

# Chesapeake Paddler



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January-February 2009

## Baja Dreams

By Rick Wiebush

Three of us from the Baltimore area—Hank McComas, Joel Beckwith and I—recently completed a 30 day, 400 mile self-supported sea kayaking trip in the northern section of Baja's Sea of Cortes. We put in just north of San Felipe and ended at the village of Mulege. We all had previously been to Baja and part of our motivation was to do something new and to link the northern section with trips we had already done, thereby completing over 600 continuous nautical miles of the Sea of Cortes coast.

The trip was divided into two basic segments: from San Felipe to Bahia de Los Angeles and from there to Mulege. We also spent a couple of days exploring the islands of Bahia de Los Angeles (LA Bay) and included two-day breaks in LA bay and Santa Rosalita. We used two Tempest 170s and a Tsunami 165 - rented from Aqua Adventures in San Diego (<http://www.aqua-adventures.com/>). All other equipment was either our own, rented from the outfitters, or had already been shipped prior to the trip.

The northernmost section of the trip was just so-so in terms of dramatic scenery and wildlife, since much of the coast is relatively flat and populated by innumerable gringo 'campos' (communities) that stretch sometimes for miles along the coast. The other 350 miles is a desert and mountain wilderness, broken up only by sporadic villages. Other than the pescadores (fishermen) found near the villages, and the town residents, we saw almost no one for the entire rest of the trip.

We were generally on the water by sunrise and usually made camp by 3:30, were in bed by 7, and up most mornings by 4:30. Generally the weather was cooperative; sunny, cloudless, mid to upper 80 degree days—very typical Baja conditions. There were 3 days when we were forced off the water by strong winds (20-30 knots) and big seas, and two days we couldn't get on the water at all. These interruptions were the result of the infamous El Norte winds, which can blow at a sustained 25-30+ knots for up to three days. Our worst experience was the winds blowing at that rate for about 36 hours.

### Planning Ahead

Primarily, there was the ominous prospect of dealing with the infamous "Wall"—a mass of virtually uninterrupted 500 foot cliffs that stretches 40 some miles from Punta Final to Punta Remedios. The word about this stretch is that there is no place to land, that kayakers have resorted to doing it all in a non-stop 20 hour push, and that at least one kayaker took Immodium to help him do it all without the inconvenience of having to figure out a way of going to the bathroom.

The common wisdom about the "Wall" seemed to be pretty overblown. We covered this section in two days. There is no doubt that it is huge and imposing. However, we found a large number of potential campsites. They were very exposed, with rocky landings and small camping areas, but they were there. The winds also cooperated—if we had had strong winds while negotiating the wall, I might be telling different stories and have a totally different assessment of the difficulty of this section.



Baja California, map courtesy of <http://www.cabobob.com/>

Another challenge involved the strong tidal currents, standing waves, boils and eddies that are associated with big tides getting squeezed through narrow channels. This happens in the 100 mile stretch just to the north and south of LA Bay. In this area there is approximately a 16 foot tidal range. All that water running in and out gets squeezed by a series of islands that lie about 5-8 miles off the coast. Between the coast and these island are two very deep (4,000 ft) channels that created upwelling currents in addition to those running in and

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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)
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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.



My name is Christina Lippincott and I'm with the Caroline County Office of Tourism. As a kayaker, I just thought I'd pass along some information on launch sites on the Tuckahoe and Choptank Rivers. This site provides information on 28 public landings along the Tuckahoe and Choptank Rivers. It's a wonderful resource, and also has a public landing comparison chart that serves as a great quick reference guide:

<http://www.riverheritage.org/Riverguide/index.html>

This is DNR's Public Boat Landing map. Although it does not list all of the public landings, it serves as a great visual reference:

<http://mddnr.chesapeakebay.net/fish/Cntyramps/CR.html>

I hope you find these helpful. Also, the Upper Choptank was recently cleared, and although I haven't had a chance to explore it yet, I've heard it's a pretty spectacular paddle. Please feel free to contact me if I can be any assistance.

## SCHEDULE FOR 2008 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
March 2009	February 15, 2009
April 2009	March 15, 2009
May 2009	April 15, 2009 (TAX DAY!)

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](mailto: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

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**DEADLINES:** Closing date for articles, trip reports, information and advertisements is the 15th of the month prior to the next issue. The 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.*

## Get Out And 'Paddle-Plan' with US!

Alright, it may be a little early to start getting your boat in shape for the 2009 season and to start into your spring paddling routines, but it is not too early to plan this coming season's adventures. And if at least some of your paddling adventures are with your friends in the CPA, then perhaps you want to come help us start planning for our season to come as well.

A couple of the results of the last Annual Meeting in November of 2008 were that first, everyone loves the trips and the classes (especially the classes). And that secondly, we want to do as much, if not more, of them in 2009. So, let me not go in again about how great the volunteers are that make up the club, but rather say a big "Thanks" to all who made 2008 trips and events what they were last year.

### **Now, let's do it again...only better!**

It is still a little early to start telling you about what is planned for 2009, and that is exactly one of the points here. You can come help us make that plan. The first events slated for the early part of this year are the two CPA Trip Planning Meetings (see page 8). The first will be at Ralph H.'s place in Laurel, MD, and the second will be at Cyndi's and my house in Falls Church, VA.; an opportunity on both sides of the city.

At the these meetings, everyone likes mostly to get together and greet those they have not seen in a few months, due to the cold weather, and of course the cold waters. The hosts always have some hot drinks, snacks and a fire to get everyone warmed up. As always happens when a gaggle of kayakers gets together, they all start talking about where they went last year to paddle, and where they want to go soon. And as you know, that is the perfect opportunity to make plans for 2009.

If you have led a trip for the club before or if you want to lead one in 2009, come help us talk about it and get it on the calendar. And, if you want a trip to happen, but do not feel like you could cover all the tasks necessary to make it happen, one of these planning get-togethers will be the perfect place to recruit help to make it so.

Let's not forget that great paddle trips do not include only **Day Trips** in casual places. There are cool ideas for trips that cover all topics. The club would like to plan trips for the Sea Kayakers who are only just thinking about buying their first kayak, or have just done that and want to find a really soft way of introducing themselves to this many faceted sport. And then there is the other end of the scale; those battle-hardened surf-maniacs or speed-demons who want a real challenge against Mother Nature and their comrades. Those are the **advanced trips**, and also a great example of why trips should not just be trips. Those crazy paddlers are always looking for ways to improve their skills, learn more about staying safe on the water, or how to take their sport *'to the next level'*.

That leads to the **instructional events** that the CPA likes to hold as often as possible. Two great examples of these are already shaping up for 2009. **'SK101: An Introduction to Sea Kayaking'** is scheduled for March 14th this year. If you want a good intro into Sea Kayaking by those who live the sport, then sign up. And then, **SK102** is scheduled for May 1st through 3rd. This is the best follow-on where you could spend an entire weekend learning and paddling with sea kayakers who are instructors for our club as well as professional sporting outfitters across the country.

Now these are only two of the skill events that are planned for 2009. The others are yet to be organized and announced. But I can assure you that we will see other events that will offer you as a Sea Kayaker introductory skills, safety skills, rescue skills, and navigational skills. And you can be a part of these events as both a learner and a planner. Make them happen.

Lastly, no list of enticing paddling events would be complete without mentioning the last and often the most enticing type of event, the **Overnighter**. Have you been camping from your sea kayak yet? Do you envision packing up that boat with everything you will need to survive on your own comfortable for days or weeks out on an adventure? No? Well, maybe you like the idea of exploring somewhere new and far away from here, where you would have to stay overnight. Overnighter adventures can be comfortable in warm and dry lodges, as well as challenging in a tent under a moon-filled night sky. Either way, the CPA has offered completely planned events like these, both close to home and far away. Perhaps 2009 is the year to join or re-join on one of these adventures.

Well, whatever your draw to the sport of Sea Kayaking is, we would love to have you come out with us and spread the love of the sport. Arm-chair paddling is one thing (and I have a long list of paddling books to recommend that make that a great sport in itself), but the real thing has no comparison, as you obviously agree. So let's all get ready for the next warm paddling season by planning now. Let's all come together to add a few adventures to the list of on-water plans that everyone can make for 2009.

*Every paddle is an adventure and that adventure is made by all of the paddlers involved.*



## Admiral's Walk



Dave Biss  
Coordinator

## A Quartet of Winter Paddles

**December 27, Eastern Neck- 5 Winter 2008**—The last Eastern Neck Island paddle (near Rock Hall on the Eastern Shore) of 2008. This winter paddle, the fifth and last in the 2008 series, was attended by 13 paddlers, but our organizer, Marshall Woodruff, couldn't paddle because of the effects of his chemotherapy. Nevertheless, Marshall was at Bogle's Wharf to see us off and make sure we knew to look for lots and lots of wildlife: Canada geese, canvasbacks, black ducks, goldeneyes, mallards, buffeheads, ruddy ducks, wigeons, scaup, gadwalls, mute swans, red breasted mergansers, hooded mergansers, pintails, pied billed grebes, southern bald eagles, Snipe, the illusive Delmarva fox squirrel, foxes along the shore and more. Wow! The Eastern Neck Refuge is 2,285 acre island refuge, a major feeding and resting place for migratory and wintering waterfowl.

Pictures at [http://web.mac.com/dtmoore/My\\_Kayaking\\_2009/Winter\\_2009\\_Photos.html#28](http://web.mac.com/dtmoore/My_Kayaking_2009/Winter_2009_Photos.html#28) (David Moore)  
<http://picasaweb.google.com/HeneghanTallTom/EasternNeckDec272008?authkey=3iV51ZIM6l8&feat=email#> (Tom Heneghan)  
<http://picasaweb.google.com/ralph.heimlich/EasternNeckWinterPaddle#> (Ralph Heimlich)

**January 1, Havre De Grace to Swan Creek**—Michael Free organized this 20-degree paddle from Millard Tydings Memorial Park in Havre De Grace down the western shore to the mouth of Swan Creek and back. Our first destination was Stump Point at Perryville community park, but the ice was 10-12 feet wide to get to the water, and Furnace Creek was frozen solid. Bob Shakeshaft suggested Millard Tydings Park, and we drove over to check it out.

We paddled with the current and NW wind down the western shore, observing large rafts of ducks and geese, and many eagles (at least 6). Got down to the mouth of Swan Creek and found it frozen in, with many open pockets behind a wall of 1/2 inch ice that broke only reluctantly. We spied a bald eagle on the ice and landed to walk down the beach to get a better look inside the cove.

We warmed up some paddling. Saw even more eagles fishing the flats, and paddled up through a raft of about 300 American Coot (mud hen) that only flew a few hundred feet in front of us to repeat the maneuver. By the time we got back, my spray deck was coated in ice and the bilge water froze into the space behind my seat. Bob had to take off, but Mike and I repaired to Coakley's Tavern for cold beer and warm cream of crab soup. They say you'll do all year what you did on New Year's Day, so I'm looking forward to paddling through ice in August!

Ralph's pictures at <http://picasaweb.google.com/ralph.heimlich/NewYearSDayPaddleAtHavreDeGrace#>

Michael's pics at: [http://www.kodakgallery.com/ShareLanding.action?c=17m8rpt7\\_apy9d7k3&x=0&y=m4bqp5&localeid=en\\_US](http://www.kodakgallery.com/ShareLanding.action?c=17m8rpt7_apy9d7k3&x=0&y=m4bqp5&localeid=en_US)

Bob's pics at: <http://picasaweb.google.com/lh/sredir?uname=bpmcshake&target=ALBUM&id=5286539472012799553&authkey=ya222dBxsAo&feat=email>

**January 1, Gravelly Point**—Being New Year's Day, it's time for the first kayaking trip of the year! I chipped some ice off my kayak, loaded it and my gear up, and headed for the meeting point at Bladensburg Park. The water level in the Anacostia river was very, very low, and all of my fellow paddlers were clustered by their cars outside the locked park gate. After a quick pow-wow we decided to put in at Gravelly Point on the Potomac instead. Dave and Cyndi, Nelson and Caroline, Brian, Peter and I drove in a caravan back over to Virginia, where Kingsley caught up with us. We unloaded, suited up and were quickly under way.

Fortunately the winds had died down quite a bit from the day before. The Potomac was still ever so slightly bumpy, but nothing of any concern, and there was no risk of injury from exposure. After hanging out at the launch point watching planes take off we crossed the Potomac and headed up Washington Channel. The channel was almost completely protected from the wind, and we all warmed up pretty quickly. We saw three bald eagles - two mature birds (a nesting pair?) in a tree over Haines Point, then a maturing bird (white head, but otherwise immature plumage) at Ft. McNair. The channel is home to a large marina, so we all gawked at the big boats and daydreamed about ditching our conventional lives and living aboard a houseboat (particularly after we spotted a houseboat with two kayaks lashed to its side).



Cooling off after a warm paddle photo by Jesse Aronson

At the end of the trip Peter wanted to test how waterproof his two-piece dry suit actually was, so he took a stroll into the 37 degree Potomac. Seeing how refreshing it looked, I joined him and we floated around for a bit. Cyndi waded in to snap a few pictures. I did learn a lesson from this immersion. This winter I've been paddling with pogies. At the point when I jumped into the river my hands were no longer protected by the pogies (since I wasn't holding my paddle), leaving my hands protected by just a light pair of polypro gloves. It was, so far, my favorite paddling trip of the year.

Pictures at <http://picasaweb.google.com/aronsoni/FirstKayakTripOf2009?authkey=fCbD5x6WlXM&feat=directlink> (Jesse)

**January 3, Jackson Landing (Jug Bay) and Western Branch**—Driving down the various Croom roads to the Patuxent River Park headquarters the temperature hovered around the freezing mark. Watery areas were frozen. We arrived at the park headquarters and met up with Robert Golden, Ralph Heimlich, Annette Ramos, Deb Schmiel, Jerry Stezar, and Bill Upton. We drove down to a cold Jackson's Landing; ice was all over the shoreline. We eight soon had our kits loaded and were heading upstream from the landing into a 10-15 mile per hour headwind. It was chilly. No, make that cold.



Marshall sees us off at Eastern Neck photo by Tom Heneghan



Bob Shakeshaft trying the ice at Swan Creek photo by Ralph Heimlich

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out. Moreover, these channels—Canal de Ballenas (Whales) and Canal de Salsipuedes ("Get out if you can")—rise dramatically in elevation at their southern and northern ends. Water that was running through a 4,000 foot deep trough is suddenly squeezed through areas that are only 900-1,000 feet deep.

We read, and were warned by experienced kayakers, about the conditions—4-5 knot currents, standing waves, whirlpools. One sailing log referred to an area called the "standing wall of death", while others warned about whirlpools and tide races. That was the kind of stuff we were apprehensive about as we set off on the trip. While we experienced some of these, none rose to the degree of predicted high drama (well, one was pretty shaky). We encountered whirlpools, but nothing dangerous; we saw some standing waves from a mile away; we had some fairly strong eddy lines in places, but there were negotiable.



**Ledge Lodging on the "Wall" photo by Joel Beckwith**

About the only place in this section that got me unnerved was Punta Remedios, which was probably the tightest constriction we faced the whole trip. About 2 miles before we hit Punta Remedios the current started picking up big time. That was a fun ride. However, by the time we got to the point, Joel measured us doing 6 knots on his GPS and I felt like I was on a white water river. It didn't help that a 15-20 knot tail wind had just sprung up and was also pushing us along. Although rounding this point probably lasted no more than 25

minutes, it was one of those shallow-breathing, constantly-on-guard experiences that seemed to last an hour.

That we didn't experience more problems going through this section was part luck—we hit Punta Remedios within an hour after slack—and part planning—we timed going through Salsipuedes so that we were doing it on neap tides, when the currents were much less strong.

#### **Headlands, Ledges & Coyotes**

Although we routinely rounded large headlands, there were several occasions that severely challenged our nerves and skills. At times, the confluence of swells, high winds and strong currents produced confused seas and 6-7 foot waves. Total focus and mounting concern would slowly replace the pure adrenaline of it all. On the next to the last day at Punta Chuvato I recall thinking, "this is the way people die out here," and I felt



**Kayak Caving photo by Joel Beckwith**

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as though I had run up against my limits as a sea kayaker and was glad finally to be out of it. On one occasion we found ourselves holed up in a crumbling, abandoned fish camp, trying to escape 2 days of a full blown El Norte windstorm.

Another day, after rounding Punta Chuvato, we sought refuge from the high winds and huge swells by pulling our boats onto a rocky ledge. While we rested, the tide receded to a point that it was impossible to relaunch. And since the next significant tide would be coming in the middle of the night, we had to hoist all the boats and equipment to an even higher ledge, and sleep on a two foot wide rock outcropping.

Of the many highlights of the trip—wildlife, rock gardens, caving along the coast—it was the omnipresent desert mountain ranges and cliffs running down to the sea that formed the backdrop for everything else. Every day's paddle, every meal break and every campsite took place in the context of a truly spectacular wilderness setting—soaring mountain ranges, chiseled cliffs, rocky outcroppings, hardy desert cactus and fascinating wildlife all converging at the interface of land and sea. It is what makes Baja the special place that it is.

When we pulled into Mulege on the last day, my sense was "well, ok, that's done. Not really a big deal." Now that I think about what was involved my attitude is more like: "Whoa!!!"

Abstracted from Rick's full trip report at <http://www.cpakayaker.com/forums/viewtopic.php?t=3545>

For more pictures, see <http://sports.webshots.com/album/568749945rrKYDk> and <http://community.webshots.com/album/568816410aWapRn>

Edited by Lynn Erwin

## Breaking beyond Beginner Paddling

by Cyndi Janetzko

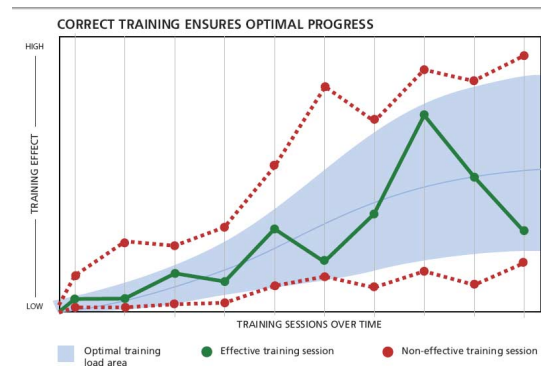
As a long time sea kayak instructor I frequently tell my students that the key to becoming a better paddler is "time in the boat". Lately though, I've begun to wonder if that is quite accurate. Certainly all seat time is valuable, but are some types of paddling more valuable than others when the goal is taking your skills to the next level?

I think the answer is yes and that "just paddling" really is not the key. I take as evidence of this all those paddlers who seem terminally stuck at the advanced beginner level. They start out eager, perhaps renting a boat a few times. They take a class or two and then purchase their own kayak. From there the sky should be the limit in terms of acquiring new skills. However too often, after getting their basic strokes "mastered" (if there is such a thing), many paddlers stop learning and just keep paddling.

So why do people get "stuck"? There are likely a myriad of reasons but I think there is one primary culprit – our desire for comfort, ease, or the "routine".

Whether out of habit or necessity, we often paddle in the same area with the same conditions for the same amount of time just about every time we are in a boat. Nothing about these paddles challenges our skills, technique or fitness levels. Sure we're enjoying the view, paddling with friends, getting a little fresh air and escaping our 9 to 5 lives, but are we becoming better paddlers?

To progress as a kayaker you need to challenge yourself and move beyond that comfortable, familiar paddle trip. I like to think of these paddles a bit like, to borrow an idea for the latest exercise theory, interval workouts. An interval workout consists of bouts of high intensity work alternated with periods of lower intensity or rest. Research shows that intervals work. By working intensely, even for short periods of time, you place a greater demand on your system which in turn prompts greater physiological change. Working out at a constant level burns calories but doesn't require your body to get stronger to accommodate higher workloads.



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This is true in paddling as well. If we never challenge ourselves we will not learn to adapt to more challenging conditions. Don't worry; I'm not going to advocate that we all start paddling sprints (although those who know me know that I might suggest that from time to time). Rather, to apply this concept to kayaking all we need to do is change what we consider an "interval". In this case an interval for improving kayak skills is any paddling that pushes you beyond your usual comfort zone – paddling that requires short bouts of intense learning/practice.

Intervals for skill development could take many forms. A few that spring to mind include playing in river current and waves, teaching a newbie a new stroke, trying a different boat, learning to roll, or learning to surf ocean waves. Any paddling beyond your normal outing could be considered an interval. Below are my top five favorite forms of paddling that I think fall into the "interval" zone.

**Take a class.** It doesn't matter how advanced of a paddler you are you can always benefit from taking a class. If you've got the basics down, sign up for advanced strokes. Already taken and know your advanced strokes? Sign up for rolling. Done that? How about surf? Even if you've taken every class offered you can learn by taking them again. You will pick up on nuances you didn't notice before and hone the things you are already doing right.

**Teach a class.** The flip side of taking a class is to teach a class. Many have heard that you don't really know something until you have to teach it. Go out with a group of friends and each take a turn teaching each other something. Volunteer to be an assistant at SK101 or 102. To effectively teach something you need to focus on the steps and break down skills to their individual components. Chances are if you can remember all the steps well enough to teach a skill the likelihood is you'll remember all the steps when it comes time to perform it!



**Ben Lawry fine tunes the forward stroke.**  
photo by Cyndi Janetzko

**Cross train.** Just as with other forms of athletic endeavors paddlers can benefit from cross training. Biking and running might help our fitness level but this article isn't about fitness. What kind of cross training can help our skill? New or different forms of paddling. Sea kayakers can develop an increased ability to read water, deal with currents, and brace instinctually by learning to paddle whitewater. If whitewater doesn't appeal to you, pick up a different paddle. Wing paddles will encourage better rotation. On the opposite end, Greenland paddles teach better "blade dexterity"; how to control your paddle as it moves through the water. Whenever you try these new things, think about them – think about how the mechanics change, what is better, what is worse. The simple act of being tuned into and engaged with your paddling will make you a better paddler.

**Paddle with people better than you.** One of the shortest paths to success is to paddle with skilled paddlers. Their skill will rub off on you. Watch how they paddle. Mimic their strokes. Learn how they assess conditions. Ask questions. Advanced paddlers generally like to share their experience and are happy to help. In the company of advanced paddlers, with their consent, you can explore rougher conditions and push your limits.



**Dave Biss whitewater seakayaking** photo by Cyndi Janetzko

**Explore new venues.** Many of us find it convenient to paddle in the same place time and time again. Sure conditions can still vary paddle to paddle but they often do not vary dramatically. The Chesapeake Bay area offers a plethora of paddling opportunities. You can try your hand at open water from Sandy Point, work on navigating amongst boat traffic in Annapolis, or figure out currents below Little Falls on the Potomac. Try to make it a point to explore one new venue a month. Chances are your paddling will improve as a result.

Lastly, if breaking beyond your current paddling plateau isn't enough motivation to try intervals let me suggest one more reason – intervals add variety to your paddling. By constantly exploring

new aspects of our sport we can keep it fresh while advancing our skills. After eight years of paddling I still find adventure and challenge every time I get in my boat. So the next time you load the boat on your car, ask yourself how to make that paddle an interval paddle. If you put this idea to work, by this time next year you will look back at how much you processed in your paddling. I guarantee it.

(Continued from page 4)

At the fork between the Patuxent and the Western Branch we discussed options and decided to go up the Western Branch and then return to have lunch at nearby Mt. Calvert. The strong January sun quickly warmed us. We looked at Iron Pot Landing as a possible lunch stop. It is Patuxent Water Trail Site 45. We headed on up past the WSSC water treatment plant on the falling tide to a point where deadfalls blocked our further progress: The end of navigation on the Western Branch. We took a group shot and turned around to head back only to find that the falling tide had exposed some obstacles to our return. We "schooched" over a couple of semi-submerged logs. We landed at the Mt. Calvert beach and climbed the hill to sit in the sun for lunch. It was really pleasant: Food, company, sun, and no wind. We paddled back to Jackson's Landing and a surprise. The kayak dock was high and dry in that infamous Patuxent mud. Three of us headed to Grace's Fortune in Bowie for a early supper of soup and appetizers.



Bill Upton, Debbie Schmeil, Jerry Stezar, Annette Ramos, Robert Golden, Elizabeth and David Moore at head of navigation on Western Branch photo by Ralph Heimlich

A great paddle with great paddlers. Thanks all for coming out.

David Moore's pics at [http://web.mac.com/dtmoore/My\\_Kayaking\\_2009/Winter\\_2009\\_Photos.html#13](http://web.mac.com/dtmoore/My_Kayaking_2009/Winter_2009_Photos.html#13)

Ralph Heimlich's pics at <http://picasaweb.google.com/ralph.heimlich/PatuxentRiverWinterPaddle?authkey=o-fucGGyTIE>

## CPA Virtual Calendar Debuts

<http://www.cpakayaker.com/downloads/newsletter/2008/CPACalendar2009.pdf>

For those of you that missed all the excitement because of Christmas, New Year's Eve or other mundane activities like that, the competition for the best Baker's Dozen photos to grace the CPA Virtual Calendar was fiercely contested in the last hours of 2008. The winner was Jenny Plummer-Welker's ethereal photo of kayaks resting before SK102 at Lake Anna (see [back cover](#) of this newsletter) and the runner up was Jesse Aronson's chilling Ice Pirate photo that graced the January spot. To follow the blow-by-blow, go to <http://www.cpakayaker.com/forums/viewtopic.php?t=3588>.

To download your very own copy of the CPA Virtual Calendar for 2009, go to

<http://www.cpakayaker.com/downloads/newsletter/2008/CPACalendar2009.pdf>

And keep taking pictures for the 2010 edition, which we may actually print (maybe, could be).

## Upcoming CPA Events

### February

**Feb. 8 (Sun)** **Maryland Planning Meeting**--Got some great ideas for a day paddle? Car- or Kayak camping trip? Extended excursion? Training event? Bring them to the Maryland CPA Planning Meeting!! A light lunch (soup and crackers, feel free to bring dessert or whatever) will be served about noon and the Planning Meeting starts after lunch. **Organizer(s):** Ralph Heimlich 301-498-0918 (H, leave a message) **Location:** 7914 Belgaro Road, Laurel, MD (in Howard County).

### March

**Mar. 7 (Sat)** **Virginia Planning Meeting**--Here is your second chance to get in on the club trip planning! People come to make new day-trip plans and over-night-trip plans. People come just to meet other club members interested in the same things. It's a fun time for all. We will have coffee, and tea available, as well as some breakfast-like goodies. Feel free to contribute. The meeting will commence about 10:00 am and will run until everyone is talked out. That is usually about 2:00 to 3:00 pm. **Organizer(s):** Dave Biss 703-241-0036, Cyndi Janetzko 703-241-0036. **Location:** Cyndi and Dave's Yak Shak, 6668 Barrett Road, Falls Church, VA 22042

**Mar. 14 (Sat)** **SK101: An Introduction to SeaKayaking**—Once again this year, CPA is hosting our one-day seminar on the basics of sea kayaking, SK101. Geared to new paddlers. For details, see [page 9](#) and registration form on [page 10](#). Organizer(s): Yvonne Thayer [yfthayer@gmail.com](mailto:yfthayer@gmail.com) and for registration Gina Cicotello [ginacico@earthlink.net](mailto:ginacico@earthlink.net)

**May 1-3 (Fri-Sun)** **SK102: On-Water Skills Workshop**—For the 11th year, this event will take place in the warm waters of Lake Anna, VA. Organizer(s): Brian Blankinship <http://www.baykayaking.com/> See the March CPA Paddler for registration forms and watch the Forum.





Classroom presentations

## SK 101—Introduction to Sea Kayaking A Winter Workshop

Once again this year, CPA is hosting our one-day seminar on the basics of sea kayaking, SK101. Geared to new paddlers, topics include kayak and paddle design, how to choose boats and equipment, basics of safe paddling, dealing with cold water, how to find people to paddle with, where to paddle, and other topics of interest.

There will be boats and gear on display, and knowledgeable people available to discuss different aspects of kayaking. Although this event is primarily for the newer paddler, everyone is invited to expand their paddling horizons.

- Hear presentations on types and uses of boats, paddles, safety, and gear
- Learn where to paddle
- Find potential paddling buddies
- See displays of boats, paddles, safety and other paddling gear
- Practical self-rescue demonstrations (weather permitting)

**When:** Saturday, March 14, 2009, 8:30 AM – 3:00 PM

**Where:** West River Center  
5100 Chalk Point Road  
West River, MD 20778

**Cost:** \$20, includes light breakfast and lunch. This event usually sells out, so everyone **must register in advance**. Walk-in registrations will not be available.



**Registration:** Apply to register in SK101! Space is limited and available on a first come, first serve basis. You are confirmed only if PAYMENT IS RECEIVED and you receive a return email or phone call. Registrations will be accepted starting January 7, 2009. Applications received after the workshop is full will be placed on a waiting list. Use the form on the back of this page or register on the web at <http://www.cpakayaker.com/sk10109.html>



Rescue demo

Contact: Gina Cicotello [ginacico@earthlink.net](mailto:ginacico@earthlink.net)



Boats, Paddles, Gear and more

**Chesapeake Paddlers Association, Inc.** CPA is a completely volunteer-run organization. The mission of the Chesapeake Paddlers Association is to help people safely enjoy sea kayaking and to promote safe paddling practices through the education of the local sea kayaking community and the interested public. Club activities may include, but are not limited to, kayak trips, kayak camping trips, instructional workshops, informal weekday evening paddles, and any other activities consistent with the mission that members of the club wish to organize.



**Registration:** Apply to register in SK101! Space is limited and available on a first come, first serve basis. You are confirmed only if **PAYMENT IS RECEIVED** and you receive a return email or phone call. Registrations will be accepted starting January 7, 2009. Applications received after the workshop is full will be placed on a waiting list. Use the form below or register on the web at <http://www.cpakayaker.com/sk10109.html>

### REGISTRATION FORM

Your Name: \_\_\_\_\_

Your Email: \_\_\_\_\_ Your Phone #: \_\_\_\_\_

Address (Street, Town, State & Zip Code)  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

How did you learn about this workshop? \_\_\_\_\_

Have you attended SK101 before? When? \_\_\_\_\_

I have kayaking experience: Yes / No      If "Yes", what kind, how long?  
 \_\_\_\_\_  
 \_\_\_\_\_

Would you prefer a vegetarian option if offered? Yes/No

**Mail this form and your check for \$20/person to:**

Gina Cicotello  
 P.O. Box 1472  
 Pasadena, MD 21123  
 (240) 305-0922  
[ginacico@earthlink.net](mailto:ginacico@earthlink.net)

Note: You are confirmed **ONLY** if **PAYMENT IS RECEIVED** and a slot is available. You will receive a return email or phone call confirming your registration. If you do not receive an email or phone call, you **HAVE NOT** been registered.

**Cancellations:** Please be sure to contact Gina if you know you won't be able to attend so that someone on the waiting list can benefit.



Places to paddle

## SK102 On-Water Kayak Skills Workshop Coming in May

By Brian Blankinship

The Annual Skills clinic will be held at Lake Anna again this year, May 1-3. The Registration form will be in the March Newsletter.

It is with great sadness that I report that Laura Butterbaugh will not be assisting this year. But I have great joy in announcing Gina Cicotello is taking over registration and Yvonne Thayer will handle most of the other administrative tasks. I am so grateful to both of these ladies! Here's the schedule:

### Saturday Morning Session: 9:00-12:00

**BLOCK 1: Kayak Design, Wet Exit, Basic Strokes**—If you are new to paddling and/or have not had kayaking lessons, discover features separating various kayak designs and their value to you. Learn Wet Exiting, is the most critical kayak skill for safety—a requirement for attending CPA trips. Learn the proper basic strokes will make your paddling much more fun and efficient.



**BLOCK 2: Stroke Improvement, Intermediate Strokes, Bracing**—For those who have been paddling for a year or more and are proficient in basic strokes. Improve your basic strokes to increase your efficiency and form. Learn intermediate strokes such as hanging draw, draw on the move, bow rudder. High and low bracing not only keep you upright but are the foundation of several kayak rolls

**BLOCK 3: Self Rescues, Group Rescues, Towing**—Be able to get yourself and others back into a kayak in deep water. A required safety skill. Become a self sufficient paddler, able to recover from wet exits. Be able to rescue another kayaker who had to exit. Several methods are demonstrated. Learn types of tow systems, methods and how to use them

**BLOCK 4: Greenland Style Paddling**—What is that thin paddle anyway? Advantages of Greenland style paddling. Design of the Greenland paddle. Proper Greenland style strokes

**BLOCK 5: Wing Paddle Technique**—What is a Wing paddle, and what is it for? Design and advantages of the Wing. Proper Wing paddle technique. Additional Performance Paddling tips.

### Saturday Afternoon Session: 1:00-3:30

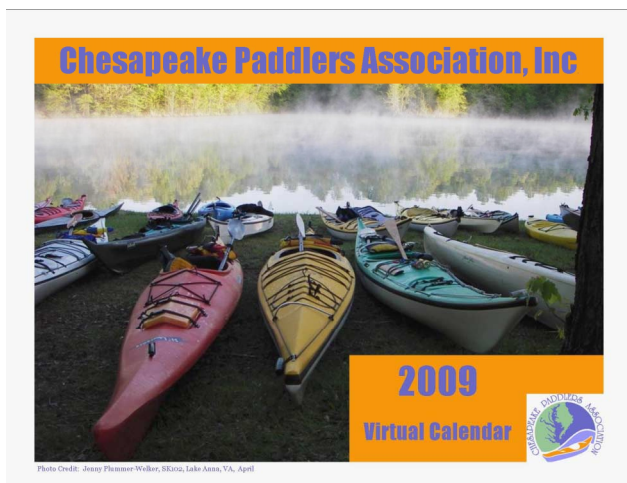
**BLOCK A: Stroke Improvement, Intermediate Strokes, Bracing**—For those who have been paddling for a year or more and are proficient in basic strokes. Improve your basic strokes to increase your efficiency and form. Learn intermediate strokes such as hanging draw, draw on the move, bow rudder. High and low bracing not only keep you upright but are the foundation of several kayak rolls

**BLOCK B: Self Rescues, Group Rescues**—If you took Block 1, this is the best follow up course for new paddlers. Become a self sufficient paddler, able to recover from wet exits, learn importance of floatation. Be able to rescue another kayaker who had to exit. Several methods are demonstrated.

**BLOCK C: Advanced Rescues**—For those proficient in self and group rescues, take it to the next level. How to rescue a boat without floatation that "sank". Techniques to rescue an injured paddler.

**BLOCK D: Rolling**—Only for more advanced paddlers who have strong bracing skills. Capacity is limited, acceptance will be validated. The best form of rescue is to never exit the boat. Classes are 1:1 to 1:3 instructor to student ratio.





Most Popular Photo in the 2008 CPA Calendar Photo Contest, photo by Jenny Plummer-Welker

## Inside our January-February issue:

- **Baja Dreams**
- **Breaking Beyond Beginner Paddling**
- **A Quartet of Winter Paddling Trips**
- **Maryland and Virginia Trip Planning Meetings**
- **New Paddle Guide for Caroline County, MD**
- **CPA Virtual Calendar Debuts**
- **SK101: An Intro to SeaKayaking for New Paddlers in March**
- **SK102: On-Water Skills Coming in May**

### The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.

PO Box 341

Greenbelt, MD 20768-0341

REMINDER: Please check your mailing label for your membership expiration date. If you receive the newsletter electronically, you will receive an e-mail reminder prior to your membership expiring. If your CPA membership has expired, or will expire soon, please send in your dues. SEE BOX ON PAGE 2 FOR ADDRESS.