

Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Inc. Volume 17, Issue 4

June 2007

CPA Supports Potomac and Chesapeake Bay Swimmers



Cheryl Wagner wins First Place in the 1-mile swim. She is the Swim Director of the Potomac River Swim *photo by Manuel Vera*

From Cheryl—Many thanks to all of you who supported the Bay swim. I only swam the 1 mile this year (didn't get selected for the 4.4 mile lottery) but it was so nice to look up while swimming and see many of my CPA friends. Many thanks also to all of you who supported the Potomac Swim. I am so impressed by the dedication and expertise of the wonderful group who came out. It is so critical to the success of the event to have you there. Each swimmer depends on you for guidance and safety.

Thank you again!

Cheryl Wagner
Bay Swimmer & Potomac Swim Director

And from our coordinator Dave—To all those who came out to participate in the Great Chesapeake Bay Swim Support event today, you have my thanks and to show you how much the Swim Safety Fleet Committee appreciates us, the coordinator (Dan Jarzynski) had this in my email box before I event got home:

And this is from a guy who is a self-admitted non-techie guy. They really, really do tell me again and again how awesome the club is for doing such a spectacular job at the swim!

Thanks Again!
Dave Biss

And from Bob Pullman, a CPA safety boater—Congratulations on organizing a very worthy and appreciated event. Having been my first swim support event, there was an over whelming response from the swimmers thanking us for being there. I found it very rewarding and, hey, we got to paddle!!!

Thank you,
Bob Pullman

Thank You Award!!

presented to

**All the people in the Safety Fleet OF
THE GREAT CHESAPEAKE BAY SWIM**

From the March of Dimes, the Chesapeake Bay Trust

And Dan Jarzynski
Safety Fleet Coordinator

THANK YOU SO MUCH

ANOTHER SUCCESSFUL SWIM AND IT COULD NOT GET DONE WITHOUT ALL OF YOU!



Suzanne Farace points the way *photo by Manuel Vera*

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

WANTED—Volunteers for Article Editor and Advertising Coordinator for the Newsletter Team. Contact Ralph Heimlich, Managing Editor, at news_editor@cpakayaker.com

MEMBER ADVERTISEMENT**EPIC 16 KAYAK FOR SALE**

With its kevlar/carbon/honeycomb layup this 16 foot kayak weighs just 36 lbs and is very fast. This earlier version of the boat described at www.epickayaks.com is carbon black. Asking price of \$1750 includes fitted sprayskirt, cockpit cover, and custom boat cover made by Kayak Covers of Charleston useable while cartopping. Mike Vandamm 202-268-3021(office); 301-345-0711 (home); michael.j.vandamm@usps.gov

**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
July 2007	June 15, 2007
August 2007	July 15, 2007
September 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.

Officers:

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Pirate Queen of the North—Wendy Baker-Davis, 717-293-1086, pirates_north@cpakayaker.com

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



Every year the CPA supports swim events. Surely you have heard about these. They are lots of fun to participate in; they help out the community; they provide a needed resource; and you get a t-shirt for volunteering too. Did you know that the CPA has been supporting swim events for about 17 years? That is just about how long the CPA has been organized. You might say that it has been a community event at the heart of the club!

I wanted to honor and mention here some of the great people who have helped make this a tradition through the years. The *Great Chesapeake Bay Swim Support* has been organized by such great individuals as Ron Casterline, Chris Conklin, Mike VanDamm, Allen Avery, Dan Hoke, Peter Fuchs, Cyndi Janetzko and Dave Biss. The *Potomac River Swim Support* has seen Cheryl Wagner and

Chris Bresnan organizing. Many other swims in the area haven been supported by the CPA too. Some of these include Steve Sharkey's *Swim For Life*, Joe Stewart's *Save the Patapsco Swims* which our own Barry Marsh has helped organize support for, the *Manhattan Island Swim*, and various Triathlon Swims.

So what are these swim support events about?

When people decide to swim an *Open Water* event, they NEED supporters in the water with them. These swims can be exhausting and dangerous to the swimmers. Kayaks are often the only water craft allowed in with the swimmers during an event. As kayak support, we are there to encourage, support, and sometimes even rescue swimmers who are challenging themselves to complete an incredible feat. The swimmer's love us for the effort we give towards their cause and the safety net we provide for them.

So far this year the CPA has supported two great swim events. On June 2nd, the *Potomac River Swim Support* went well. This swim is so long that every single swimmer needs at least one support kayak with them at all times. All of the swimmers made the 7 ½ mile crossing from VA to MD over the mouth of the River, and then they rested. This year, some of the swimmers attempted to swim yet another 7 ½ miles on a return to the VA shore. Many of them would have made it too, if the weather would have cooperated. Over eight hours the unpredictable open water of the Chesapeake Bay became too choppy and confused for them to continue. Those are some swimmers!

On June 10th, the *Great Chesapeake Bay Swim Support* held two events; a 1 mile circuit and a 4.4 mile crossing of the Bay underneath the Annapolis Bridge. The 4.4 mile swim is a coordinated effort of the Coast Guard, the Boston Whalers group, all the local safety chapters, and us kayaks. We helped over 600 swimmers to cross the Bay safely with only six people having to be taken from the water before completing the event.



Now that you know what the Swim Support Events are about, and how important a role us kayaks play in them, let me mention one more thing. **YOU!** Without all the great volunteer kayakers who come out to support these events, they simply could not happen. The CPA plays its role in making the events possible, and you are at the core of that support. So for the thousandth time over the past thirteen years let me say "**Thank You!**" to all the fantastic volunteers who have given their time and their courage to help out the swimmers in these events. You know who you are. And I can never thank you enough. Wear your free swim support t-shirt proudly and think of how you make this all possible.

To keep up to date on the swim events that the club supports, a new page has been added to the CPA Website. Visit it by clicking on the [Swim Support Events](#) link from the main menu. Here you will find photos, quotes, and links to articles and valuable information for swim supporters in their kayaks.

See you all on, and in the water!

Dave Biss

CPA Launches New Member Discount Program

What does a CPA membership buy you? A good question. Let's see....you get this newsletter. You get the CPA forums and email chat list on line. You get to hang out with great people who like to paddle. You can join in on weekend camping trips, week long vacations, evening social paddles, skill classes, pool sessions, and local tours all organized by club volunteers.

Isn't this enough? We don't think so! So we are finally completing a long time project to bring you even more for your membership. We are getting you Discounts at Local Retailers and Outdoor Specialists! Now that is something special and something just for you as a member of the club.

How will it work? In the secret dark cold caverns of the CPA Steering Committee cave we are now working on making a club membership card for each and every one of you (see below). It will have, below the glorious logo of the club, your name, your new club membership number, your club membership expiration date, and how long you have been a member. You will take this card to one of our participating friendly Retailers or Outdoor Specialists and receive a predetermined discount on merchandise or services. As soon as the cards begin to be dispensed, a new page will be introduced to the CPA website which will describe where you can get discounts and what they will be.



Just to offer a hint of things to come, here are some verified participants in the program:

EMS Annapolis will give you 15% off for showing the card.

EMS Arlington will give you 15% off for showing the card.

Carpe Diem Kayaking will give 10% of regularly scheduled classes and trips, even in Maine!

Bay Kayaking will give discounts to members.

Annapolis Canoe and Kayak (formerly Springriver Annapolis) will hold special club discount events.

Rainwater Publishing offers 10% off on paddling and athletic books (see page 9).

And there are many more that will hopefully join our program as it becomes active.

Can you help with this new Member Discount Program? Absolutely! Here are three ways that you can help the club out with the program, making things easier for our volunteers and less costly for the club in general.

- Make sure that your membership contact information is correct. If you believe that the spelling of your name, your address, or your email is incorrect please contact one of the Steering Committee members to get it updated.
- Keep your CPA Membership updated. Don't let it lapse.
- When you renew or join for the first time, strongly consider paying for more than one year in advance. This will keep our costs down, our data accurate, and will keep all these great benefits coming to you!

So now you can revel like a happy Pirate in the knowledge that your CPA membership brings you even more than it has in the past. Thanks for being a member. You and all the other wonderful members of the CPA make it possible for the club to bring great benefits like this to you.

Have a great time on the water, and shopping for new gear too!

BTW: Congratulations Steve and Stephanie, for being our most senior members.

Chesapeake Paddlers Association, Inc.



Steve & Stephanie Fleming

Member Number: 11

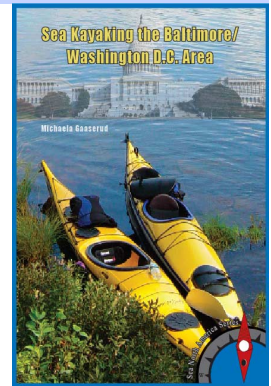
Date Joined: 2/20/1990

Date Due: 7/6/2008

From the Membership Chair: We want to wish a hearty welcome to our newest CPA members who have joined in last two months- including our 40 some new friends on the water. Look for them soon at your nearest weekday Piracy - or out and about weekend paddling! We have recently updated the membership database for the newest email and home addresses based on your own info. Please let us know if you are moving or changing email providers so you can keep receiving the CPA news. For anyone know receiving the print version of the newsletter that would prefer to receive it electronically, please drop me an email note, and we can change you over immediately. Our downloadable editions are colorful, very timely, chock full of good news, and it save trees and postage. It's the best way to find out what's paddlin' around the Bay. [Sue Bauer](#)

CPA Member Authors Guide to Chesapeake Bay Paddling

As the summer heats up, a new paddling guide to the Baltimore/Washington, D.C. area is hot off the press. Rainmaker Publishing just released *Sea Kayaking the Baltimore/Washington, D.C. Area* by CPA member Michaela Gaaserud. A lifelong resident of the area, Michaela shares in-depth accounts of 25 paddling destinations and descriptions of 67 additional sites for a total of 92 regional launches. As a courtesy to her CPA colleagues, Rainmaker Publishing is currently offering CPA members 10% off this book and off their other sports and outdoor books on topics such as hiking, running and triathlon. Call or visit their web site to order and use code CPA07 to receive your discount! 703.385.2088 / www.rainmakerpublishing.com



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Nassawango Creek Paddle

This was the fifth version of this classic Maryland car camper and kayak trip. I was joined by 9 stalwarts (Carolyn Lee, Christine Adamczyk, Will Hershon, Ed Hershon, Jim Allen, Dan Hoke, Dan Petersen, Jesse Aronson and Mark Taylor) at Milburn Landing, Pocomoke River State Park, halfway between Snow Hill and Pocomoke City, on the north bank of the river. After arriving mid-afternoon on the 15th, Jim, Ed, Will and I paddled down river for about a mile, past an old house with metal sculptures on the grounds (more on this later). We joined the others at camp and had a nice campfire and a beautiful, cool night.



The "short" group (Dan Hoke, Christine Adamczyk, Jesse Aronson, Ed and Will Hershon) photo by A. Handy Post

Saturday morning, the group split into two. One group (Dan Hoke, Jesse, Christine, Ed and Will) because of injuries and paddling stamina, chose to drive over to the Red House Road put in and paddle up and down Nassawango Creek. The other group (Carolyn, Jim, Dan Petersen, and Ralph) paddled from the gravelly put in at Milburn Landing, up the Pocomoke, stopping for a rest at Shad Landing, then up Nassawango Creek, where we had a rendezvous with the others, just before the Nassawango Road bridge. We then paddled on up the rapidly narrowing creek, through twists and turns in the dense cypress and sweet bay magnolia jungle, to take out for lunch at Red House Road. We then relaunched and paddled down, amidst the Prothonotary Warblers and Swamp Rose to again meet the others, making their way back up the creek. We paddled on, accompanied by roaring bass boats (throwing little wake) on the Pocomoke. We stopped for a rest at Shad Landing again, and paddled out through Corkers Creek and back to camp, for a distance of 18 miles. The other group did about 7 miles, including stretches up and

down stream from Red House Road.

Saturday night, after nice hot showers, we ate *hor d'oeuvres* of shrimp, wheat bread with tomato salsa, watermelon, and a delicious cheese ball and crackers and toured Carolyn's nifty little T@B teardrop "retro" trailer in orange and talked about the day's paddle. We then settled in to the main "feast" of two kinds of salad, Trader Joe's Chicken Kababs, Hot and Sweet grilled Italian sausage, Buffalo Wings Jerusalem, and International Mexican-Italian Olive Pasta. Dessert was fresh sweet cherries and more watermelon. Dick Rock—Where were Mrs. Rock's brownies when we needed them? After another nice campfire, courtesy of Will (Firebug) Hershon and Jim (The Wood Man) Allen, we had a restful night under a starry sky.



The "long" group (Dan Petersen, Jim Allen, Carolyn Lee, and Mark Taylor) photo by Ralph Heimlich



The Cellar House Plantation photo by cellarhouse.org

Sunday, we ate a leisurely breakfast, broke camp, and paddled down river in two groups (Christine, Dan P., and Jesse; Ed, Will, Mark, Jim and Ralph; Dan Hoke chose biking in deference to his shoulder). The aforementioned sculpture house so piqued our curiosity that Mark Taylor landed to see just what it was. He encountered the owners, Mr. and Mrs. Jack Graham, and Mr. Graham gave us permission to examine his collection of sculpture, and treated us to a guided tour of the "Indian" in the cellar.

Cellar House Plantation, as we discovered it is called, is an intriguing place with a long and colorful history. See the house's web page at <http://www.cellarhouse.com/> for the house, sculpture, gardens, and especially the ghost stories. While the Graham's certainly satisfied our curiosity, I insist that CPA members

respect their privacy and not make a habit of dropping in ashore uninvited.

The group rendezvoused back at camp, finished loading up, and stormed the approaches to the Bay Bridge, mostly crossing in light traffic on an increasingly warm day.

Pictures are posted at <http://picasaweb.google.com/ralph.heimlich/NassawangoJune2007>, <http://www.kodakgallery.com/l.jsp?c=60mn31n.34poemor&x=0&y=-3lpolv>, and <http://www.fotomat.com/home/EDHERSHON/GLFK4LFE9XIT.EZP>



Culture vultures with The Archer photo by Ralph Heimlich

Indian and Trent Hall Creeks, Patuxent River

I thought I might post this for aspiring paddlers. I wrote it up for a group that is putting together a paddling guide for St Mary's county. See below for more info regarding the paddle guide.

Directions: From the capital beltway take the exit for route 4 towards Upper Marlboro. Continue south past Upper Marlboro to Prince Frederick. In Prince Frederick turn right onto Maryland route 231, which is well signed. Follow route 231 to the launch area, which will be on your left immediately before you cross the Patuxent river bridge. To avoid missing the turn and accidentally crossing the bridge, watch for Sea Gull Beach Rd on your left. When you see this road, slow down and keep your eyes peeled.

From the south take route 301 from Virginia to La Plata, MD. In La Plata head east on route 6 (La Plata – Doncaster Rd). In just over a mile turn onto route 488 (La Plata – Bryantown Rd). Route 488 will end at route 5, where you will head south. Route 231 (Prince Frederick – Hughesville Rd) will be on your left in approximately 5 miles. Follow route 231 across the Patuxent river bridge, where you will take a quick right to the launch area.

Launch Site: On summer weekends the boat ramps here [Editor: this the ramp at Benedict's] can be packed with trucks and trailers unloading powerboats. The parking lot can accommodate most of the vehicles and there is an overflow area closer to the highway. While parking may be tight at times, it should generally not be a problem. For kayakers it is easiest to park as close to the water as possible and carry your boat to the right of the boat ramps. There is a sandy area perfect for kayak launching next to the bridge.

Duration: This trip can be split up so that the creeks mentioned here are visited individually. Exploring only Indian creek, the trip is approximately 6.5 to 7 miles. Trent Hall creek, being farther from the launch site, is almost 10 miles round trip. Done together exploring both creeks is about a 13 mile day. You should plan on 4 to 6 hours paddling both creeks.

The Paddle: Crossing the Patuxent can be a little daunting. The river is slightly over half a mile wide at this point. Give the bridge pilings wide berth and watch for boats passing between them. Head downstream (south) along the western bank passing various marinas and docks. The western bank will begin to open up. Follow the shore or, if you are more adventurous, head directly for what is the southwesterly corner of this small bay. Here is the mouth of Indian Creek. You have traveled approximately two miles from the put in. Round the point and leave the drone of the 231 overpass and the powerboats behind. The creek is still tidal at this point, but is fairly well protected from serious waves. It is fairly wide, but is lightly visited by powerboats. Several hunting blinds line the shore. Once you round the point, bear right and head towards the furthest dock visible. Once you reach the dock, bear right again and head into the narrow channel of Indian creek. The creek meanders and becomes increasingly marshy. Blue herons, swans, red-winged black birds, northern water snakes and muskrats all make their homes here. The channel is initially fairly wide, but begins to snake around within the marsh. The main channel is easy to figure out. A current will become detectable as the creek leaves the tidal zone. Unless there have been heavy rains, this shouldn't present much of a challenge. Indian creek will continue to narrow and the turns will become tighter. Eventually you will come upon a small, isolated dock off to the left. If you bear right just before the dock, you can continue upstream for a few more yards, but for all practical purposes the creek becomes unnavigable. The total distance from the launch to here is about 3.5 miles. The hearty and adventurous can probably pick their way ahead a little longer.

Returning to the mouth of the creek where it meets the Patuxent, Golden Beach will be along the southern edge. There are several beaches and parks in Golden Beach, but while they appear tempting as rest stops, they are private property and landing is not allowed. That being said, because of the length of this trip and the limited number of spots to take a boat out of the water in this stretch of the Patuxent, it is a good idea to know that they are there in the event of a true emergency.

Continue south around the point for approximately 1.75 miles and enter Trent Hall Creek. The mouth of Trent Hall creek forms a wide spot in the Patuxent where powerboats are common and waves can build up some steam. Paddle inward and as you approach the back of the bay three channels will appear in the marsh. Both the right and the middle channel will continue upstream. Wildlife is abundant in Trent Hall creek, with very active ospreys. I was treated to a noisy dispute between a family of swans and a family of Canadian geese. Route finding in Trent Hall creek is slightly more challenging than in Indian creek. Following the current won't lead you astray, but part of the fun of paddle trips such as these is going astray and exploring the marsh, just be prepared to back paddle a little. Looking up at the trees will indicate where the firm shores of the marsh are and from there it is possible to gauge your direction relative to the flow of the creek. After about 3 miles (since you passed the point on your way out of Indian Creek) Trent Hall Creek becomes narrow, shallow and choked with growth. It is possible to continue, but probably not much further and not without significant effort.

Unless you still have a lot of energy or in a good-sized group it is probably not the best idea to head directly back to the launch. The heavy boat traffic is not always prepared for solitary kayakers. Rather, head up along the western bank of the Patuxent (the same one you followed downstream) and cross at the bridge.

Chris Frazar

PaddleQuest Project Coordinators: Bob Elwood and Lynn Erwin
Respond by phone (301-884-4862 Lynn), or via email to: whitson@gmpexpress.net

From the *Chesapeake Paddler* Archive: Conklin's Guide to the Support of Swimmers

By Greg Welker and Chris Conklin

Going through some old CPA literature recently I've come across a few articles that, though written around 1993, still sound pretty good today. These were written by Chris Conklin for the *Chesapeake Paddler*. Chris was one of the founders of CPA, and served as coordinator, editor, etc for many years.

The Sea Kayak as Rescue Craft: Native Americans developed the kayak as a hunting craft which effectively pursued marine mammals and swimming caribou. The modern sea kayak exhibits the same speed and maneuverability on the water and makes an easy transition from hunting to fulfilling a water safety role. More and more sea kayakers are being called upon to provide water safety rescue support for swim events.

This is the Chesapeake Paddlers Association's third year [Editor: more like 17th year] of providing such service to swim events. Because we encourage every kayaker in our club to be of service, please accept this as our guide to the ideas and practices of supporting swimmers with a kayak.

The Needs of the Swimmer: The primary goal of water safety is to preserve human life. Other assistance can be rendered such as resting support, directions, redirecting wayward swimmers, ensuring swimmers round the proper mark, and sometimes food and water, but the primary goal is to prevent drowning. Under no circumstances would secondary activities interfere with the primary goal.

The race swimmer is a highly motivated individual who has decided to test their ability in a challenging event. There are often large numbers of swimmers aggressively maneuvering for position in a confusion of arms, legs, and whitewater. Sometimes a swimmer gets into trouble. Swimmers are not well instructed on how to summon help nor are they instructed (as of yet) on how to work with rescue kayakers. Hopefully a swimmer will have the ability to signal for help. However, it remains the responsibility of rescue craft to identify swimmers with problems and render assistance.



The Kayak Team photo by Manuel Vera

The Water Safety Team: Very seldom will kayakers be deployed as rescue craft without the support of powerboats. The goal is the effective use of all water safety craft as a team. The primary role of the sea kayak is to spot swimmers in need of help, get to them, offer help, and deliver the swimmer to a larger rescue craft. Each form of watercraft has its advantages and disadvantages. The kayak can maneuver in among swimmers and not be as great a danger. The kayaker is closer to the swimmers at water level and communication is better. Powerboats can carry swimmers quickly to shore, have radio contact and sometimes have a better view of the swimmers. Of primary importance is that all rescue watercraft work together as a team.

The Kayak Team: Experienced kayakers are used to working as a team. Kayaker teamwork is important because other rescue craft may not be knowledgeable of the kayaker's abilities. It is not unusual for the beginning of a swim event to be confused. Getting on the water, identifying the course and coordinating positions many times has to be done by the kayak team itself with little instruction from the watersafety coordinator. Usually the more experienced paddlers will take charge.

How an Event Happens: It is important to know how a swim event (usually races) happens. Swim events are sometimes singular events or tied with other activities such as running and cycling (triathlon). There is a start, a course, and a finish. The course can be a one way straight line, a triangle, out and back, or a circle. There may be one big start or a number of spaced starts. Some events have spaced waves of swimmers each wave with a different colored swimcap. We have observed that most races are divided into three segments that take place from start to finish they are:

1. the Herd
2. the sit-and watch, and
3. one-on-one.

1. The Herd. When the race starts swimmers hit the water as a close compact mass. Swim support can only be rendered from the edge of this mass. For a period of time this mass of swimmers forms a "Herd" with rescue craft patrolling the outside edge. It is a good idea to position a kayak behind this mass at the start. Often problems happen right at the start - swimmers hyperventilate or sometimes cramp up from the cool water. It is a good idea to position a kayak as drag until the start has stretched out and



The Herd photo by Manuel Vera

(Continued on page 11)

NEW PUBLICATION!

Paddling Guide to Baltimore/Washington, D.C. Area! 10% Discount to CPA Members!

Introducing the first comprehensive paddling guide to Washington, D.C., Northern Virginia and Maryland! *Sea Kayaking the Baltimore/Washington, D.C. Area* is a valuable "where to" resource with details on 92 launch sites on the area's rivers, lakes and tidal tributaries.

Paddlers of all ages and abilities will enjoy in-depth accounts of 25 of the area's best paddling destinations plus descriptions of 67 additional sites that include directions, launch facilities, launch fees and important facts about each location.

Also included are more than 50 photographs, county maps and a listing of regional paddling resources including outfitters, guided trips, clubs and associations.

Price: \$14.95 / Price with CPA discount: \$13.45

Ordering Information

Online: www.rainmakerpublishing.com

Phone: 703.385.2088

Use Discount Code CPA07



"A must read for anyone looking to paddle the waterways of the Baltimore / Washington, D.C. area. From paddling by Washington D.C.'s cherry blossoms to touring historical sites in Annapolis, this book shares everything you need to know to enjoy the region from the cockpit of a kayak."

- Eugene Buchanan, Editor-in-Chief, *Paddling Life*
www.paddlinglife.net

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

30 (Sat) **CPA Race Series Event Two:** Join us for a day of fun. Held on the Occoquan Reservoir with course options of 5 and 10 miles. Fountainhead Regional Park, Fairfax Station, VA. Picnic to follow. Contact Cyndi Janetzko at 703-241-0036 for more information. **Skill Level:** All **Organizer(s):** Cyndi Janetzko and Brian Blankenship.

July

1 (Sun) **Alexandria - John Smith Water Trail:** Come join me for a day paddle on the Potomac River at the Alexandria waterfront and I'll share some history about the John Smith Water trail. **Skill Level:** Beginner Paddlers **Organizer(s):** Led by Dave Biss 703-241-0036.

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.

6 and 7 (Fri/Sat) **Saint Michaels Two Day Trips:** We will be paddling from the protected Royal Oak landing onto the Miles River. You must contact the organizer before attending. This is a 10-14 mile round trip. **Skill Level:** Advanced Beginner Paddlers **Organizer(s):** Led by Sue Bauer 410-531-5641, Rich Stevens.

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.

13-15 (Fri-Sun) **Mathew's County Car Camper:** Car camping on the beach and paddling in the Bay, Mobjack Bay, and various creeks. Participants must contact the leader to pre-qualify. CPA members only. **Skill Level:** Advanced Beginner Paddlers **Organizer(s):** Led by Bill Dodge 703-201-8636 (cell).

14 (Sat) **CPA Race Series Event Three:** The final event in CPA's race series, this race includes 6 and 12 mile options. Registration and start will be at Wicomico Shores landing in Maryland. **Skill level:** Advanced Beginner Paddlers **Organizer(s):** Led by Cyndy Janetsko and Mark Woodside.

21(Sat) **Patuxent Kayak Day Paddle [was Camping]:** We'll do a day paddle Launch from Queen Anne's Bridge 4-H paddling up or downstream, depending on current, and return to the launch. **Skill Level:** Beginner Paddlers **Organizer(s):** Led by Ralph Heimlich 301-498-0918 (leave a message).

28 (Sat) **Tridelphia Day Paddle:** Join us for a day paddle on Tridelphia Reservoir in MD. **Skill Level:** Beginner Paddlers **Organizer(s):** Led by Sue Bauer 410-531-5641.

August

4 (Sat) **John Smith Water Trail:** Join us as we paddle with the John Smith 400 Project Shallop at Jefferson Patterson Park on the Patuxent. **Skill Level:** Beginner Paddlers **Organizer(s):** Led by Greg Welker 301-249-4895.

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.

5 (Sun) **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.freeservers.com/St.%20Clements%20Island,%20202006/index.html>

11 (Sat) **Mason Neck Day Paddle:** A quiet water paddle from Mason Neck to explore Kane's Creek. **Skill Level:** Beginner **Organizer(s):** Led by Jennifer Bine.

12 (Sun) **Nanjemoy Creek:** A day paddle on Nanjemoy creek of about 6 miles in length. **Skill Level:** Beginner Paddlers **Organizer(s):** Led by Dan Hoke.

17-19 (Fri-Sun) **Belle Isle, Virginia, Car Camper:** This car camper will be at the new camping facilities at Belle Isle State Park, on Virginia's Rappahannock River. Call Bill to pre-qualify and for more details. **Skill Level:** Advanced Beginner Paddlers **Organizer(s):** Led by Bill Dodge 703-201-8636 (cell).

24-26 (Fri-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.freeservers.com/Greenwell%20State%20Park%20Kayak%20Kamper/index.html>

26 (Sun) **Nanjemoy to Port Tobacco:** A day paddle from Nanjemoy Creek to Port Tobacco. This will be around 14 miles in distance. **Skill Level:** Advanced Beginner Paddlers. **Organizer(s):** Led by Dan Hoke.

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(Continued from page 8)

reached the positioned rescue boats. Kayakers can observe swimmers best to their front and sides. It is standard routine to keep another kayak a distance in front of you so that you can watch behind them and hopefully someone is watching behind you.

2. The Sit and Watch: As the race continues, the swim mass stretches out with faster swimmers in front, a budge in the middle and slower swimmer bringing up the rear, depending on the course and the number of starts. As the swim mass stretches out it is usually most effective for rescue craft to strategically place themselves along the course and observe the swimmers. The kayak team will coordinate itself to make sure to best fill the gaps.

3. The One-On-One: As the lead swimmers finish the course leaving the slower swimmers bringing up the rear, it is usually most effective for kayakers to cover the stragglers on a one-on-one or one-on-a few basis. Eventually the last swimmer finishes and the rescue craft disperse.

Your Qualifications: Swim events are held on a variety of water types. The majority are protected water such as lakes, and tidal rivers. Others cross the Chesapeake or are ocean races. Your skill level can be matched to the type of water.

We would recommend participating in protected water events to gain skill before attempting open water events. If you are unsure get another paddler to be your partner.

The basic skills include being able to maneuver your kayak, handle moderate wind and waves (10 knots and 1 ft waves), and to be able to do kayak rescues. Also, you need to be able to do an effective low brace with a swimmer on front of your kayak.

The Observing Role: It usually boils down to the situation that you are alone on the water overlooking a large number of swimmers. There are many other support boaters and kayakers near and you are all aware of what each other is doing but in many ways you are on your own. Your first job is to be observant. We believe in aggressive observation and patrol. It has been our experience that the passive sit and watch attitude is not for us. We are as sharks on the water.

Observing is an art. Do not expect a swimmer in need to send you a clear signal. Some of the things to look for are: swimmers that seem to be slower than the pack; swimmers that keep swimming off to one side. Watch for someone swimming towards a boat. Watch for conversations between swimmers. Keep your ears open for audio signals and of course watch for someone waving to you. Observation must be constant. This is not a social occasion, even when paddling with a partner keep to the business at hand. Position your kayak near people who seem to be having a problem. If necessary ask to see how they are doing.

The Rescue: There comes a time when you see someone in need. Sometimes it comes almost as a shock that all of a sudden there a person who needs you in a very big way. There is an instant adrenaline flush and you stroke strongly towards this swimmer. Most rescues are bow on. A lot are with the swimmer facing you. Watch your approach. It is best to quickly slow with a low brace and swing the very front portion of your bow to them from their side so that they can grab on. Hopefully once they grab your bow this will stop their panic. If you tell them to grab the bow remember that some swimmers do not know what a bow is, so just say "Grab On". The greatest danger is that they will try to climb on up the kayak towards you. Talk to them, calm them, instruct them. Tell them to stay at the bow. If necessary use your paddle to hold them forward. All the time keep a good brace going to steady the boat.

Intelligence must be used in ascertaining the need of the swimmer. Some swimmers just need a short rest. Others have had it and want very much to get out of the water. If you decide to get this swimmer to a larger rescue craft maneuver your kayak to clear water and signal a power boat. Most likely they will immediately respond. You can paddle (forward or backwards) either with the swimmer on your bow especially if you want to keep an eye on them or you can have them move to the stern.

In our experience, it has never happened that a kayaker has had to wet exit their kayak to effect a rescue. It is certainly not required that you dive in to grab a drowning swimmer who is unable to grab your bow. Only you can determine if you are willing to take this risk. This gets into a different form of water safety and training that is better left to other organizations.

A Final Word: It is our feeling that the sea kayak has the potential of being a superb rescue craft. We also feel that there is a tremendous need for them. Kayakers that support swimmers perform an important service and we think highly of those that do. As a member of the Chesapeake Paddlers Association we invite you to join us!

More swim support articles on the CPA website at http://www.cpakayaker.com/newsletter.html?articlecategory_id=4



The One-on-One photo by Page Downer



It's just KOOOL!! photo by Page Downer



Ed and Will Hershon, Nassawango Creek
Photo by Jesse Aronson

Inside our June 2007 issue:

- **CPA Supports Swims**
- **New Member Discount Program**
- **New Guide to Chesapeake Paddling**
- **Nassawango Creek**
- **Indian and Trent Hall Creek**
- **Archive: Supporting Swimmers**
- **2007 Calendar**

The Chesapeake Paddler

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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.