathouse (*Georgetown*). (*First Timer*). *Anna Popov*

22 (Sun) Havre d' Grace Susquehanna Flats (*Advanced Beginner*). 8-10mi.

SCHEDULE FOR 2004 CHESAPEAKE PADDLER

The Chesapeake Paddler is published 10 times a year, with combination issues in November/December and January/February. The deadline for submitting copy is usually the 15th of the preceding month, as follows:

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September 2004	August 15, 2004
October 2004	September 15, 2004
Nov/Dec2004	November 15, 2004

THE CHESAPEAKE PADDLERS ASSOCIATION

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

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MEMBERSHIP: Subscription to *The Chesapeake Paddler* is included with membership. Membership is \$10/year or \$20/2 years. Send checks or changes of membership information to: CPA, PO Box 341, Greenbelt, MD 20768. DO NOT send them to the newsletter editors.

DEADLINES: Closing date for articles, trip reports, information and advertisements is the 15th of the month prior to the next issue. The editors retain the right to edit or not to print any submitted material. See advertising information in the Classifieds section.

The Chesapeake Paddler is published monthly, approximately March-December and 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 Managing Editor.

Coordinator's Column

[to the tune of Gilligan's Island] ...The weather started getting rough, the tiny ship was tossed.....

It has been a rough year for swim supports. The 7-mile Potomac River Swim had to be rerouted because small craft advisories kept the support ships off the river. The kayakers quickly threw together a 3-mile course to at least give the swimmers something for coming out.

Seventy swimmers were pulled from the Great Chesapeake Bay Swim, mostly by kayakers. We started out with only 32 kayaks to cover 592 swimmers. One (non- CPA) paddler turned back and we only picked up a few from the mile swim. The 2- to 3-foot seas in the channel were sucking swimmers into the

bridge piers. I saw a couple of experienced kayakers move into dangerous places to pull swimmers out. At least three kayakers capsized and exited their boats, but other paddlers did rough water rescues to get them back into the action.

Both of these charity swims could not have happened without the support of kayakers, principally from CPA. This is a great opportunity for us to give back to our community. It's wonderful we have volunteer paddlers capable of handling these conditions, but it would not happen without the effort of people like Mike Vandamm and Alan Avery who captain the support.

As you saw in the last [and this] newsletter, we are looking for volunteers to fill a couple

newsletter positions for CPA. Bernadette Knoblauch and Andy Vaart have faithfully done their part to make this newsletter happen. Who is willing to take over and help your association continue to be the successful club it is? Just as Mike didn't do the swim support by himself, no one has to do either of these jobs alone. We need someone to captain the team to make the newsletter happen, and we need a crew to help. How about you?

It's great to see so many new faces at the weekly Piracy meetings. If you want to meet new paddling buddies, improve your skills [for future swim supports], and generally have a good time on the water, come on out and join us at a Pirate group near you!

Brian Blankinship

Volunteers Needed

It's time to turn over the reins of two *Chesapeake Paddler* positions: Managing Editor and Distribution Editor. **These jobs can be shared by more than one person, as we've done in the past.**

Managing Editor: Put the whole shebang together and publish it! Editing, proofreading, layout, general desktop publishing, etc.

[Note: We have a wonderful Articles Editor to share the workload.]

Contact news_editor@cpakayaker.com for more information.

Distribution Editor: Arrange for reproduction and mailing of paper copies, including address labels and

postage. Computer savvy is helpful, as is software to prepare labels from CPA's MS Access database. Also shipment of bonus patches for new e-Paddler subscribers. Contact news_distribution@cpakayaker.com for more information.

NAVIGATION: You CAN Get There from Here!

Tutorial and quiz reprinted by permission from Greg Welker.

Question 1:

Aids to navigation come in different colors:

- *Cans, which mark the port side of channels, are green.*
- *Nuns, which mark the starboard side of channels, are red.*
- *Some aids are green and red, marking branching channels.*
- *Aids that are white and red mark safe water.*
- *Aids painted black and red mark isolated dangers.*
- *Yellow is for special use.*

But do you ever see blue on an aid for navigation?

Answer to Question 1:

Barry Marsh: Do these two count?

1. In the Uniform State Waterway Marking System, the Mooring Buoy is a white can with a horizontal blue band.
2. Here in Bawlmer, Hon, we have our very own Francis Scott Key Buoy, a nun painted patriotically with red and white vertical stripes over a blue base with white stars. From June 1 through November 1 it's anchored at 39-13.5 N/ 76-31.7 W, the location (more or less) where Mr. Key was imprisoned aboard a British ship during the bombardment of Ft. McHenry during the War of 1812.

Yes, those are the two applications of blue in the United States.

The Francis Scott Key Buoy is shown at approx 39 degrees 13 min 30 sec lat x 76 31 30 long, just north of the spot where the Key Bridge crosses the Fort McHenry channel. It is labeled on most charts as N Bu R W, which means Nun, Blue, Red, White.

Question 2:

When we paddle across a river or channel, or a lake, we generally pick an object on the far shore to paddle toward. If there is no wind and no current, and we paddle straight, we will arrive at the object we picked via the shortest distance from our starting point. However, in real life things like wind, current, waves, and other factors can cause us to paddle a course that is not a straight line from start to finish. One of the methods to ensure that you are paddling in a straight line to your destination is to use ranges.

A range is when you can see one object at your destination point, and can also see a second object DIRECTLY behind the first object. As long as you are able to paddle toward the first object and keep the second object lined up directly behind the first, you are paddling the shortest possible course to your destination. For example, let's say that you want to paddle across the Potomac River from the Maryland side. On the Virginia shore you can see a white house. By shifting a few yards one way or another you can get a water tower to line up directly behind the house. Now as long as you paddle your kayak so that the water tower stays directly behind

the white house, you will be paddling the shortest course to the white house from your starting position on the Maryland side. The farther the distance between the two objects that you are using as ranges, the greater accuracy you will be able to maintain on your paddle toward your destination. If the water tower is only 200 feet behind the white house, your course will not be as accurate as it would be if the water tower was 1000 feet behind the white house. When picking objects to use as ranges, try to pick one object at your destination point and try to find an object on the horizon to use as your second point. This may mean shifting your starting position a 100 feet one way or another to begin with, but it will shorten your overall trip. Near objects can be buildings, docks, or a tree. Far objects can be radio towers, water towers, smokestacks, or the notch of two hills or mountains.

When using a range, you will sometimes find that the second object will appear to move out from behind the first object you are sighting on for your range. This means that you are no longer on the direct route to your first object and need to correct your course. In our example of crossing the Potomac from Maryland, we made a range of a white house with a water tower that lined up directly behind the house. If, as we paddle across toward our destination, the water tower appears to move out to the right of the house, do we need to paddle to the left or the right to correct our course and get the house to line up again with the water tower?

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Answer to Question 2:

To get back in line with the range we've established using the house and water tower, we would have to paddle to the left. This would put us back in line with the two objects we're using for a range and allow us to continue our paddle as planned. Our drifting out of alignment was probably due to wind, waves, or current. To stay in alignment with the range objects, we'll need to angle the kayak slightly into what is causing us to drift. Our kayak will now be pointing slightly to one side of the range objects, but we will be traveling toward them. The angle between the direction the kayak is pointing and the direction of your intended course is called the **ferry angle**.

Question 3:

Before setting out on your trip, you can actually calculate what the ferry angle would be in general situations.

Let's say that the Potomac crossing is 6 miles. You can paddle at 3 miles per hour. You know the incoming tide will have a predicted speed of 1 mile per hour during the time you will be on the water.

Take a compass sighting on the range made by the two range objects we selected by using your deck compass. Point the kayak at the range. Read the compass. Let's say the compass heading is 270 degrees. Note that this compass reading is when you, the house, and the water tower are all in line with each other and the boat is pointing at the range objects. Paddling at 3 miles per hour, you will be on the water for 2 hours.

The current, at 1 mile per hour, will push you upstream (directly north) 2 miles if it takes you 2 hours to do the crossing. If you start paddling directly toward your range objects, you'll end up in Virginia 2 miles upstream of your range objects, and have to paddle 2 more miles than your planned 6 to reach the Virginia landing point. You need to compensate for the tidal current.

On your chart, draw a line from your Maryland starting point (label this point A) through the two range objects you will use. Where the line intersects the Virginia shore label this point B. Draw a line perpendicular to line AB through point B. Measure this line to find a point 2 miles south of your line AB across the Potomac. Label this new 2-mile point as C. You now have two sides of a triangle. Complete the triangle by drawing a line from C to A.

The angle that is between the lines AB and AC is your ferry angle. This is the angle that you need to keep the bow of the kayak pointed in to cross the Potomac along your intended course of AB.

This angle is slightly less than 20 degrees. Round it off to 20, since compass navigation in a kayak is rarely more accurate than plus or minus 5 degrees. Your course from Maryland to Virginia along the range line was 270 degrees by the compass reading. Subtract 20 degrees from 270 to get 250 degrees. As you paddle across the Potomac, keep your boat angled to read 250 degrees on your deck compass, and keep your boat in line with the two range objects. This will get you across along the line AB.

That's the theory. Real life is a little different. Wind, tide, current, and waves vary and our 250 degree heading is a best guess before starting out. Still, I'd rather use a best guess than find myself 2 miles away from my intended landing point! In practice, I always try to end up slightly "above" my intended landing point. In this case, since the current is pushing me toward the north, I'd like to end up over near the Virginia shore slightly south of my landing point and be able to drift down easily to it, than paddle against the tide. This is particularly important if paddling against wind and waves. It's demoralizing to make a bumpy crossing only to find that you now have to paddle against the wind and waves to get to where you were trying to head in the first place. As you paddle across, keep an eye on your compass and the range, and adjust your angle and paddling speed as needed.

Back to theory. Given:

Compass heading to the Virginia shore from Maryland is 270. It is 6 miles from Maryland to Virginia. Paddling speed is 3 mph. There will be incoming tide for the first half of the trip. Incoming tide will be 0.5 mph heading north. There will be outgoing tide for the second half of the trip. Outgoing tide will be 1 mph heading south.

What should your compass read as you paddle across? (Hint: The range will tell you when to change.)

Answer in next issue

Over 50 . . . But No Hills in Sight at Point Lookout

Text and photos by Ron Barnett

While paddling the Potomac River above Point Lookout, Bill Dodge observed that “everyone on this trip is over 50.” While true, it did not occur from intent. It just happened that on this CPA trip we were all over 50—Bill, Linda and Bob Farley, Dick Rock, Anne St. Laurent, and me, the “baby” at 54. The majority were in their 60s, and the eldest was 74. Younger folk who were to paddle with us cancelled due to wet weather.

On Friday night a storm with 30+ knot winds and rain drove some of us out of tents and into cars to attempt sleep. Bill and I had pitched our tents on a site from where we could launch into Lake Conoy. It was also a site that was directly exposed to north easterly-easterly winds blowing across open water.

In the middle of the night Bill’s tent blew away—fortunately without Bill inside! And only 18-inch metal sand stakes kept my North Face firmly planted throughout the night. The storm’s strength was predicted and caused cancellation of the Potomac River Swim’s 7-mile crossing and submerged the causeway that leads to the Point.

The next morning we gathered out of the weather in the Farleys’ RV, ate breakfast, and watched the swimmers and their kayak escorts negotiate a substitute course on Lake Conoy. By midday we decided the weather had calmed enough to paddle in the lake. We checked out the sky and the Potomac at the channel and decided to go up the Potomac but

stay close to the shore in case the weather kicked up again.

After an hour or so the wind increased and we turned around. Shortly thereafter 1-2 foot, after-quartering waves caught a paddler off guard and a capsized resulted. Bill masterfully orchestrated a group rescue that involved Bob towing the kayak, with paddler holding to the stern, away from the rock constructed breakwater wall.

then portaged the few yards to Lake Conoy and paddled home in its protected waters.

On Sunday we met Ralph Heimlich at Smith Creek. We again paddled the Potomac, but this time in calmer waters and we explored the Creek. At the end of the Creek a beaver lodge had dammed the creek. At day’s end we marveled at the Farleys, two



Left to right: Bill Dodge, Bob Farley, Linda Farley, Dick Rock, Ralph Heimlich, and Anne St. Laurent

The wind and waves were blowing us toward the wall. Once out in relatively calmer water, Bill rafted up in parallel with the kayak, and the paddler climbed in sans paddle float. After some furious pumping and reattachment of a spray skirt, the group was off again. We soon reached a sand beach where we lunched and discussed the value of executing rescue skills in adverse conditions—planned or not! We

60-somethings, as they sprinted over a crossing to the take-out. Bob said it was their tradition; they do it on every paddle.

Their sprint was somehow symbolic of this group of paddlers, who, even in challenging conditions, paddled with skill, energy, drive, determination, and yes, even a little wisdom—perhaps something gained from the ages.

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But everything changed that night! The “possible rain” became a harsh reality as storms ripped though much of the night. My tent mate tossed and turned, and our friend in a neighboring tent woke us when she stumbled around, looking for a place to relieve herself.

By morning the winds were howling. One report clocked them at 20 miles per hour, and warned of 5-foot swells on the Virginia side of the Bay. We could not view the seas from camp, but we could hear the waves pounding the nearby shore.

“The swim has been cancelled,” claimed a rumor. Postponing the event until tomorrow or even later that day was difficult—we would need commitments from assistant boaters, the Coast Guard, and the skipjack captain who was to haul the participants to the starting point in Virginia. Due to all the pre-event planning, nobody wanted to cancel.

At 6:45 AM, everyone met at the Point Lookout boat ramp to discuss our options. “Plan A,” going ahead with the swim as planned, was definitely out—two white flags by the ramp indicated a small boat advisory. We also learned that the skipjack would not come under these windy conditions. As people began to face the reality of a cancelled event, mumblings stirred through the crowd.

Fortunately, “Plan B” soon came along. No one ever knows what “Plan B” is, but there is always an alternative to “Plan A.” “Plan Bs” seem to have a better chance of taking effect when there are plenty of coffee and donuts to go around. So what was our “Plan B”?

Point Lookout has several back bays that are protected from crashing waves. This benefited swimmers

and paddlers alike, many of whom were unprepared for anything but a smooth crossing. The map showed that we could hold a 3-mile event by swimming 1.5 miles away from the boat ramp and back. Those wanting to do 6 miles could do the stretch twice. Those who wanted to go 9 or 12 miles had that option, too...but there were no takers!

Now we needed course markers. Fortunately we had more paddlers than swimmers, so some paddlers sat in their boats along the course, acting as “live channel markers”.

At 7 AM, the swimmers took their mark...ready... set...and off they went! As I watched the swimmers bobbing around, all clad in similar white caps, I wondered “Why don’t they wear different colors, so I can recognize my swimmer?” Fortunately, my swimmer recognized me first, so off we went.

Julie is a strong swimmer, and soon found herself in the lead pack. This strategy seemed like a good idea at the time, but there was a glitch: confusion arose about which kayakers were marking the course, and which were moving to designated spots. Julie and I were heading toward the wrong kayaker. Radio contact resolved the matter, and soon we were back on track.

The swimmers made several turns and were making good time going with the wind. After the first mile, the best swimmers seemed to walk on water, making quick headway. But this was no miracle: the water was shallow in parts of the bay. When the leaders reached the halfway point and started heading back, we realized that we had two sets of swimmers heading straight for each other! My swimmer wanted me to “accidentally” plow into the competition. Although tempted, I

steered her around the oncoming traffic.

Fighting the wind on the return trip did not faze the swimmers, but it certainly challenged us paddlers. We had to remain close to our swimmer while avoiding a collision. A mishap would likely preclude any future participation in the event, I thought. Fortunately, there were no accidents. The first swimmer made it back within 1:18 (Trish Lane); the last swimmer returned about 1.5 hours later.

Although this year’s swim was shorter than normal, fun was had by all. Finishing times were announced at a picnic that followed the swim. This year’s event raised over \$6,000 for a variety of environmental groups, including the Chesapeake Bay Foundation, the Southern Maryland Sierra Club, Point Lookout State Park, Potomac River Association, and Interstate Commission on the Potomac River Basin. Dan Dooher raised about one third of the total, singlehandedly.

Thanks to everyone who participated, with special thanks to Cheryl Wagner, who has organized the event since 2002. It was also great to have Brian Blankinship there to help organize “Plan B.

The Mile 2 Problem by Joan Spinner

I didn’t paddle swim support for the one-mile swim this year, opting for a bit more sleep. I think I’ll go back to doing it next year. I enjoyed them in the past and I kind of missed it this year. I just hate the bridge traffic.

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a support group. We retell our day; even though we were all there, we each had a different trip. I find it very comforting to hear other paddlers, whose skills I know, say they had the same problem or perception that I did. This year it was the real problem of mile 2. I find it risky to guess wave height because there is usually little agreement on the inch count. I've heard the waves were 2', 3', and 4' for this trip. I'll go with the 3-foot estimate for some of the larger ones. Everyone said it was rough water; some enjoyed it, some just survived it.

This year's Bay Swim had the disadvantage of fairly strong winds and a strong flood tide to contend with. When I saw the water I was a bit concerned, knowing how hard crossing can be when you don't have such big waves. Paddlers as well as swimmers can get seasick or in trouble contending with such conditions. My back was hurting a bit, so I was hoping it wouldn't be me in trouble out there.

We were organized into four groups, one for each mile of the swim. I was assigned to the first mile. When the first of two waves of swimmers entered the water, getting them around the jetty that forms the channel to the boat marina was tricky for some because the current was pushing swimmers right at it. When we got them between the bridge spans, for some reason, some paddlers didn't go in with them. Finally, everyone got sorted out and I went back to help the next wave of 300.

That first mile is a bear for some. I latched onto a fellow who was really struggling. He couldn't get a rhythm. He kept stopping, which is a sign of distress of some sort. I was becoming very concerned because

he seemed disoriented, so I stuck as close as I dared in the choppy water. I let him hang on my bow once and a short time later he yelled that he had a Charley-horse all though one leg. He really kind of scared me when he was pulling himself out of the water by the bow of my boat. He looked like he was going to wrap his legs around my bow. In that copy there was no way I could have paddled except backwards if he had done that. I tried giving him my pool noodle to see if he could make use of that but in those conditions it was useless for this problem.

Just then one of the Zodiacs pulled up and my swimmer took off from my bow like a shot. We had drifted outside of the bridge span and I suspect he didn't want to be pulled. I really thought he should have been because of his condition.

I became alarmed for myself with the Zodiac bouncing up and down in the water beside me. It kept banging into me and I just knew it would knock me over if that kept up much longer. I found a rope dangling off

the boat and used that to keep us from bumping like that. The guys in the Zodiac were worried about me because I looked shaken. I was, but I didn't want to tell them they were the real cause of my distress. I stayed just long enough to get a short drink of water while holding on, praying I didn't go over with my paddle lying across my boat while I held onto the bottle.

In my effort to get out of the house that morning I had left my usual water bladder, with its hands-free hose, in the freezer. I was given bottles of water and GatorAde by Mike Vandamm, the organizer of the paddlers. At least I had water but I couldn't spare one hand, much less two, to take a drink from the bottles in the conditions and I really needed something to drink. A lot of us had a real issue with not being able to get enough to drink. I suspect some of the seasickness of some of the paddlers might have been caused by dehydration.

When I paddled back on the course, I asked another paddler to watch my

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swimmer. I didn't feel I could help him since conditions were deteriorating as we reached the shipping channel. I paddled to the 1-mile marker and heard the officials say they were pulling those who had not reached it, which would include my swimmer. I was quite relieved, though sad for the guy. There were 5 or 6 who got pulled then. Others had been pulled for other reasons, and more would also be pulled.

When the paddlers got together after this swim we all said the same thing—mile 2 was really scary for some. We had some 3' waves, very confused water, and a rip that was sucking swimmers into one of the bridge supports on this rip-rap island. Some swimmers were getting caught under this wood brace thing where they could have been pushed up by a wave, whacked their heads, and been seriously hurt. Some paddlers were braving the conditions and pulling swimmers back onto the course; others were trying to talk them through swimming beyond the rip. It looked very confused and some of us felt we didn't have the skills to help out there.

I was nervous because I was struggling to get through those conditions and I was scared I'd have to help a swimmer who was really in trouble, which I questioned I could actually do. About the only thing I thought I could do would have been to give someone my bow. I didn't think I could even tow anyone. I considered at one point about just letting the current carry me while I braced but found that it was easier to paddle and drag the paddle in a kind of brace on the return stroke when I needed to. I suspected the current wasn't going to take me where I needed to go anyway.

After I got through that mess it was relatively easy. I was kind of at the back of the pack looking for stragglers, but everyone seemed to be doing fine. Eventually, I took up a position at the point where the swimmers make a right and swim under the south span of the bridge to get to the finish line. Some of the swimmers had managed to get past the lone guy trying to herd them. I started yelling and pointing, "Turn right, turn, turn, turn!" I roped in a couple of others to form a funnel and chase down the swimmers who still got by. They had to be turned because they would swim into the rip-rap on the shore and the waves were breaking on the rip-rap. By the time there were 7 of us herding swimmers, I decided to go in, get something to eat, and rest my back. It had grown bad enough I decided to head back to the park. I wasn't risking the chance of the wind picking up as it will in the afternoon. In a way I kind of regretted the decision because it calmed down, so would have been a fun 4 miles back.

Every year I leave grateful that what I can do does make a difference. What we do there gives the swimmers courage. I just pray there are always enough of us out there every year to not make their safety an illusion.

The One-Mile Chesapeake Bay Swim by Eva Sivan

The short distance around a triangular shaped course seems like the poor relative of the annual Chesapeake Bay Swim. With little news coverage, it doesn't attract the large number of fans or even large numbers of kayaking support volunteers. But this year, for the fourteen or so kayakers who sup-

ported the swimmers, the one-mile swim was most satisfying. There were only one or two rescues, the waves were about 1.5 feet, and there was nothing treacherous or dangerous to write home about. What we experienced that made the race so remarkable were the determination and courage of the swimmers. Two or three stand out for me.

One was the 72-year-old woman who had celebrated her 50th wedding anniversary two days earlier. She started in the first group and quickly fell behind. She needed constant redirection to stay on course, but she made it. Her son came out chest deep into the water to greet her and encourage her in for the last few yards. Together they walked up the sandy beach to the finish line.

Another mother and her pre-teen daughter swam together, yellow swim caps bobbing in the water, mother shepherding her daughter, who seemed a bit disoriented, past the buoys to the finish line.

And finally, there was Matthew. We knew his name because his father, swimming on his back led him, called to his son, encouraged him and praised him. Matthew has Down syndrome. His strokes were uneven, made choppy by the current and the waves. He seemed to stop sometimes, refocus on his father and continue his efforts to the end. And when he made it, walking with raised arms in a Rocky-style victory salute, we all stopped to add our shouts and applause.

These swimmers, many of whom had never seen water beyond the edges of the pool, really made heroic efforts to test themselves in less than ideal conditions. They really made the one-mile swim a memorable event.

CPA Trip Requirements and Ratings

CPA trips are organized by and for members of the club. When you participate, please remember that trip leaders are "hosts," not professional guides, but you must be willing to follow their instructions. They are neither necessarily trained in first aid or CPR, nor do they always carry first aid equipment or safety devices for your use.

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, you must contact the leader in advance.

REQUIREMENTS:

Equipment: While on the water, all paddlers must wear PFDs, spray skirts,

and clothes appropriate to the water temperature. Boats must have water-tight bulkheads or flotation devices to prevent the kayak from swamping when capsized. All paddlers must have, and know how to use, a pump, paddle float, and whistle. On the day of the trip, leaders may refuse to admit participants for noncompliance with any of these requirements, so if you are not sure, discuss it with the leader in advance!

Waivers: All participants in CPA-sponsored trips and events must sign legal release forms each time before setting out on the water. Only one release per season is needed for regularly scheduled events (e.g., the weekly activities of the "pirates"). The legal release absolves all participating CPA members from legal liability for the injury or death of a fellow participant.

RATINGS:

First Timers: Participants have never paddled before. No prior skills needed.

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

Advanced Beginners: Participants 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: Participants 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.

CLASSIFIEDS

Ads dated 3 months before the date of this issue will be pulled unless a new request is received by the 15th of the month prior to the next issue. And if it has sold, tell us!!!!

Advertising Rates:

Display advertising will be accepted that relates to the concerns and interests of our readers. Monthly rates for advertising are as follows:

Size	cost	wide x deep (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 announcement and personal ads to sell kayaks/ accessories are printed for members at no charge; non-members pay \$10 for 3 months.

FOR SALE

Valley Canoe Products Pintail.

Fiberglass, 17'2" X 22", ocean cockpit, deck pump. Good initial, excellent secondary stability. Very maneuverable. Perfect boat to learn/improve rolls. Excellent in rough water. New: \$2,800; asking \$1500/OBO. Brian Blankinship blankibr@aol.com. 410 867-1051 (9/04)

CLC Chesapeake LT16. 15' 8" X 23", approx. 45 lbs. Fiberglass over wood construction. 1 year old. Tracks very well. Varnished mahogany over white. Beautiful boat! Asking \$1800. Lisa Gardner, lgardner25@comcast.net. 410-252-7365. (8/04)

Dagger Bayou, 10'8" X 28" kept inside, used for 2 season, pretty marbled purple color. A recreational kayak for all occasions • super-stable, easy-to-paddle design for fishing and sporting use on lakes and streams • great for beginners. Flotation for front and back included. We can throw in a low end paddle if you need. \$275, contact Joan, JSpinner2@peoplepc.com or 301-559-3345 (8/04)

Eddyline Merlin XT, 15' x 23", 46 lbs, carbonlite, yellow/white, like new, high-volume storage, very stable. New \$1800; asking \$1000; Bernadette Knoblauch, knobbee@aol.com, 703-758-9499.

Thule bicycle attachment for sale. Lightly used, \$30 obo. Lou Lieb, llieb@att.net, 202-723-5909.

Necky Kyook Exp., Poly. 15' x 25", 60 lbs, w/rudder, yellow. F/R hatch. Stable; great for touring. Excellent condition. \$750 firm. Doug Hill, dhxctry@aol.com, 703-319-9092.

Weekly Pirates Paddling

CHECK THE STARTING DATES FOR EACH GROUP ON THE CPA WEBSITE:
<http://www.cpakayaker.com>

Pirates at Pier 7

Wednesday nights, arrive 4-6 PM. 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 south, over the South River. Take first left after crossing the bridge. Follow road to Pier 7 Marina. Contact: Alan Avery, 410-856-3299 or pirates_pier7@cpakayker.com.



Note: Pier 7 kayak launching is free on Wednesdays only. All other times there is a \$5 launch fee, even if launching from the beach.

Pirates of the Potomac

Wednesday nights, 5 PM. Belle Haven Marina. \$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, 703-780-6605 or pirates_potomac@cpakayker.com. In case of inclement weather, call Belle Haven Marina, 703-768-0018 after 3:30 PM to confirm launch cancelled.

Pirates of the Patuxent

Thursday nights, arrive 5-6 PM. Free parking on the right, just north of the boardwalk across from Our Lady Star of the Sea Church. Contact: Dan Wells, 410-414-2660 or pirates_patuxent@cpakayaker.com; (alternate) Don Polakovics, 301-866-0437, pirates_patuxent2@cpakayaker.com.

Pirates of Georgetown

Thursday nights, arrive between 6-6:30 PM. Jack's Boats (202-337-9642), 3500 K Street, NW in the George-town area of Washington, DC under the Whitehurst Freeway. Plenty of parking. Rental kayaks available. Contact: David Moore, 301-445-3273 or pirates_georgetown@cpakayaker.com; <http://www.jacksboathouse.com/POG>.

Pirates of Baltimore (the roving Piracy!)

1st, 3rd, and 5th Tuesdays at Canton Waterfront Park, 3001 Boston St., Baltimore; 2nd and 4th Tuesdays at Rocky Point Park, Essex, MD. Meet at 5:30 PM for paddling and skills practice and to meet other paddlers. PFDs, sprayskirts, and a waterproof light required. Contact Barry Marsh, 410-728-4016 or 703-837-3017.

Pirates of Algonkian (upper Potomac)

Begins at Algonkian on May 11. Begins at Fountainhead on May 18. Tuesday nights, 6 PM until sunset. Paddlers from VA and MD paddle along the upper Potomac shores. We raid unsuspecting canoes and fishermen for food, drink, and catch-of-the-day. AAARRRRRG! We also portage and paddle down along the C&O Canal. We often explore Seneca Creek and elongated islands as well as practice skills, rescues, and rolling workshops. Two launch points: Algonkian Regional Park in Sterling, VA, and Fountainhead Regional Park in Clifton, VA. Contact: James Song, james.song@verizon.com or tsongus@yahoo.com or 703-375-4754.

Inside our July issue:

- *Swim Supports*
- *Notes on Navigation*
- *Over the Hill?*

The Chesapeake Paddler

Chesapeake Paddlers Association
PO Box 341
Greenbelt, MD 20768

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