

Chesapeake Paddler



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May 2007

SK 102: A Legal Analysis ¹

By Susan (ladyjustice) Williams

Having just spent two long but totally awesome days with Holm Schmidt, the East German Olympian, coaching me, I was pretty darn tired for the start of SK102 on Friday night. This is the Chesapeake Paddlers Association's weekend of instruction for beginning and intermediate sea kayakers. I was to teach "Intermediate Strokes and Bracing" on Saturday morning and again in the afternoon. Friday night, after a full day with Holm, I was to lead one of the night paddles after all the students arrived. I chose to lead the "slow" group. There was one fast group which Stephen (also tired from Holm's clinic) was leading, and two medium groups going out in the dark to experience Lake Anna. Many, if not most, of the students would be experiencing a night paddle for the first time. Cyndi, another tired paddler from Holm's clinic, declined to go out at all. When Cyndi, who can best be described as the Energizer Bunny of enthusiasm, is too tired to paddle, Holm really wore us out. I thought I was being smart by taking the slow group out. Little did I know that it would be much like herding cats.



Night paddle on Lake Anna photo by Ed Hershon

There were 22 in the group and the group spread out over about a quarter mile, so we couldn't see each other. I had to be a "sheep dog" and go from front to back and back to front over and over again to try (not very successfully) to keep everyone together and make sure everyone was OK. I think I ended up paddling more than Stephen, with all my back and forth for the night. Fortunately I had Jen, an experienced paddler, sweep for me, so I knew that when I reached Jen, I was at the end of the group. I had two ladies leading the pack who didn't know where they were going, and I could not reach them in time to tell them to turn to the bridge. Fortunately right at that moment, the ever-present Brian came by and explained the route to them. The important thing was that the students had a good time, even though I was not so good at keeping everyone together. It was a beautiful night, warm and quiet, and Lake Anna's waters were about 80 degrees.

Lake Anna is a cooling lake for a nuclear power plant, so the water is warm, one of the reasons why SK102 is held here. The other reason is that David, the owner, has a huge lake front property and is extremely generous to allow 125 people to camp all over his yard for the weekend. What a sight to see—100 tents and 125 boats all in one spot. I knew that with so many beginning paddlers in attendance that there might be questions about my Laser. It does not look anything like a sea kayak and I had it up on the padded racks that Cliff gave me to keep it off the ground. Being bright red, the Laser sort of stood out among the many boats.

For my morning intermediate strokes class I was assisting Steve Lindeman. Steve is outstanding at bracing, sweeps, sculls, draws, rudders, and all the strokes that the Laser is not meant to do. I go straight and fast with a good forward stroke, the rest I only use when I lose a rudder in the middle of a race. I can do the other strokes, but I don't practice them as much as I should. The first hour and a half of the class was the forward stroke. Steve let me take the lead on this, and for the second hour and a half Steve led. At the end of the class I said, "Wow, thanks Steve, I really learned a lot about sweeps, draws and bracing" and he said, "No, thank you, I really learned a lot about the forward stroke." We were a very complimentary pair because of our strengths and weaknesses on the various strokes. We had a focused group of 6 students who all took great leaps in their paddling in just a few hours. I think our students enjoyed the class, and I know they all looked greatly improved and more comfortable when we came back to the shore.



Many, many boats photo by Gina Cicotello

(Continued on page 11)

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Public service announcement and personal ads to sell kayaks/accessories are printed at no charge; non-members pay \$10 for 3 months.

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SCHEDULE FOR 2007 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 2007	June 15, 2007
July 2007	July 15, 2007
August 2007	August 15, 2007

Have an idea for an article, or is there information you would like to see in the newsletter? Email Ralph at news_editor@cpakayaker.com or call at 301-498-0722.

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, except Nov-Feb 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.

Admiral's Walk



Well, one month ago I was writing about how long into the spring the waters had stayed so cold. This time last month, the water temperatures were well below 50 degrees. How things have changed in only a few weeks. After checking my two favored water temperature links at [Little Falls on the Potomac](#) and [Thomas Point Light House on the Chesapeake Bay](#), it is clear that our paddling spots are warming up fast. The Bay water temperature is over 60 degrees, and the river is nearly 70 degrees. It certainly is time to get out and have fun on the water!

Remember that at anytime of the year paddling can be fun, as long as you are prepared. That is why I always look at the water temperatures. I like to know what I will be facing when I am on (or in) the water. Of course every time I head out for a day paddle I also

check out things like:

- The weather forecast;
- The condition of my gear;
- If I have enough water and snacks for my time out on the water;
- If I need any unusual gear for where I am going to paddle;
- If there will be any navigational or boat-traffic concerns;
- Who will I be boating with; and lastly
- If I mentioned to anyone where I was going.

Is that a lot to plan for? No, not at all! In fact most of all those concerns about my adventure out on the water are addressed in my head, with maybe a few minutes looking at the weather report on line too. It takes no time at all, unless of course all my gear is misplaced in the back of some closet somewhere where I have to search for it. But that is true for any morning getting ready to go to work too! What does this pre-planning buy me every time I go out? Security! Peace of mind! More time and space in my head to not think about whether I am prepared, but instead to just have fun! Paddling should always be about having fun...safely. But mostly about the fun! So help me out; every time you go out make sure that, like me, you have already thought the day through before you leave, and then think of nothing while you are out there except for how great it is to be out paddling!



And speaking about having fun on the water; the club just finished the 9th Annual SK102 event at Lake Anna in April. It was a record fun weekend. Lots and lots of paddlers came to camp, take classes, eat, sing by the camp fire, and learn new skills. The weather was very cooperative, the water was really warm, and from the tired faces at the end of the weekend, it was obvious how much everyone got out of the classes too. *Many, many thanks once again to Brian, Laura, Gina, and all the instructors, students and other volunteers.* You've heard me say it before: **"Without people like this to make these events happen, the club would not be what it is."**

Also, I wanted to remind everyone that there are more great things coming up over the next month where you all can help out on the water with other club members. There are two major swim support events at the beginning of June. [The Potomac Swim](#), and the [Great Chesapeake Bay Swim](#). There can never be enough helpers for the Bay Swim. We also provided club presence at some of the demo days that happened in May ([see page 8](#)). Events occurred in Annapolis, Virginia and Gaithersburg, MD. If you love to talk

about why kayaking is a great sport, the CPA would love to have you as a representative on demo days. And as always there will be something special every weekend: day trips, weekend campers, kayak races, and long distance training paddles. Something for everyone.

Welcome to our newest Pirate King, James Higgins of the Pirates of Sugarloaf. He follows retiring Queen Deb McKenzie.

See if you can find something to join in on with the club this month [on the calendar](#), and I hope to see you on the water,

Dave



Potomac River Swim Support—Kayakers Needed

Free T-shirt, camping, etc. Just for doing something you love...kayaking. It's that time of year again when we beg, plead and grovel (and bribe) for your support of the annual Potomac Swim. "What is that?" you ask, well I'll tell you. On Saturday, June 2, 2007 a couple dozen brave men and women from around the country will brave the waters at the mouth of the Potomac River to raise money for the environment (the beneficiaries list is on the web page) by swimming 7.5, yes, that's **SWIMMING 7.5 MILES** across the river. And if that's not enough, some will even cross twice, that's 15 miles!!!

What's CPA's part in this? Our role is to provide kayak swim support. The Coast Guard will have a boat or two there, as well as the police. Also, a small group of Boston Whalers will assist. But the direct support that **MUST** be included is the kayakers. We're the ones that carry food and drink for the swimmers and help them navigate. Most kayakers will be assigned a swimmer. You will stick with them for the entire crossing. Believe me, a real bond develops during that time. If we have enough kayakers then some will be assigned a 'sweep' role. They are there as backup support for the swimmers and kayakers. Also, for all swimmers crossing twice (its only a few) we hope to have two kayakers, as much for the kayakers as for the swimmers.

So now it's time think about the following:

- Ask not what your environment can do for you, but what you can do for your environment.
- We have nothing to fear, but fear itself (and not having enough kayakers).
- Float like a butterfly, paddle like a bee.
- Nothing aint worth nothing, but it's free (so is the paddle, but not the environment).
- I have a dream (that all paddlers will give to the environment).
- We choose to go to the moon (paddle) not because its easy, but because its difficult (actually, it's not difficult, trying to do this without paddlers is difficult).

OK, enough, I think you get the idea. By the way, here's what you get for helping:

- Camping (2 nights if wanted) in a beautiful park on the water;
- T-shirt designed by a local artist commemorating the event;
- Wonderful pre-swim dinner;
- Delicious après-swim lunch/feast;
- Wonderful camaraderie;
- A good, warm fuzzy feeling for knowing you helped a swimmer and the environment.

This is **NOT** an official CPA event, but all CPA rules will be followed. That being said, I've seen a swimmer provide his own support which was a large "Old Town" canoe. Sit-on-tops will also work. We recommend that paddlers be comfortable in conditions that could include waves of up to two feet. On June 2 the tidal predictions are very weak so the cross-current shouldn't be much of an issue.

If you have any other questions or would like to volunteer then please contact me, Chris Bresnan (bresnaci@pwcs.edu), or Cheryl Wagner (cherylw@crosslink.net). Also, to learn more about it, see who signed up for this year, see information and pictures from previous years, etc. please go to <http://artemis.crosslink.net/~cherylw/pr2007i.htm>

Chris Bresnan



Photo by Elizabeth Malby - Baltimore Sun

Gear Up, and Join the CPA in Supporting The 2007 Great Chesapeake Bay Swim

On June 10, 2007, hundreds of open water swimmers will be diving into the Bay waters from Sandy Point State Park, under the Chesapeake Bay Bridge. They will swim 4.4 miles to the other side of the Bay. CPA kayakers are an important part of this event, as kayaks are responsible for first-hand support of the swimmers.

We need kayakers for both the main 4.4 mile swim and the shorter 1 mile swim taking place in the protected cove on the Eastern side of the Bay Bridge. Kayakers need to be ready to tow swimmers to rescue boats, and offer assistance to fellow kayakers, including rescues as needed.

For more information or to sign up contact Dave Biss at davidbiss@cox.net or Cyndi Janetzko at janetzko@hotmail.com or call 703-241-0036.

What's in Your PFD?

Following a post on Paddlewise.net, I queried CPA paddlers about what they carry in their pfd's. Results below in order of the most often cited items. Part of the idea is that stuff that is in your boat isn't really "with you" if you have to bail out and get separated. So, what's in YOUR pfd?

	Sum	Mike Aron-off	Susan Williams	Big Ed Her-shon	Manu-verer Heim-lich	Alison Si-gethy	Rich "30 mile" Ste-vens	Sheila "Iwear purple"	Mi-chael Mat-thews	Anne Culver	Brian Blanki nship	Dave Isbell	Puz-zlepax	Peter Qayan gua (single hole)	Todd Anger-hofer
whistle or horn	12	1	1	1	1	1	1		1		1	1	1	1	1
knife	12	1	1		1	1	1	1	1		1	1	1	1	1
food bar or snack	10	1		1	1	1	1	1	1		1		1		1
VHF radio	10	1		1	1	1	1		1		1	1	1		1
signal light	9	1		1	1	1	1	1				1	1		1
compass	8	1	1	1			1	1	1		1				1
waterproof digital camera	6			1	1	1	1		1						1
signal mirror	5		1			1			1		1	1			
ID card or driver's license	5		1			1	1			1			1		
Sunscreen	4				1	1		1			1				
Signal flares	4				1							1	1		1
money (\$5, \$20)/credit card/wallet	4						1			1			1	1	
Lip balm	3				1	1					1				
skull cap when cold	3	1				1							1		
Car key	3				1	1								1	
Cell phone (in drybag)	3								1	1				1	
water bottle/hydrator/camelback	2	1				1									
tow rope on waist	2	1			1										
Emergency phone numbers	2					1				1					
cow tail with biner	2	1										1			
Nose plugs	2										1	1			
Trip leader checklist	2				1						1				
Paddling gloves	2											1	1		
small dry box with 1st aid kit	1	1													
warmer pack	1					1									
ultralight raincoat	1					1									
space blanket	1					1									
boater safety course card	1						1								
thermometer	1							1							
Capital One card (sure, you barbarian)	1								1						
GPS	1								1						
Name on PFD	1									1					
Smoke canister	1											1			
Length of strong cord	1												1		
Fossil shark teeth	1													1	

Todd Angerhofer and his PFD photo by Ralph Heimlich



Potomac River Paddle

April 29th was a beautiful day on the Potomac River, and we had plenty of food, courtesy of Gayle. We went up river from Shepherdstown to Snyder's Landing, stopped at Barron's Store for ice cream, and paddled back. But it was a different trip than our previous ones. We were initially joined on the river by a steam boat. Yes, a real steam boat, called the Rumseian Experiment, which is a replica of an old dream borne either of legend or science or a little of both.

Let me say something about the strange creator of this even stranger river boat. James Rumsey was born in 1743, a tavern owner and inventor, he showed George Washington a model of a mechanical boat which he had designed. Washington liked what he saw, and he



wrote a certificate of commendation so that Rumsey could get financial backing for his endeavors. Finally, in 1786, he finished his nautical invention, and it was brought to Shepherdstown, where Rumsey was living. After much testing, on December 3, 1787, the steam boat finally made a very successful public demonstration on the Potomac River at Shepherdstown.

Like the original steam boat, the Rumseian Experiment operates with a unique steam propulsion system, drawing water from the bow into a tubular boiler that runs through a hot box full of burning wood. The steam this produces moves a piston that moves another piston that forces the water out the stern of the boat under pressure. It looks like a still. Today, The Rumseian Experiment sits at a real blacksmith store right behind O'Hurley's "Time Tested Merchandise" General Store. We have many pictures of the trip on:

http://groups.yahoo.com/group/Potomac_River_Paddlers/

The Rumseian Experiment photo by Gayle Jackson

Bob Cianflone

Prime Hook Creek, Delaware, Paddle

I had been to Bombay Hook and Prime Hook Wildlife Refuges north of Rehoboth, Delaware, by car many times and always wanted to explore them on the water. The tides at Bombay Hook weren't lining up so I tried Prime Hook Creek using the description in Edward Gertler's *Maryland and Delaware Canoe Trails* (5th Edition, 2002 p. 293).

If you go by Gertler's route, you start at the west end of the wildlife reserve, Waples Mill Pond, and end up at the refuge headquarters. The one-way trip is about seven miles. My edition doesn't mention it, but there is a public boat launch at "Brumbley Family Park." If you are coming from the DC area via route 16, turn left and head north when you get to Route 1. Just at the junction with Route 5, there is a liquor store on the right and just before that is a sign for "Brumby Family Park". Enter the park and take a left, tucked back in a corner is a refuge sign and a boat launch. It's \$4.00 per boat and there is a port-a-john there. The parking is off the street and safe. The refuge has a brochure of the canoe trail in a holder at the launch.

The creek is non-tidal and has about a 1 knot steady current flowing toward the refuge HQ. There are new canoe trail signs along the entire route that keep you from getting lost. The first few hundred yards are on a very narrow creek, but that quickly opens up to a wide area that lasts for the first two miles. Then it gets narrow and stays that way for the next three miles. There are no banks and marsh on both sides. Lots of turtles and some huge beaver lodges. There were no trees blocking the creek, but in one section the beavers were working hard on some three-foot diameter trees that may fall across the creek.

At about four miles there is a state access point that isn't mentioned in Gertler's description. If you wanted to do a shorter back and forth trip, this would be a good place to start. It's off Little Neck road which is off Prime Hook Beach Road just north of the junction of Route 1 and 5. I didn't have a way to get from the refuge back to the starting point, so I turned around at about five miles. The current wasn't too bad, but if the wind is from the West you'll be heading into the wind and current. Total time to do the ten miles was about 5 hours, including stops.

I drove to the refuge headquarters to end the day. I put in at their boat launch (\$1 launch fee) and went out for about an hour just at sunset. There was plenty of water, but there are also numerous channels out to hunting blinds, so you can likely get around if the water is low. The area around the refuge HQ is the broad marsh behind Broadkill Beach, lots of birds and other wildlife. To me, this was the nicest part of the refuge. This time of year (April 2 the reeds weren't high and there were no mosquitoes. The office was closed but they keep the bathrooms open until the park closes one half hour after sunset.

If you can arrange a pick-up, the one-way trip from Waples Mill Pond to the Refuge HQ with some extra time to explore around the HQ area would be the best bet. The advantage of this trip is you don't have to worry about tides and there's always a downstream current. There are closures during the winter and some hunting days. I talked to the owner of Bumbley's Family Park, he's not set up to do shuttles. Prime Hook refuge: <http://primehook.fws.gov> (phone: 302-684-8419).

Bill Upton

The Southern Bay: From Onancock to Machipongo

Andy DeVito, Dale Murphy, Bill Dodge, and Ron Barnett joined trip leader Greg Welker for four days of mainly sunny paddling May 12-15, 2007, on the eastern shore of Virginia, in the Chesapeake Bay and among Atlantic Ocean barrier islands. We camped at Kiptopeke State Park (nice) on the Bay, just south of Cape Charles, and took day paddles. Three of the paddles are described in Andrea J. Nolan's excellent book, *Sea Kayaking Virginia*.



Greg, Andy, Bill and Dale on Smith Island *photo by Ron Barnett*

Ron and Greg arrived late morning on Day 1 and met by chance in Cape Charles, a terminus for the former ferry service that ran across the mouth of the Bay to mainland Virginia and back and before construction of the present 20-mile bridge-tunnel. We checked out the town, the local kayak outfitter, the burgers at an Irish pub, and then headed for the park to set up camp. When the others did not arrive after a period of waiting, we went for a 10-mile paddle. We launched from the park and paddled north, hugging the shore to cut a brisk northeast wind, to undeveloped Elliot's Creek. We explored there in a grand silence that was in sharp contrast to the windy Bay. The eastern shore of VA is known for its many varieties of birds. We were not disappointed as we saw eagles, pelicans, snowy egrets, herons, loons, and large aggregates of mystery shore birds. On returning to camp Andy, Dale and Bill greeted us.

A CPA mantra could be, "wait, see, decide...wait, see, decide." Given the brisk winds and strong tidal currents known to this area we chanted this mantra daily. In fact, both factors influenced our daily paddle decisions, and Greg had planned paddles to take advantage of the tidal currents. The major open water paddle was

planned for Day 2 but given the small craft advisory we opted to drive 40 miles north to Onancock (founded in 1683) to paddle its more protected waters out to the wild beaches of Parkers Marsh Wildlife Refuge. This 11.5 mile paddle featured viewing two bald eagle nests situated very close together, and sighting an unidentified wooden structure on land with what looked like a small white igloo on a platform (see photo in link). Greg said he'd seen them elsewhere on the Bay but did not know their purpose. Does anyone know? An avian totem?

Our Day 3, 12 mile, open water paddle to Smith and Mackhorn Islands departed from the Eastern Shore of VA National Wildlife Refuge, and ran parallel to Fisherman Island Wildlife Refuge. We landed on Smith, with its Cape Charles Lighthouse, and took a long walk along the beach on the Atlantic side. The beach served-up many creatures from the ocean deep including large conch shells (inhabited and vacated), sand dollars, a strange looking fish, lots of shells (no tourists walk here), and a deceased dolphin. From the beach one could look across the Atlantic to the Cape Henry Lighthouse. On returning to our kayaks we saw an oystercatcher, then had lunch and waited for low tide to paddle north to Mackhorn Island. On the way we saw large, white, semi-soft structures in Magothy Bay on the bottom in different shapes. No one knew what they were - whether plant or animal. After exploring the southern end of Mackhorn and seeing eagles once again we returned past Skidmore and Raccoon Islands to the put-in. Along the way we spied on a red fox, apparently stalking several large white egrets fishing near the water or their eggs.



A live conch *photo by Ron Barnett*

The Day 4 paddle was planned for the coastal Machipongo River, launching from Willis Wharf. We were eager to view the reported sea turtles and even sharks that inhabit this river but this was not to be. After launching we paddled a short distance out to the river chanting our CPA mantra but given the strong southwestern wind (passing watermen yelled something about "where are your sails!" and a fisherman had earlier spoke of 2-3 foot swells) we returned to Parting Creek for protected waters - some protection. After 90 minutes of being blown around we opted to call it a day and retire to Stella's, a nice little eatery in a pre-Civil War building with a screened dining porch overlooking the water. After seafood and dessert, we made the 4-hour drive home - well worth it given the abundance of wild places, wildlife, and the paddling pleasures of the Southern Bay.

Wicomico Shores Paddle

Andy Devito and I put in at the revised Wicomico Shores County Park on April 20. Since Ralph Heimlich's paddle back in 2005, the County has upgraded the park, installing long "L" pier out into the river in front of the small rest room building. There is parking for six cars on the macadam over by the pier and restrooms. Boaters with trailers and kayakers park over in the large dirt lot located by the new cement boat ramp. There is a grass knoll to place a few kayaks next to the boat launch. Large stones now protect the shore line from erosion.

Andy's sleek Wilderness 170 cut the water despite some head winds as we paddled north. My Falcon S18 kept pace with him only after receiving a good tip on the forward paddling stroke. Bird and boat activity was abnormally quiet on the paddle north. We took a brief water break watching an active Eagle's nest near the shore line. This nest was located on the western side of the river north of the electric towers. The owner has a pier into the water just south of the tree.

About 6 miles into the trip we reached Allens Fresh (a "fresh" is where a stream runs into tidal water) and the Route 234 Bridge. Knowing that we had reached this normally shallow region at low tide, we were uncertain about our prospects for paddling up into Zekiah Swamp. With our skegs raised, we each silently wished we paddled plastic boats now as the water depth dwindled to less than a foot deep. Nice to see the water so clear. We made it into a small tidal basin where the water depth increased some, tempting us to continue north under the bridge and beyond. The current was strong, reinforced by a following surface wind. A pair of geese along the shore were alarmed that we invaded their romantic hide away. After paddling about 1,000 feet north from the bridge, we were stymied by a fallen tree spanning the entire creek.

South of the Route 234 bridge we spotted a pair of vacant picnic tables along the shore. We put in at the base of a cement boat ramp. Tell tale signs of hoof marks led us to suspect that the property serves the local Amish as a picnic grounds. After a light lunch, our brilliant blue sky was now shared by some light puffy clouds blowing in overhead. Bird activity remained unusually sparse for this region in April. We surfed the mini waves until the first bend in the river. We quietly put back in amongst fishing boats at the ramp anxious for the fishing season to start in less than 24 hours. Total paddle length was 13.2 miles.

Mark Woodside

Some Safety Boating Events



Dan Petersen, safety boater *photo by Ralph Heimlich*

CPA members provided safety and outreach to new kayakers at two events in May. On May 12, Dave Isbell, Sue Bauer, Rich Stevens, Daniel Petersen, Chris Beckman, Frank Sharkowitz, Kevin Zembower, and Ralph Heimlich kept watch over wooden-hull kayakers and some row- and sail- boats in the CLC demo fleet, as well as overseeing the start of the West River race. CLC thanked us by providing lunch and dinner and gift certificates for their store. Greg Welker coordinated CPA participation prior to the event.

On May 13, CPA members Sue Bauer, Rich Stevens, Todd Angerhofer, David More, Zak Mettger, and Barbara Cook kept watch over and reached out to a bunch of new "Tupperware" boaters trying out the EMS fleet at Annapolis' Truxton Park put-in. EMS manager Bruce Kellman thanked us profusely, fed us hot dogs for lunch, and gave us a full year 15% discount card at the Annapolis store.



Told You I'd Get Your Picture in this newsletter Barbara, *photo by Ralph Heimlich*



Mimi Pollow, Sue Bauer, Rich Stevens and Brenda Buonocore at the Columbia Triathlon *photo by Rich Stevens*

CPA members also helped with the Columbia Triathlon on May 17 at Centennial Park Lake. We bravely came out for a 6 AM launch to assist with nearly 2,000 swimmers.

Safety boating is a good chance to let new paddlers know about CPA, and to talk to them about what kind of paddling they really want to do, and what limitations the smaller, more limited recreational kayaks have. I made the point to several who "just wanted to paddle ponds and quiet streams..." that as their skills and interest in the sport grew, a more serious boat could accommodate their new ambitions, while still working well on the "ponds and quiet streams" that drew them into kayaking. Jenny Plummer-Welker coordinated with EMS prior to the event.

Ralph Heimlich

Weather or Not? An Assateague Conundrum

One of the hardest things to do as a trip leader is make the “go/no go” calls on a trip based on the weather and forecast. My average is going down hill on Spring time kayak camping trips to Assateague’s remote campsites. This year, the weather forecast was beautiful, warm and sunny with no rain and not much wind. At the launch on Saturday, the wind forecast crept up a bit to South 8 kts for Saturday, and a chance of rain overnight, with North winds 20-25 kts on Sunday. At our lunch stop at Pine Tree, the forecast had increased to 90 percent chance of rain and the same winds for Sunday. By the time we arrived at Green Run in the afternoon, the forecast called for North winds on Sunday of 20-25 kts.

This forecast bothered Greg enough to suggest that he and another strong paddler go back to the landing, truck around to Chincoteague so we could head south in the morning with the wind and shuttle cars. I didn’t think it was necessary since we had paddled out against winds like that last year. We had a good camp and some delicious Chincoteague oysters supplied by Greg, but had a drizzle with dinner and a heavier rain that night. By 3 AM, the wind shifted to the NE and strengthened. By dawn, the winds were sustained at 20 kts and the prediction was for Northerly winds 20-25 kts with gusts to 30. We broke camp and launched, paddling across to the sheltered north shore of Green Run. The difficulty in launching and paddling across the relatively sheltered area should have made it clear, but we tried to round Scott Point and were blasted by very strong North winds. Two of the party couldn’t turn their boats and had to be towed back into the shelter of Green Run’s north shore. Everyone was struggling to keep upright and to keep control of their boats. It was just a “no go, and the idea of paddling south to Chincoteague wouldn’t have worked as it is often harder to control your boat with a strong tail wind than with a head wind.

As we paddled back to the campsite, we were happy to see the Ranger pull up. He took Greg and Bela up to HQ and we started an all-day version of the Assateague 100, shuttling boats on Bela’s Izuzu Rodeo 2 at a time over 9 miles of soft sand. Info from the Ranger station at Noon showed 25-32 mph winds with gusts to 40. Some gusts were recorded as high as 60 mph. One lesson learned is that prudence requires listening not just to the forecast, but to how the forecasts are changing over time. For my next Spring Assateague Kayak Kamper, I’m forecasting typhoons and waterspouts, with occasional fireballs from the sky! Anybody want to come? Please be sure to bring your 4-wheel drive! See Ed’s pictures at <http://www.fotomat.com/home/EDHERSHON/GLEW0S6D8RIR.EZP>



Susanita Hicks and Bela’s Rodeo on the Assateague 100 miler photo by Ed Hershon

Ralph Heimlich

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.

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 <http://www.cpakayaker.com/events.html>

June

- 2 (Sat)** **Langford Creek Day Paddle:** This is a paddle on the West Fork of Langford Creek in Southern Kent County. **Skill Level:** Advanced Beginner Paddlers **Organizer(s):** Led by Andy DeVito 202-462-4979.
- 2 (Sat)** **Non-CPA Event: Potomac River Swim Support:** Support a long distance/open water swim event that crosses the mouth of the Potomac River. You MUST contact the organizer about any participation in this event. **Skill Level:** Intermediate Paddlers **Organizer(s):** Led by Chris Bresnan **Web Site:** <http://artemis.crosslink.net/~cherylw/pr-boater-kayaker-info.htm>
- 2 (Sat)** **Kent Island Paddle No. 3:** This is a paddle geared towards someone who wants to practice and get in shape over the next several months in preparation for a distance paddle at Kent Island. **Skill Level:** Intermediate Paddlers **Organizer(s):** Led by Marshall Woodruff 202-345-0606.
- 8-10 (Fri-Sun)** **Westmoreland State Park Car Camper:** POSTPONED UNTIL AUGUST. **Skill Level:** Beginner Paddlers **Organizer(s):** Led by Bill Dodge 703-979-5837.
- 10 (Sun)** **Non-CPA Event: Great Chesapeake Bay Swim Support:** Help us out to support the swimmers as they cross the Chesapeake Bay. **Skill Level:** Advanced Beginner Paddlers **Organizer(s):** Led by Dave Biss 703.241.0036, Cyndi Janetzko 703.241.0036. **Web Site:** <http://www.bayswim.com/index.html>
- 15-20 (Fri-Wed)** **Non-CPA Event: 2007 Patuxent River Sojourn:** "Lost Towns of the Patuxent" Fee - Reservations Required **Skill Level:** Beginner Paddlers **Organizer(s):** Led by Kate Dowling.kdowling@acb-online.org Website: <http://paxsojourn.org/>
- 15-17 (Fri-Sun)** **Nassawango Creek Car Camper:** Nassawango Car Camper from Milburn Landing--Camp Friday night and paddle up the Pocomoke River to Nassawango Creek and back on Saturday. Feast Saturday night. **Skill Level:** Beginner Paddlers **Organizer(s):** Led by Ralph Heimlich 301-498-0918 (leave a message). **Web Site:** <http://troop424.freesevers.com/Nassawango%20and%20Pocomoke%202006/index.html>
- 23 (Sat)** **Piscataway Creek Day Paddle:** A Quiet Water Paddle on Piscataway Creek and the Potomac River. **Skill Level:** Intermediate **Organizer(s):** Led by Sue Bauer 410-531-5641.
- 24 (Sun)** **Dinner and Music Night paddle:** Under a Quarter Moon, we will launch from the Solomons Navy Recreation Center, Point Patience Marina Launch Site, have dinner on route at Vincentzos, paddle into the harbor behind the Calvert Marine Museum Stage and catch a few songs by the Doobie Brothers, who will be playing live. There will be apres paddle facilities available including clean hot showers and an illuminated are to recover after the paddle, with safe parking. **Skill Level:** Advanced Beginner Paddlers **Organizer(s):** Led by Mark Woodside (301) 373-44561.
- 30 (Sat)** **CPA Race Series Event Two:** Join the CPA for two races at the West River Center, south of Annapolis. **Skill Level:** All **Organizer(s):** Led by Brian Blankenship.

July

- 4 (Wed)** **July 4th Paddle in Georgetown:** Come join us for the best seats in the house to see the Washington D.C. Fireworks - your kayak on the Potomac River. **Skill Level:** Beginner Paddlers **Organizer(s):** Led by Yvonne Thayer 202-537-1435.
- 7 (Sat)** **Fountain Head Day Paddle:** An easy day paddle from Fountain Regional Park on the Occoquan River Reservoir. **Skill Level:** Beginner **Organizer(s):** Led by Jesse Aronson 703.534.4718.
- 7 (Sat)** **Kent Island Paddle No. 4:** This is a paddle geared towards someone who wants to practice and get in shape over the next several months in preparation for a distance paddle at Kent Island. **Skill Level:** Intermediate Paddlers **Organizer(s):** Led by Marshall Woodruff 202-345-0606.
- 14 (Sat)** **CPA Race Series Event Three:** In the CPA race series, this will be at Wicomico Shores landing in Maryland. **Skill level:** All **Organizer(s):** Led by Cyndy Janetsko and Mark Woodside.
- 21-22 (Sat-Sun)** **Patuxent Kayak Camping:** Kayak Kamper from Queen Anne's Bridge (Route 214) to Magruder's Landing **Skill Level:** Advanced Beginner Paddlers **Organizer(s):** Led by Ralph Heimlich 301-498-0918 (leave a message). **Web Site:** <http://troop424.freesevers.com/Greenwell%20State%20Park%20Kayak%20Kamper/index.html>

August

- 4 (Sat)** **Saint Clements Island Trip:** Day trip out to St. Clements Island from Breton Bay or from Bush's Wharf on the Wicomico. **Skill Level:** Advanced Beginner Paddlers **Organizer(s):** Led by Ralph Heimlich 301-498-0918 (leave a message). **Web Site:** <http://troop424.freesevers.com/St.%20Clements%20Island,%202006/index.html>
- 4 (Sat)** **Kent Island Paddle No. 5:** This is a paddle geared towards someone who wants to practice and get in shape over the next several months in preparation for a distance paddle at Kent Island. **Skill Level:** Intermediate Paddlers **Organizer(s):** Led by Marshall Woodruff 202-345-0606.

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For the afternoon session I was the lead instructor and Marilyn assisted me. She is much quieter than I am (or seemed to be, although most would say that the average freight train can be quieter than I am) and, because our group was much bigger at 10 students, she did individual work with each student while I taught the big class. This was another very good group of eager students, with several from the morning session too. It was great to see the morning session students really improve, understand, and commit the main parts of the stroke to memory the second time around. Paddling is like golf, or playing a musical instrument, you will spend a lifetime perfecting your forward stroke.

Anne Culver was assigned to my class and I know that she can turn her boat around by using only 4 sweep strokes, so I called on her to volunteer to show the class how to do it correctly. For bracing, I got out of the Laser and made each student come forward to me and while I held their boat, they leaned until they could feel the edge of their boat. I wanted each student to know where the edge was, the point immediately before you hit that "Oh #%%&! " moment and need to brace. I am hoping that I imparted some security to the students by helping each of them find the edges of their boats. Combined with a good, well practiced, brace, knowing the edge of your boat can really help you out of a jam.



Alison's Greenland Ballet photo by Mike Matthews
See <http://matthews.leesburg.va.us/movies/Kayak/SK102/2007/P1000790.MOV>

After class many people tried different boats. After all, there are 125 or so different ones there. This is one of the great parts about SK102, you can try all sorts of boats and gear and there is no one there trying to sell you anything. This is a non-vendor event, but if any vendor could have been there it should have been Eastern Mountain Sports. They donated \$25 gift cards to each SK102 instructor. That's a pretty big donation because there are something like 25 or 27 SK102 instructors for the weekend.

Students have an opportunity to take all sorts of classes, the Intermediate Strokes that I taught, Greenland paddling, rescues, advanced rescues, rolling, wing paddle, and more that I can't remember. Allison Sigethy, who is a gold medalist in Greenland for her paddling skills (one of the few non-Greenland people who has been able to win medals there), did a rolling demonstration set to music that was one of the most beautiful demonstrations of kayaking and rolling that I have ever seen.

On Saturday night CPA puts on a huge barbeque. Burgers, hot dogs, baked beans, all sorts of chips, fruit salad, bean salad, and cake. Soon a large bonfire was lit and I snuck off to use the facilities. While in the port-a-potty I heard applause. When I returned Cyndi asked me where I was as I had missed the presentation of my CPA Instructor Patch. D'oh! Dave presented me with my patch later. Several people brought instruments and the guitars began their music by the fire. Greg Welker set off flares as a demonstration of the pluses, minuses and success rate of each different kind of emergency signaling device. After the flares, as I went to sleep, I listened to the many distinct noises of the night. The bonfire, the lake, the breeze in the trees, the music from the guitars, murmurs of conversations, and the other various drifting sounds of satisfied people taking pleasure in the evening.



Chow Line photo by Ed Hershon



Greenland rope gymnastics photo by Mike Matthews

Sunday morning there were more classes. I was not teaching the first session and so I watched Dave demonstrate the Qajaasaarneq rope gymnastics. These exercises are used by Greenland paddlers to work on strength and technique for rolling. They are also a separate competition on their own. There are all kinds of maneuvers on the ropes that you do for points. After Dave demonstrated, he asked if anyone wanted to try it. I was so tempted to try it.

My Sunday morning class was Racing Technique, an on-land class where I give tips and techniques for why you should try racing, where to locate races, what to do the day before the race, what to expect on race day, and that sort of thing. It had a good turn out of people who hopefully will now consider racing the CPA sponsored races this summer.

As we were all loading boats and packing up to leave, Mark Woodside approached me with something in his hand. He said that he was presenting it to me to attach to the back of my boat in races, because I've beaten him several times. It was a parachute! I'll use it AFTER I cross the finish line, like the drag racers do.

It was a good two days.

¹ Maybe this will get you that Legal Continuing Ed credit, Susan.



Gary and Tom, Eastern Neck Circumnavigation *Photo by Ralph Heimlich*

Inside our May 2007 issue:

- SK102: A Lawyer's View
- Potomac River Swim/Bay Swim
- What's in YOUR PFD?
- Short Spring Trip Reports
- CPA Safety Boating
- Weather or Not?
- 2007 Calendar

The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.
PO Box 341
Greenbelt, MD 20768

REMINDER: Please check your mailing label or the email you were sent 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.