

# Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Volume 15, Issue 4

May 2005

## CPA, Camping and Your Kayak

By Ralph Heimlich

Reading the popular sea kayaking and paddle magazines could leave you with the impression that camping and kayaks involve multi-day expeditions in the Canadian Arctic, the jungles of Belize, or beyond Patagonia to the end of the earth. Camping with kayaks in Chesapeake country isn't such a strenuous undertaking and can really increase your paddling time. This article surveys the local camping waterfront, including car camping and kayak "kamping". It draws on trips organized by our active campers, but any inaccuracies are strictly my own. This survey is necessarily incomplete, so I invite CPA campers to point out opportunities I've neglected on the email ListServe.

### Why Camp?

If you are willing to limit yourself to waters within a half day's drive, have lots of scattered relatives or friends, are the heir to a hotel chain, or just rich, you really don't need to camp. The rest of us find that camping can extend our paddling time, get us on waters a bit farther afield, save money compared to motels, and is just plain fun and good fellowship. Done right, camping can be nearly as comfortable as



*Photo by Bill Walsek* Near-waterfront camping at Shad Landing State Park, Pocomoke River and Nassawango Creek

sleeping in your own bed, lets you enjoy the outdoors in a more intimate way and experience the evening, night and early dawn in ways that are difficult to do on day trips. It also brings out your culinary arts and allows you to enjoy paddling opportunities denied the less adventurous. Kayak camping is easy to learn and fun to do.

### Where To Camp

CPA trips involving camping range in degrees of "civilization" and geography from West Virginia to Assateague Island and from Elk Neck to the Outer Banks. State

and county parks and national parks and seashores are natural choices, and there are many good ones near prime paddling spots. CPA trips have gone to destinations such as Maryland's Point Lookout, Elk Neck and Shad Landing, while Virginia's Belle Isle and Westmoreland State Parks have also hosted us. A favorite in Delaware is Cape Henlopen State Park, with its large sand dunes and access to Delaware Bay. Car camping tends to be the rule in state and national parks. Organizers need to make reservations well in advance and pay heed to

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**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:**

We accept display advertising that relates to the interest of our readers.

Monthly rates 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)  
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 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 at no charge; non-members pay \$10 for 3 months.

**FOR SALE**

1995 Klepper Quattro Tandem Folding Kayak. Olive Green top. Great condition. Used only few times and kept indoors. Moving out of town for a long-term assignment. Price: \$3,000 or negotiable. Boat is located in Arlington, VA. Contact John McNamara at 540-729-2121 or at [darmacusaf@comcast.net](mailto:darmacusaf@comcast.net)

Kevlar Double "Explorer" by Northwest Kayaks, good as new, emerald green over white. 18' x 6", approx. 72 lbs. \$1,895. Fred Von Karls 410-974-1600



Photo by Anatoly Ivasyuk: SK101 Skills Clinic: self-rescue demo by Dave Biss

**SCHEDULE FOR 2005 CHESAPEAKE PADDLER**

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

Issue	Deadline for Copy
June 2005	May 15, 2005
July 2005	June 15, 2005
August 2005	July 15, 2005

Have an idea for an article, or is there information you would like to see in the newsletter? Email Danielle at [news\\_editor@cpakayaker.com](mailto:news_editor@cpakayaker.com) or call her at 703-517-6073.

**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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**Potomac Pirate King**—Dick Rock, 703-780-6605, [Pirates\\_potomac@cpakayaker.com](mailto:Pirates_potomac@cpakayaker.com)

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**Algonkian Pirate King**—Jeff Walaszek, 703-670-7712, [Pirates\\_Algonkian@cpakayaker.com](mailto:Pirates_Algonkian@cpakayaker.com)

**Sugarloaf Pirate Queen**—Deb McKenzie, 240-601-1440

**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**

### **By Barry Marsh**

CPA Paddlers,

Well, it must finally be Spring: All our weekly Piracies are on the water! Through the efforts of Deb McKenzie, we're adding a new Piracy (our seventh!): the Pirates of Sugarloaf in Montgomery County. Keep an eye out for more info as this new Piracy is launched. Thanks, Deb!

Spring is boat demo season, which means we'll have a lot of new members joining the CPA. There will be lots of paddlers who can use the kind of safe paddling knowledge we can provide.

For those who have just joined the CPA, welcome to our great association. I hope you'll take advantage of all we have to offer. Check out our calendar, updated most frequently on the website, to see all the trips of all levels we offer. We also offer a number of training events, both more formal like rescue and rolling sessions and kayak camping and swim support classes, and spontaneous like the "rolling hole" at the Pirates of Pier 7 where all sorts of skills are learned.

Most of all, you have joined an association of great people who

love to paddle and love to help everyone learn more about paddling. Take the opportunity to ask about gear and to try each other's boats. Find new friends to paddle with out of our roughly 600 members and arrange peer paddles. The CPA is a great way to increase your skills to become a safe, capable paddler.

Welcome to our wonderful sport - see ya on the water!

Barry  
2005 CPA Coordinator

## **2005 Potomac River Swim: We Need Your Help!**

The 2005 Potomac River Swim (7.5 miles) needs support kayakers to accompany individual swimmers on Saturday June 4, 2005. The swim is at Point Lookout State Park in Maryland near St. Mary's City.

Swim proceeds are donated to environmental organizations, including Sierra Club, Chesapeake Bay Foundation, Potomac River Association, Interstate Commission for Potomac River Basin and Point Lookout State Park.

Kayakers accompany individual swimmers on their crossing and get:

- pre-swim supper/briefing on Friday, June 3
- camping at Pt. Lookout State Park on Friday, June 3
- post-swim picnic at Pt. Lookout State Park on Saturday, June 4
- commemorative t-shirt

**For more information, please contact:**  
Cheryl Wagner (202) 387-2361  
cherylw@crosslink.net  
[www.crosslink.net/~cherylw/pr2005i.htm](http://www.crosslink.net/~cherylw/pr2005i.htm)



## Building a Carbon Fiber Greenland Paddle

By Greg Welker

My favorite paddles are greenland paddles. I have been making wooden greenland paddles for many years now, usually out of solid pieces of cedar or laminations of different woods selected for weight, strength and durability. Last summer, Alan Avery, a paddler at the Pier 7 pirate gatherings of CPA, had begun making greenland style paddles out of marine grade foam core, carbon fiber, fiberglass and epoxy. The light weight of those paddles interested me in the possibility of making my own high tech greenland paddle.

My raw materials were as follows:

- 3/4 inch thick corelite foam, sold in 4'x8' sheets at local marine boat building companies in Annapolis.
- 5.8 oz./yd.<sup>2</sup> Warp 8, 12K Carbon X Fill 8, ECG-150 1/0, Unidirectional, .010 in. Thickness tape in a 1 inch width. available on the internet.
- Fiberglass 3.7 oz./yd.<sup>2</sup> X 27", S-2 cloth available on the internet
- MAS brand epoxy available at Chesapeake Light Craft, and some marine retailers.
- Black epoxy/fiberglass color tint. Available anywhere fiberglass supplies are sold

I also used these tools:

- Hand jig saw
- 6 inch block plane
- medium wood file
- sand paper of various

grades

- plastic wrap

I began by tracing the outline of the desired paddle on the foam sheet. Use any of the many greenland paddle designs available on the web for the dimensions. I cut out the shape, then cut two strips of foam the same width as the loom area and about half the paddle length. Since I was using 3/4 inch foam I laminated one of these strips to each side of the paddle, front and back, to build up the loom thickness. I glued them in place with the MAS and let them cure overnight with weights on the paddle to hold the pieces together.

When the epoxy had fully cured I used the block plane, wood files, and sand paper to shape the paddle to the finished dimensions just as if it was a piece of solid wood. The foam works easily, but dulls the plane blade faster than working on wood. Be careful to fully support the ends of the paddle as you work on it to avoid snapping the foam in two (see the photo showing the finished foam shape).

When the paddle is fully shaped, I cut two pieces of carbon tape, each as long as the paddle plus about two inches. I laid the paddle on a flat surface, put supporting wedges under the ends of the paddle to keep it true, and epoxied one strip of tape in

place on one side and let that cure. I repeated the process for the other side. I tested the flexibility of the paddle and decided that it was too flexible with just one strip on each side, so I added a second strip on top of the previous strip on each side after sanding the previously applied strips (see the photo showing the black carbon tape in place before sanding). I then sanded the second strips smooth to match into the foam shape. Be careful sanding the carbon, as its small pieces act like very tiny splinters - use work gloves.



*Paddle from foam*



*Paddle with carbon tape*

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Now came the tough part. My fiberglassing skills can best be called crude. I placed a piece of plastic wrap about two feet longer than the paddle on the floor and taped it in place. I then cut a piece of glass cloth the width of the paddle shape plus one inch, and about two inches longer than the paddle. I cut this on the bias. I learned that S glass particles are much more itchy than the glass I normally use to repair boats. Wear a mask and long sleeves!

I mixed up a batch of epoxy and added the black color tint. Then I applied a coat of epoxy to one side of the paddle and placed the glass on the paddle, folding it around the paddle blade edges and adding epoxy to wet down the glass. I tried to keep the epoxy to a minimum. I had hoped to get the glass to fold over the edges but had difficulty doing so. When the epoxy set, I trimmed the edges of the cloth, roughly sanded the glass, and repeated the process of placing glass on the other side of the paddle in the same manner. This was easier to fold over the glass along the paddle blade edges. The black tint of the epoxy was useful in

making sure I fully coated all of the paddle with epoxy, as any missed areas stood out with the white foam color.

Various grades of medium and fine sandpaper were used to smooth the glasswork. Then I took a batch of tinted epoxy and rubbed it over the entire paddle with a piece of sponge, applying it as lightly as possible to make a uniform coating (see the photo of the finished paddle).

My typical laminated wood greenland paddles made to the same size and shape weigh 1,102 grams, or 38.9 oz. The same paddle shape and size in foam and carbon weighs 725 grams, or 25.6 oz. That makes the carbon paddle weigh in at 34% lighter than the equivalent paddle in laminated wood. And I think they are equally strong, though that will remain to be seen. The foam carbon paddle cost about \$40 in materials (although the foam is available only in 4x8 sheets, you can get six to eight paddles out of a sheet) and about a week's worth of 2 hours per evening. Compare this to the carbon

greenland paddle available commercially at \$350+. This proved to be a very doable project for someone with minimal wood working and epoxy skills. Please feel free to contact me at [gwelker@chesapeake.net](mailto:gwelker@chesapeake.net) or 301-249-4895 if you have any questions while you try this at home!



*Finished  
paddle*

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## Volunteers Needed

Friday to Saturday, May 6 & 7: **Springriver's Tenth Annual Maryland Sea Kayaking Festival** at Sandy Point State Park. Friday, Noon until 5 pm; Saturday, 9:30 am until 4 pm. Several safety support kayakers are needed each day. Contact Alan Avery, 410-956-3299.

Friday to Sunday, May 14 & 15: **CLC's 6th Annual Okoume Fest**. At least 3 support kayakers are needed for Saturday from 8 am until 5 pm and Sunday from 8:30 am until 12 noon. Lunch will be provided for the Safety Crew, as well as a \$25 store credit, CLC hat and t-shirt. Contact Ed Wigglesworth, CLC, 410-267-0137, ext. 11.

## Kayakers Needed for Chesapeake Bay Swim

By Cyndi Janetzko

This year, the Great Chesapeake Bay Swim will take place on Sunday, June 12, 2005. 600 swimmers are scheduled to enter the water at Maryland's Sandy Point State Park beginning at about 11:00 am (the exact start time depends on a last-minute prediction of tidal currents, and may be changed from the scheduled start time by up to 30 minutes in either direction) and swim a 4.4-mile course across the Chesapeake Bay between the two spans of the Chesapeake Bay Bridge, finishing at the beach in front of Hemingway's Restaurant on Kent Island. Earlier that morning, 400 swimmers will take to the waters from Hemingway's and swim a 1.1 mile triangular course over mostly shallow water. Proceeds from both swims go to charitable organizations such as the March of Dimes and the Chesapeake Bay Trust.

Kayakers are crucial to the safety of the Bay Swim. We are the critical first link in a support web that includes small and large powerboats, police, fire, and Coast Guard vessels, emergency medical technicians and on-shore support. Kayaks are the only craft allowed inside

the bridge spans to escort the swimmers during the event. We can expect to pull multiple swimmers from the course to the powerboats that form up just outside the bridge spans. In a typical Bay Swim, 5 to 10 percent of the swimmers may be expected to drop out along the way due mainly to fatigue, cold, and seasickness. More serious medical emergencies also occur occasionally.

As always, CPA would like to have a large contingent of kayakers on hand to support the swim. For the 4.4 mile swim, kayakers should be comfortable paddling on open water, maneuvering close to swimmers and bridge piers, and towing a swimmer for about 50 yards. Since a tired or frightened swimmer can tip over a kayak, kayakers need to be able to perform a self-rescue in case they are dumped. The 1.1 mile swim is less demanding of kayaking skills and stamina than is the Bay Swim, and therefore provides an excellent opportunity to gain experience in supporting swimmers.

For those new to swim supports or to help paddlers brush up

safety skills, CPA is offering a voluntary swim support training class prior to the Bay Swim. The class will take place at Truxton Park in Annapolis at 9:00 am on May 22, 2005. After introductions and an overview of the Bay Swim, Dan Jarzynski, the Bay Swim Safety Fleet Coordinator, will explain the kayakers' role in the safety net and communications between team members. Next, an experienced open water swimmer will be on hand to share their experiences in the water and what assistance they expect a kayaker to be able to provide. The land portion of the class will be followed by practice time on the water. We will practice towing dry-suited volunteers, bracing as swimmers grab our boats, and self and assisted rescues.

To sign up for the training or the 4.4 mile Bay Swim support, please contact Cyndi Janetzko or Dave Biss via email at [janetzko@hotmail.com](mailto:janetzko@hotmail.com) or [bissd@erols.com](mailto:bissd@erols.com) or via phone at 703-241-0036.

To sign up to support the one-mile swim, contact Alan Avery at 410-956-3299.



## Weekly Pirates Paddling

CHECK THE STARTING DATES FOR EACH GROUP ON THE CPA WEBSITE  
[www.cpakayaker.com](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 the first left after crossing the bridge. Follow road to Pier 7 Marina. Contact: Alan Avery, 410-856-3299 or [pirates\\_pier7@cpakayaker.com](mailto:pirates_pier7@cpakayaker.com).

*Note: Pier 7 kayak launching is free on Wednesday only. All other times there is a \$10 launch fee per kayak 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 Mount 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@cpakayaker.com](mailto:pirates_potomac@cpakayaker.com). In case of inclement weather, call Bellhaven Marina at 703-768-0018 after 3:30 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](mailto:pirates_patuxent@cpakayaker.com); (alternate) Don Polakovics, 301-866-0437, [pirates\\_patuxent2@cpakayaker.com](mailto: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 Georgetown area of Washington, DC under the Whitehurst Freeway. Plenty of parking. Rental kayaks available. Contact: David Moore, 301-445-3273, Dave Biss 703-241-0036 or Cyndi Janetzko 703-241-0036. Or on the web at [pirates\\_georgetown@cpakayaker.com](mailto:pirates_georgetown@cpakayaker.com); <http://www.jacksboathouse.com/POG>

### Pirates of Sugarloaf

Tuesday nights, arrive 5:15 PM. Recreational paddling at Black Hill Regional Park in Germantown, Maryland. Daily permit fee of \$5 paid at boat ramp; seasonal permit is \$55. Contact Deb McKenzie 240-601-1440

### 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 Bob Huber, (410) 335-0994 or [pirates\\_baltimore@cpakayaker.com](mailto:pirates_baltimore@cpakayaker.com).

### Pirates of Algonkian (upper Potomac)

Wednesday evenings, 6:00 PM until sunset. Upper Potomac and the various Northern Virginia Regional Parks. Our primary launch points will be Algonkian Regional Park and Fountainhead Regional Park. Other occasional launch sites will include Bull Run Marina, Occoquan Regional Park, Pohick Bay Regional Park ... and maybe even Mason Neck. Check out the Algonkian Pirates Discussion Forum for current info and plans. Contact: Jeff Walaszek, 703-670-7712, [Pirates\\_Algonkian@cpakayaker.com](mailto:Pirates_Algonkian@cpakayaker.com)

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restrictions on the number of campers, tents and especially cars permitted on each site. Sometimes group campsites can be reserved, although they are often reserved for youth groups (we're more the geriatric crowd, but you would think we were the equivalent of Hell's Paddlers based on some reactions for an adult group campsite). My personal favorite for paddler-friendly parks is Maryland's Shad Landing, offering hospitality and near-waterfront sites on the Pocomoke River and Nassawango Creek. Some trip leaders have developed good relationships with private campgrounds at good launch areas. Bill Dodge's favorite is the New Point Campground in Mathews County, Virginia, near New Point Comfort Lighthouse. Another excellent campground found by Greg and Jenny Welker is Tall Pines Campground on the eastern shore just south of the mouth of

the Pocomoke. Both public and private campgrounds tend to be for car camping and range in cost from \$20 to \$40 per night per site. See web links below.

Kayak kamping is more limited, but there are several interesting destinations that can only be approached from the water. One of the most venerable is Saint Clements Island, at the mouth of Maryland's Wicomico River in the Potomac. Bill Dodge has arranged with Maryland DNR for CPA to do an annual "work" trip to Saint Clements in exchange for overnight camping privileges. Saint Clements is marked with a huge white cross commemorating the landing in 1634 of Maryland's first English settlers under Lord Baltimore's proprietorship on the Ark and the Dove. The 40-acre park is a brief half-mile paddle from Colton Point. Assateague

Island National Seashore, accessible from Ocean City, has four primitive campsites accessible by kayak from the Ferry Landing launch site. Another opportunity is Janes Island State Park, with car camping, but also several primitive paddle-in sites along the marked water trail. North on the Bay is Hart-Miller Island State Park, accessible by water from a launch at Rocky Point Park. While Saint Clements Island is one of the Bay's first island campsites and is eroding with time, Hart-Miller is one of the most recent, and is growing as sediment dredged from the channel is added to it over time by the Corps of Engineers.

Another set of opportunities are the Chesapeake River Sojourns organized by the Chesapeake Bay Alliance. These are multi-day trips on major tributaries of the Bay (Susquehanna, Patuxent,

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## **2005 CPA Pool Sessions\***

**Saturdays, now through spring at the Fairland Aquatic Center, Burtonsville, Maryland**  
4-5:50 pm and 5:50-7:45 pm; \$7 per person. Pay at FAC.

### **Required:**

1. Boats and gear clear of leaves, mud, grass.
2. A reservation; please email Joan at Jspinner2@peoplepc.com (preferred) or call 301-559-3345 by the Thursday before the session. Leave a message and the following information:
  - a. your name and phone number
  - c. date of session
  - d. time slot
  - e. number and type of boats (WW or sea kayak)

You will receive a reservation number. If you do not receive a reservation number, you do NOT have a

reservation. Reservations will not be accepted more than 2 weeks in advance.

**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 is about a half mile down on the right. Enter through the patio.

\*These are open sessions, not lessons. You must bring your own boat and gear. In case of inclement weather, call the center to see if it is open: 301-206-2359.



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Potomac, James) that help you experience the ecology of the river in a communal camping experience. See <http://www.acb-online.org/project.cfm?vid=236>.

### **Camping Gear**

Campers are almost as big “gearheads” as kayakers, but you can get by with some pretty basic stuff, especially car camping. Some kind of shelter is a must. A basic tent is handy and more comfortable with a floor and bug netting, but a simple plastic tarp rigged alongside your car can suffice in the warmer summer months. A sleeping bag is a good idea from October through May, but blankets or an old quilt could work in summer months. An air mattress, pad or cot is a must to insulate you from the cold and damp of the ground, and pad the old bones. Most sites have a fire ring or grill, but a simple propane or butane cooking stove or a small hibachi are easier to cook over. With the capacity of your car, you can really get comfortable with folding chairs, a screen tent for dining sans *les bugs*, and even a T.V. or laptop. Some CPA “campers” have gone the RV route, and have more comfortable places than my house.

### **Kayak Kamping**

“Kamping” is more challenging because of weight, space, and packability issues, and because essentials, like your sleeping bag, need to be kept absolutely waterproof. Waterproof compression sacks can not only protect your bed, but mush it down enough to get inside your hatch. Another innovation that some use (including this BatKamper) are lightweight camping hammocks

that combine your bed, roof and bugproofing in a small, lightweight package. For safety’s sake, pack everything *inside* your boat and don’t load up your deck. One essential idea is to think multi-purpose when considering any item of gear. Your sun shower can double as a water bag, and that pot lid can double as a fry pan. Gear tied on top raises your center of gravity and can interfere with self-rescue if you get in a fix.

### **What’s For Dinner?**

When I led camping trips for the Boy Scouts, we had to cook every meal in the outdoors, usually over a wood fire. Camping with adults is a lot easier. On many car camping trips, CPA paddlers jump in the car and head for the bright lights. There are some really nice restaurants near paddling waters—and some good beer.

However, one aspect of the fellowship of camping is sharing your culinary skills. I like to organize group feeds on my camping trips, with everyone bringing a dish for “pot luck”. Make sure to tell your campers to bring enough for only half the people on the trip, or less, or you will be buried in food. Some memorable dishes from group feeds includes chicken “stoup” (real thick soup), grilled maple-glaze salmon, some really creative and delicious salads, and Mrs. Rock’s Brownies (Dick took the credit, but we all knew who cooked them). Breakfasts are often another excuse for culinary excess, although I like to limit it to Sunday morning or we

never get on the water. Don’t forget the libations—those water bladders work just as efficiently with wine, as well.

Again, kayak “kooking” takes more thought and effort. Consider the wide variety of prepared, dried, or dehydrated foods now available in your local grocery store. A home food dryer can also be useful for reducing the bulk, weight, and perishability of fruits, vegetables, and some meats for meals in more primitive settings. Fresh meat can be frozen and wrapped in insulating material (like your sleeping bag) and will usually survive until dinner time, even on the warmest days. Remember to leave room in your boat for plenty of water (seem counterintuitive), especially on Bay sites where there is usually none available.

So, extend your horizons and consider kayak camping. There are 7 kayak camping events on the CPA calendar this year from April through November. Greg Welker is once again offering his kayak camping classes on May 4 (where to camp) and June 22 (camp cooking), and you can get OJT from any of the camping trip leaders. Once you get comfortable with an overnight on the Bay, you can start dreaming about a month in Patagonia or Hudson’s Bay!

**See Page 10 for web links to kayak camping.**

## THE GREAT CHESAPEAKE BAY SWIM June 12, 2005

### Support the swim from your kayak!

We need kayakers to support the open water swimmers as they cross the Bay for the 4.4-mile swim and the 1-mile swim.

This year the CPA will hold an **optional swim support instructional clinic at Truxton Park on May 22, 2005**. We will have speakers educating us on topics such as the safety and coordination efforts that go into the Great Chesapeake Bay Swim and what the swimmers expect of kayak support teams.

- Learn about how to help the swimmers
- Practice towing a swimmer in the water
- Brush up on your open water safety and rescue skills in the water

More information is available on the online CPA Calendar or through the coordinators. If you wish to come to either/both events, please contact one of the following coordinators:

Dave Biss: [bissd@erols](mailto:bissd@erols); 703-241-0036  
Cyndi Janetzko: [janetzko@hotmail.com](mailto:janetzko@hotmail.com); 703-241-0036

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*Continued from Page 9*

### Kayak Camping Links

Maryland DNR State Parks <http://www.dnr.state.md.us/publiclands/>  
Virginia State Parks <http://www.dcr.state.va.us/parks/>

Greg Welker's Workshops:  
[http://www.cpakayaker.com/events.html?event\\_id=268](http://www.cpakayaker.com/events.html?event_id=268)  
[http://www.cpakayaker.com/events.html?event\\_id=269](http://www.cpakayaker.com/events.html?event_id=269)

Various kayak camping pages:  
<http://www.sdkc.org/camping/>  
<http://www.sit-on-topkayaking.com/Articles/Touring/>  
<http://students.washington.edu/~ukc/sea/kayakcamping.html>  
[http://www.extremekayaker.com/Kayak\\_Camping.htm](http://www.extremekayaker.com/Kayak_Camping.htm)  
<http://www.seakayak.ws/kayak/kayak.nsf/NavigationList/NT000015AA>



*Photo by Scott Brody. In camp at Green Run campsite, Assateague Island*

## CPA Trip Requirements and Ratings

All 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 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 groups paddling skills.

**Intermediate Paddlers:** Participants are comfortable with open-water crossings of 2+ miles, can handle a variety of water conditions and have strong self- and group-rescue skills.

## Calendar

Participants in CPA events must read and comply with the statement of CPA trips 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](http://www.cpakayaker.com).

### May

- 4 (Wed) Chesapeake Kayak Camping Course (All)** Greg Welker, [gwelker@chesapeake.net](mailto:gwelker@chesapeake.net)
- 6-7 (Fri-Sat) Springriver Demo Days (All)** Alan Avery (410) 956-3299
- 7 (Sat) Chesapeake Bay Paddlefest (All)** Hal Ashman (410) 335-5352
- 13-15 (Fri-Sun) 7th Annual SK102 Skills Clinic (All)** Brian Blankinship (410) 867-1051
- 13-15 (Fri-Sun) CLC's 6th Annual Okoume Fest (All)** See [www.clcboats.com](http://www.clcboats.com) for details.  
Safety boaters needed on Saturday and Sunday. Ed Wigglesworth (410) 267-0137 x 11.
- 14 (Sat) Kayak Demos—Patuxent Adventure Center (All)** Patuxent Adventure Center (410) 394-2770
- 14 (Sat) HTO Boat Demo Day (All)** Hudson Trail Outfitters
- 15 (Sun) EMS Kayak Demo Day (All)** Bruce Kellerman (410) 573-1240
- 21 (Sat) Triadelphia Reservoir Paddle Day (Beginner)** Sue Bauer, Rob & Jackie Castle, [news\\_distribution@cpakayaker.com](mailto:news_distribution@cpakayaker.com)
- 21-22 (Sat-Sun) Hampton Roads Kayaking Symposium (All)** Appomattox River Company (757) 890-0500 and Wild River Outfitters (757) 431-8566
- 22 (Sun) Potomac River Handicap Race with WCC (All)** Mitchell Madruga, [mitchellmadruga@yahoo.com](mailto:mitchellmadruga@yahoo.com).
- 22 (Sun) Swim Support Clinic (Beginner)** Dave Biss & Cyndi Janetzko (703) 241-0036
- 22 (Sun) Patapsco Swim Support (Advanced Beginners)** Barry Marsh (410) 728-4016
- 28 (Sat) Mason Neck—First Timer (First Timer)** Woody (703) 335-8624
- 29 (Sun) Rocky Gorge Memorial Weekend Paddle (Beginner)** David Moore (301) 445-3273



Photo by Dave Biss Assateague Island trip



Photo by Dave Biss Chesapeake Bay



Photo by David Moore Adirondacks trip

### Calendar Cont.

#### June

- 4 (Sat) Sasafrass River Day Paddle (Beginner)** Rich Stevens (703) 527-4882  
**4 (Sat) 2005 Potomac River Swim (Advanced Beginner)** Cheryl Wagner (202) 387-2361  
**10-12 (Fri-Sun) Point Lookout MD Car Camper (Beginner)** Bill Dodge (703) 979-5837  
**12 (Sun) Great Chesapeake Bay Swim (Advanced Beginner)** Dave Biss & Cyndi Janetzko (703) 241-0036  
**17-19 (Fri-Sun) No Octane Regatta (All)** Adirondack Museum  
**18 (Sat) Paddle for the Cure (All)** Hal Ashman (410) 335-5352  
**18 (Sat) 14th Annual Swim for Life (Advanced Beginner)** Alan Avery (410) 956-3299 & Steve Sharkey (410) 758-8756  
**22 (Wed) Kayak Camping — Food (All)** Greg Welker (301) 249-4895  
**26 (Sun) Baltimore Harbor (Advanced Beginner)** Barry Marsh (410) 728-4016

#### July

- 4 (Mon) July 4th Paddle and Picnic (Beginner)** Yvonne Thayer (202) 537-1435  
**8 (Fri) New Point Comfort Car Camper (Beginner)** Bill Dodge (703) 979-5837  
**9 (Sat) Miles River Day Paddle (Beginner)** Rich Stevens (703) 527-4882  
**10 (Sun) Safety and Rescues (Beginner)** Dave Biss & Cyndi Janetzko (703) 241-0036  
**16 (Sat) Rec Boat Safety Training (Beginner)** Ralph Heimlich  
**16 (Sat) Triadelphia Reservoir Day Paddle (Beginner)** Rich Stevens (703) 527-4882  
**23 (Sat) Dundee Creek & Gunpowder River (Intermediate)** Barry Marsh (410) 728-4016

## CPA Library Kickoff Party

By Nelson Labbe and Yvonne Thayer

Kicking off the CPA's new library, a dedicated group of CPA paddlers met for an afternoon of virtual paddling with Greg Barton, Nigel Foster, Dale Williams, Nigel Dennis, Maligiaq, Greg Stamer, Shawna Franklin and Justine Curgenvén. Via DVD projected lifesize, we braved the frigid waters of Russia and the roaring swells of New Zealand, learned the fine points of rolling, saw how to choose the right kayak, and experienced the joys of expedition kayaking.

Besides checking out each other's kayaking videos and DVDs, we looked over a selection of paddling books. Some were donated to the new CPA library; several were checked out on the spot.

CPA Librarian Nelson Labbe has created a list of kayaking books and DVDs to acquire for the new CPA library. He has collected a few so far and is accepting more donations. He will purchase other recommended

books and DVDs—as funds allow—which will be available to CPA members to borrow for up to a month through an exchange system.

If you have any books, videos or DVDs that you haven't looked at for several years but which would be helpful for others, please consider donating it to the new library. Donations will be collected at several upcoming CPA events, including SK102 and Great Chesapeake Bay Swim.



Photo by Yvonne Thayer Cherry Blossom Paddle

## Inside our May 2005 issue:

- **CPA, Camping and Your Kayak**
- **Building a Carbon Fiber Greenland Paddle**
- **Kayakers Needed for Chesapeake Bay and Potomac River Swim**

### **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.