

Chesapeake Paddler



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August 2009

CPA Trip Leader Skills Training A Success

By Greg Smith

A group of sixteen paddlers gathered at Westmoreland State Park for a week-end of camping and instruction for trip leader skills. The weekend started out a little rough Friday evening with a thunderstorm just as we were setting up camp. After the storm passed we were able to just sit back, relax, and chat.



Mark McKeel responds to instructor Rick Wiebush
photo by Ton Heneghan



Getting wet! photo by Don Monday

Saturday started out with classroom instruction. Brian Blankinship gave us all some very important information to consider regarding the proper planning of a CPA sponsored trip. We

broke around noon for a quick lunch, then down to the river for the on the water rescue skills practice. We had some discussion of what to look for, from our prospective paddlers, before our lunch. We were no sooner on the Potomac river then we had to make a hasty retreat, back to shore, from another line of storms that lasted for some four hours.

Sunday morning started with a pot luck breakfast. Everyone enjoyed the food very much, and a special thanks to Rusty Roesch for the use of his large camp stove. Rick Wiebush gave us a great lesson in navigation and rules of the road after breakfast.

Sunday afternoon was spent on the river with four hours of instruction in various rescue situations. I think we all came away with a new sense of how important planning and training is when undertaking a kayak trip. A very heartfelt thanks to our instructors, Brian Blankinship, Dave Biss, Rick Wiebush, and Marshall Woodruff.

Greg's words of praise were echoed by two other participants:

"Thanks so much for a terrific training experience. The weather wasn't cooperative, but you all worked around it and did a great job. I know I got a lot out of it, plus I met some really good paddlers and enjoyed the whole thing very much. I know you all worked really hard to put this on, and your effort was greatly appreciated. There is nothing like CPA training events -- they are all so well done and they really make this organization unique and worthwhile." *Jay Gitomer* And

"Let me ditto Jay in saying thanks to Brian, Rick, Marshall, Dave and Greg. But, especially Brian for a great learning experience and weekend." *Mark McKeel*

Brian especially wanted to thank Greg Smith for managing the logistics and writing this article. Attendees: Attendees: Tom Heneghan, Peter Henry, Kristina McCoy, Jay Gitmore, Mitch Grunes, Mark McKeel, Bob Pullman, Rusty Roesch, David Williamson, Donald Monday, Jim Zawlocki, and Greg Smith. Look for them leading future CPA paddles.



On the water skills practice photo by Tom Heneghan

Pictures from Tom Heneghan are at <http://picasaweb.google.com/HeneghanTallTom/August2009CPATripLeaderTraining?authkey=Gv1sRgCNXxp8nb4fe4Zg&feat=email#>

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.



Paddled on Kingsley's trip to St. Clement's Island in Maryland. Eight of us launched from the Virginia side and made the three mile crossing of the Potomac to the island. We spent about an hour exploring and eating lunch, before heading back.

Photo by Page Downer

More pics at

<http://www.letsgo2sea.com/displayTrip.php?tripId=145>

SCHEDULE FOR 2009 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
September 2009	August 30, 2009
October 2009	September 30, 2009
November 2009	October 30, 2009

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

Officers:

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MEMBERSHIP: Subscription to the Chesapeake Paddler is included with membership.

NEW: Membership is now \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 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.

CPA Greenland Day with Dubsided and Alison Sigethy

The CPA is host to many styles of events. Two weekends ago, I helped to host a slightly different day on and off the water. This event was focused on paid 'professional' instruction and Greenland Style kayaking. While this style is not for everyone, the enjoyment that was shared on that day made me feel that a common thread had been spun into the greater picture of the club. Share with me these memorable descriptions on that day, and perhaps our thoughts will help you recall some times you shared with the club this season or in seasons past.

Planning an event can sometimes feel like it requires more effort than is needed during the event itself. I organized CPA's Greenland Day. It is always rewarding to know that you helped make an event successful, but this day was especially rewarding, because it worked out so well. I'll remark on a few things that I think went well, and let others tell you about the things I missed.

It all started when Alison and I were commenting that the club does not bring in 'professional' instruction very often. By professional, I mean instruction that is paid. You all know that we have great club members who volunteer time by offering free clinics to other members. Sometimes it is worth spicing things up by bringing in outside voices to add new skill concepts to our paddler's repertoires.

So I decided to hire Dubsided for a session; probably the best male Greenland Style paddler in the US. The response was overwhelming. Soon I decided I had to add either another day to the event or another instructor. I asked Alison if she would like to teach a couple of clinics on that day as well. We all know Alison as a friendly face at some of the club events, but did you know she is internationally known for her Greenland Style paddling? And that she teaches at paddling symposiums nationwide? So, she joined Dubsided as a paid professional instructor for the day.

I fretted about the perfect "where" and "when" for this event, but as the day dawned, and the sun eventually appeared, and even the tides cooperated, we had a perfect weather day. I was very pleased at how all worked out well, and I was even more pleased to see how happy everyone seemed to be. I could only hope that they all got as much out of the clinic as I got out of the satisfaction of a day that came together for all.



I am so very grateful to have had the opportunity to gain instruction and insight into many aspects of Greenlandic kayaking through fabulous instructors. Alison Sigethy and Dubsided are two of these amazing people who have tremendously helped me on my journey to push past my "discomfort" zone and move towards truly enjoying the rolling experience. Watching them roll with tremendous grace and skill has only increased my desire to learn this important skill which leads to more confident and improved paddling. As instructors, they are so keenly aware of all your body and paddle movements and are able to pick up on your strengths and problem areas. ...With the skill level and teaching abilities that Dubsided and Alison possess, they are able to tune in to these slight body adjustments which can produce positive results. When I feel more comfortable with my rolling, my hips loosen up...my "Little Fram 176" skin on frame doesn't feel like a "tipperina" and that makes me smile. Thank you Alison and Dubsided.

Last week, I read about a study that showed that competitive swimmers who associated socially with champion swimmers improved their own performances. Spending a day with Dubsided and Alison, along with other paddlers of high skill levels, made me think about that study. The value of the day was not only in the training sessions, but also in the interaction with other paddlers. Exceptional athletes like Alison or Dubsided are inspiring, but few of us have any expectation of achieving their level of skill. But when someone you see often suddenly whips out a norsaaq and starts a continuous roll, well... that sheds a new light on the accessibility of the skill.

It was very useful simply to have Alison critique my forward paddle stroke. It is the most basic of skills, but learning to do it properly has the greatest impact on a touring kayaker. I have trouble with a tendon in my right elbow and in the clinic we determined that this problem flares up when my paddling form degrades. This means less arm action and more rotation, rotation, rotation. We all THINK we do it, but Alison's training drills showed us how much more we could do. I hear you, Alison, and will make this part of my routine along with stretching before getting on the water.



Alison Sigethy enjoying the company

I had a wonderful time at the Greenland clinic, especially in Alison's afternoon rolling session. I wanted to work on my offside sweep roll and my butterfly roll, which had both been inconsistent. By the end of the afternoon, after a bit of practice with a paddle float in my hand, I was balance bracing with ease on both sides, making my butterfly better. Finally, I did my first successful cowboy reentry during the afternoon, using a tip I'd learned from classmate Jay during the morning! I felt very pleased (and very tired) at the end of the day.

- **Caroline Labbe**

Remember that if you have a day that brings to mind memories as we did, we would all like to share it with you. Consider writing down your experiences and sending them to our CPA Newsletter Editor to be experienced in the next edition.

Admiral's Walk



Dubsided's new Greenland Sunglasses

Who Needs a Paddle Anyway ? Sequel to *The Butterfly Roll* On Learning to Hand Roll

By Vince Dalrymple



So, you've read the [Butterfly Roll](#) article in the [June newsletter](#), spent a small bundle to foam out your boat, practiced the Butterfly in the pool until mindless mastery, and now you're itching to nail a hand roll. Skip on down to the "Skills" section. For those readers just joining us, please first read through the Butterfly Roll article in last month's newsletter (even if you can nail it in your sleep) as it includes important information on the topics of boat fit and design (as it pertains to layback rolling). The Butterfly Roll article also details the dangers of rear deck hazards, which could lead to ensnarement, and what you should do to minimize the risk.

Before continuing on, you should be able to perform Butterfly Rolls (Step 3 in the Butterfly Roll article) fairly consistently with a minimum of paddle sink. How much sink is allowable depends on the buoyancy of the paddle, but should be less than 2' for the typical composite paddle to less than 1' for a wooden paddle. The Butterfly Roll teaches and reinforces the following skills necessary for sweep hand roll success:

- Proper **Reach** to the surface and perpendicular to the boat with the power hand (Step 3 version of the Butterfly Roll in which you have to reach to the paddle which is on the surface),
- Strong **Catch** with the power hand to initiate the roll,
- Powerful **Hip Snap** to drive the boat's rotation,
- Well timed **Free Arm Throw** to shift the roll into overdrive and rotate the boat past the critical 90° mark (it will eventually act as a counterbalance) The throw will also initiate the transfer of the torso low onto the rear deck (closest to the boat's axis of rotation),
- **Forward Drive** with the top leg to finish the roll off as the power from the hip snap begins to wane, and
- **Patience** to allow the roll to come around and finish as low to the rear deck as possible before trying to breathe (exhaling slowly after the Catch until the end of the roll will allow the upper body to conform to the rear deck a bit easier).

Before hitting the water, let's loosen up and remember what hand rolling, when done properly, should feel like. From a standing position, bend forward at the waist and just hang for a moment. Now, pivoting at the waist with your feet firmly planted, rotate your torso to the side so your arm swings across in front of you. Think about dipping the shoulder you're turning towards and raising the shoulder of the crossing arm. Rock this motion from side to side a few times until your hands and feet are just about lined up. Notice your palms turn forward and you are able to look almost directly back behind you. This should be a nice easy relaxing stretch. Now, as you rock, continue the motion of the crossing arm up, in front of your face, and over, allowing yourself to lean back comfortably as you do so. End the motion looking up at the sky, arms comfortably outstretched, palms up, forming a cross. A fully relaxed open symmetrical cross. Remember how slow, easy, and relaxing this movement feels as we now translate it to the water.

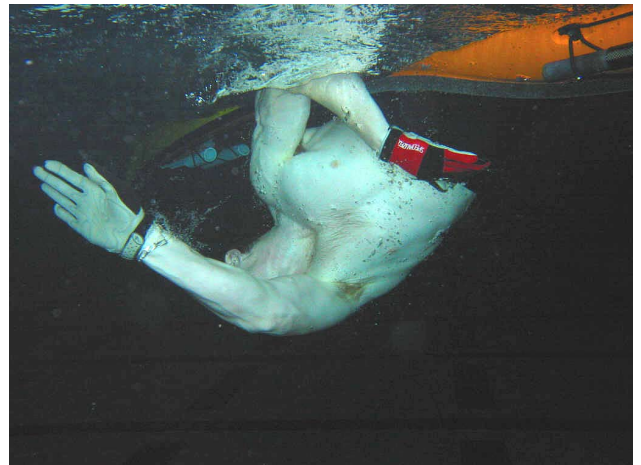
If you were able to complete Butterfly Roll Step 3 without much paddle sink or incident, then you're ready to lose the paddle and go through one last intermediary step before hand rolling. Borrow a pair of webbed hand paddling gloves (look to the white water paddlers for loaners) or find an old ping pong paddle you can drown. If neither is available, then find or cut a similar sized piece of flat wood, plywood, etc. which you can comfortably hold between your thumb, middle finger, and small finger in the palm of your hand. Even a CD will work, though it may be just a bit too small for learning with.

Tuck a paddle or half paddle (if you are able to roll with a canoe paddle) away on deck somewhere easily accessible in case you run into problems or just get tired. This will minimize the time spent coming out of the boat, dumping or pumping out, re-entering, and restarting. Cross your offside arm to the opposite side coaming or gunwale as you would for the Butterfly Roll wind-up. Hold the micro-bladed or webbed hand on your strong rolling side, against the opposite side gunwale, rotated palm down and canted forward.

This is just a teaser—for the full instructional article, go to

For other instructional articles see

[A Step by Step Guide to Learning Re-entry and Roll](#) and [The Butterfly Roll \(Prelude to a Hand Roll\)](#)



Vince reaching for a hand roll photo by Brian Blankinship, Marc Spicer and Greg Hollingsworth

CPA Officer Nominations Open for Coordinator, Secretary, Treasurer, Steering Committee

By Dave Biss

It is that time of year again. Time to nominate CPA Officers for the coming 2010 year with the CPA!! Whoo Hoo!! Did you know that the Club has been in existence for over 15 years now? And how we have grown? The club membership count has been growing over the past year alone, along with the number of people finding their way into the sport of kayaking. We have had more interest than ever in the events which the club is able to support.

To keep the club moving on the right track every year we nominate supportive members into the positions of Coordinator, Treasurer, Secretary, as well as the Steering Committee. Join me now to nominate club members who you would like to see in one of these rolls. To reach the nominations pages, navigate to http://www.cpakayaker.com/nominations_list.php

To complete nominations, first look at the existing list to see if those you would like to see nominated are already mentioned in the role you would like to see them serve. If they are, then click on their name, enter your name, and press "I second that!". Note that if you do not enter your name, the nomination will not be counted.

If the individual you would like to nominate is not yet on the list, or is on the list as a different role, then click on the link "Nominate Them" from the second paragraph of text at the top of the page. Enter your name as the nominator, the name of the person you want to nominate, the role you would like to see them in, and a good description of what you think their relevant values are. Don't forget to enter any of these fields. It is all about valid nominations.

CPA Officers and Steering Committee, Call for Nominations

As a member, you may either post your candidacy and speech or nominate someone else by Tuesday, November 4, 2008.

[Has your candidate already been nominated? Check here first.](#)

Your Name:

Nominee:

Role:

Speech:
(ie. What makes your nominee a worthy candidate? What ideas do you have to improve the CPA?)

First, Enter Your Name

Then enter the name of the CPA member you want to nominate.

Select the role you would like to see them in.

Finally, leave a detailed supportive comment of why you want to see them in the nominated role. Don't leave this blank!

If you have been nominated, then you can "Accept" or "Decline" the nomination by clicking on your name and then clicking on one of the links to accept or decline the nomination.

Remember that these nominations culminate in votes taken at our November 1st Annual Meeting as well as votes sent in using the form in your CPA Newsletter. Your nominations will help to get your favorite CPA member voted in as an officer.

This year our November 1st Annual Meeting will be in College Park, MD. We will also be holding a pre-meeting paddle from the Bladensburg Marina on the Anacostia River. Don't forget to join us for this event as we discuss relevant club issues and vote in new officers for 2010.

More information will follow about meeting times, directions, paddle location directions, and special happenings at the meeting. So Nominate Now! And keep a watch here for more info....

Morgan Creek Paddle

By Ralph Heimlich



Saki Saws photo by Ralph Heimlich

A mixed group of 13 recreational and touring kayaks paddled Morgan Creek, a lovely tributary of the Chester River, on Sunday, August 30. We launched from Rileys Mill Landing road and went upstream until blocked by a small blowdown that Saki and I dispatched with our handy saws. Unfortunately, it's mama was around the bend upstream. We turned downstream and paddled out past the Rt. 291 Bridge launch site (where a colony of vultures was disposing of a deer roadkill), and found a low-tide beach out at the mouth of the Chester. Paddling back was a pleasant run with the tide behind us. A nice paddle for 12 or so miles. More photos at

<http://picasaweb.google.com/ralph.heimlich/MorganCreekBeginnerPaddle#> and

<http://picasaweb.google.com/CommodoreRich/MorganCreek82909#> and

http://www.kodakgallery.com/ShareLanding.action?c=19p5s29o.8sre9d04&x=0&y=-1f52t&localeid=en_US&cm_mmc=site_email--site_share--core--view_photos_button

Point Lookout To Smith Point

By Mihail Popov

The purpose of this trip was to explore the area and to “benefit” from the expected wind and wave conditions. The forecast was for 10-15 knots of South winds with gusts up to 25 knots and waves up to 3 feet. The idea was to paddle upwind, then surf back down to the launch site and surf the forecasted wind waves. Since “upwind” happened to be way in the middle of the open Chesapeake bay (in the general direction of Tangier Island), I did not want to risk being that far (at least 8 miles) away from land for the entire duration of the paddle. For added safety, I decided to cross the Potomac going South/South-East from Point Lookout and take a break on a beach there. This way the open water crossing could be as short as just under 6 miles. Once on the other side, I could either continue South-West along the Eastern Potomac Shore towards Smith Point (to gain additional “upwind” distance near the safety of the shoreline) or paddle back to the launch site depending on the conditions and how I felt.

There was no one to ask where I could launch in the middle of the week, so I decided to pick the Southern-most launching place: a convenient launch site perhaps 500 feet before the end of the road – at the last parking area just before the final U-turn circle at the tip of the peninsula (and right next to the bathrooms). The left side (the Chesapeake beach) was farther away from the parking and was exposed to waves this day. The water on the east side (the Potomac beach) was only about 25 feet from my car.

I launched from Point Lookout around 3 PM, which was a little later than I hoped. I knew that I could not make it all the way to Smith Point as the distance to there would be close to 25 miles. Sunset was around 8 PM and I wanted to be back during day light. That meant I had about 5 hours total and I watched the clock carefully to make sure I got back in time. The wind was supposed to remain from the South for the entire afternoon and I was counting on an “assisted” return downwind where I could catch some waves and be pushed by the wind. So I planned to use half the time to go up and the rest to go back with some rest mid-way.

I had done 6+ miles open water crossings near the Bay Bridge before so I was comfortable with the distance. However, unlike near Bay Bridge, there was almost no boat traffic and very few buoys to get a bearing from. Also, I could barely see my intended destination in the distance. If it started to rain, visibility would drop below what I needed to see either shore—I would not have anything to get a visual on. So I was prepared to go on compass and also had my GPS take note of where I started, and also took a good note of the wind and wave direction, in case I had to paddle “blind”. As it turned out, visibility remained good for the entire paddle and I did not need to rely on the “aids”. There was some rain at one point—I could not see the far beach, but I could still see the near shore and could figure out my bearing from there.

As I left Point Lookout, I could see the churning water to the south of it, where the Potomac and the Chesapeake met. There is a shallow there and the tide and currents meet and created quite a stir with unpredictable and changing waves running in all directions or exploding upwards. This area was maybe ¼ mile or so long and a few hundred feet wide. I imagine it may change location with the tide somewhat. I stayed just to the side of it and paddled away towards the opposite shore on the Potomac.

Initially I headed on the shortest path to cross, but the waves were almost parallel to me this way and my boat tends to weathercock. My goal was to go up-wind and against the waves as much as I could so that I could surf back down longer. I figured the conditions were not too bad—only good 2 foot waves with some 3 footers here and there, only a few breaking and the wind was not really too strong or gusty (10-15 knots as forecasted seemed about right). After a half a mile or so, I decided to go at a 45 degree angle to the waves and headed for a slightly longer crossing a little more upwind. I took a bearing from the large buoy before me, lined that with a radar tower on the other shore and found it easy to maintain that course. Once I passed the buoy, I could look back and have that lined-up with the structures behind me, on the tip of Point Lookout, so I had a good directional guide this way at least till the point that was closer to the South shore than to my launch point. There I could no longer see well far behind me and the buoy was too small to discern in the haze. The tall radar tower I was headed to also disappeared behind trees when I was more than a mile away from the South shore. But it did not matter, as I could now clearly see the shore and could pick a beach to land on.

I decided to check out a nice sand beach between some houses. No one was there and I saw no signs warning that paddlers will be shot if they set foot there, so I decided to land. I floated on my back in the water but got a minor sting by some jelly fish so I got out to have a snack. On shore, some nasty flies apparently thought they needed a snack too and quickly chased me back in the water for some more floating rest. After 20-30 minutes of rest I was back in my kayak.

Checking the time and the remaining distance, I figured I'd better head back. Took a line parallel to the waves for a couple of miles directly into the bay so I could later have a pure downwind run rather than be pushed by quartering waves all the way down. Whenever a nice set of waves came, I took the opportunity to surf it down, then headed back parallel to gain enough distance to surf down



Mihail's GPS track

(Continued on page 7)



New CPA Logo Performance Paddling Shirts

If you were at SK102, you may have seen the Pacific Blue shirts given to each of the instructors with a CPA Logo and the words "CPA Volunteer". Now you too can proudly display our club logo on a high-performance wicking shirt that's perfect for paddling. These shirts are similar to the Patagonia Capilene ultra-light, breathable and quick drying shirts on sale at stores for **\$35-\$40**. They have an 8-15 SPF factor and come in Sage Green, Khaki, Pacific Blue (and a very few Sky Blue, which is darker) in unisex sizes from Small to XX Large.

We got a special deal on these from OpenAirWear, a top-notch local maker who supplies performance wear to the Naval Academy, ski resorts and athletic teams, so these shirts are available to you for **\$15** each, while they last. They're handled by logomeister [Bela Mariassy](#) at Pier 7 and other events, and for \$5 S&H, he'll mail you one.

Ralph Heimlich

Point Lookout to Smith Point *(Continued from page 6)*

later. I was more than 8 miles away and could barely see the Point Lookout beach in the distance and knew it would disappear completely if it started to rain. The waves and wind had not changed much as I began to paddle back, so I had a good directional orientation by just following them downwind plus the GPS knew where I was supposed to go, so I was not worried that I'd miss my destination.

As it turned out, the wind and waves calmed down a little by the time I was 6 miles away from my destination. The challenging and fast downwind runs did not quite materialize. Most waves were not as steep as when I was heading out, there were very few white caps left and the wind was mostly below 10 knots. Thus, I only had a handful of good long runs linking waves. I switched the wing paddle I was using up to this point for the Greenland paddle as going downwind required more steering than pulling and the stick worked better for this.

Approaching Point Lookout I could see the churning water where the Potomac and the Chesapeake met. This time I decided to go right through it to see what it was like. The waves were lower and the tide ebb was barely there at that time of day, so the "washing machine" did not look nearly as bad as it did on my way out. It was rather shallow and the waves and currents came from all directions and pushed the kayak about quite strongly. That made for some exciting fast but short runs on the steep waves there, a little splashing over the deck, and I was out of the area in no time. Pretty amusing actually, but I would not want to spend too much time in water like that, especially if it were rougher and a capsize would definitely be a possibility. It would make for a good play spot though!

Back on the launch spot, I rested a little, took some photos of the evening sun, and was back on my way up Rt. 5 just after sunset. Overall, I was on the water for four full hours making a total distance of 17.2 miles with an 8 mile open crossing on the way out and over 9 miles in open water going back. The GPS track showed my average speed was almost constant at 4.3 miles per hour (except for the few brief fast surfing moments). It was interesting to observe that going downwind was not faster than going 45 degree upwind or parallel to the waves. Steering without a rudder actually slowed me down going downwind more than the waves helped propel me. Still, going downwind was easy as long as I did not insist on going fast and catching most every wave. Catching more waves was an option and I could move very fast this way, but due to my slow boat and the already weakening and not too steep waves it required a lot of energy to do this for any length of time. So I just floated down with not too much effort and only surfed the occasional bigger and steeper waves that came in cycles and where I had a chance to link several waves and make longer runs (a few good runs ended-up at speeds around 7 mph for close to 30 seconds, peaking above 8 mph – not as fast as the fastest large boat wake surfing I've done in flat water as the waves changed shape but still fast and enjoyable).



Sunset from Point Lookout photo by Mihail Popov

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 sinking 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.

September		
Saturday, Sep. 12	Kent Island Practice Paddle 07 —Final Kent Island Practice Paddle, KIPP-4 2009. Organizer(s): Led by Marshall Woodruff 202 345 0606.	Intermediate
Sat-Sun, Sep. 12-13	Swim Support - The Nations Triathlon Practice —Event Coordinators are offering the swimmers a short practice time the day before the big event. Join us for supporting their time in the water. We will launch from Columbia Island and support the swimmers as they traverse the course on the D.C. side of the river. Organizer(s): Dave Biss	Advanced Beginner
Sat-Sun, Sep 12-13	Wicomico Car Camper —Was Wye Island Car Camper. We have a locale for this at a friend of mine's. Limited to 10 tents. Organizer(s): Ralph Heimlich	Advanced Beginner
Saturday, Sep. 12	NONCPA EVENT-Wye Island Regatta —Enter the regatta and paddle around Wye island for 12+ miles. There will be some serious racers here as well as those looking for fun-in-the-sun. Organizer(s): Led by Annapolis Rowing Club .	All
Sat. Sep. 19	Mariner Point Park/Days Cove Paddle —We will wander through the many trails and into Days Cove looking for fish & wildlife. This paddle will be 8 to 10 miles depending on the weather and the participants. Organizer(s): Led by Katherine Neale.	Advanced Beginner
Sat-Sun, Sep. 26-27	Nassawango Pocomoke Camper —We will camp at Pocomoke State Park and launch from Shad Landing for some paddling adventures on Nassawango Creek and the Pocomoke River. Organizer(s): Led by Jennifer Bine.	Beginner
October		
Fri-Sun, Oct 2-4	Smith Island Camping —Take the ferry across to Smith Island; camp for a while; and explore the marshes with us in your kayak. Organizer(s): Led by Bob Pullman.	Advanced Beginner
Fri-Mon Oct 9-12	Susquehanna State Park Car Camper —We'll camp and explore the Susquehanna River and Susquehanna Flats from Havre De Grace. Organizer(s): Led by Ralph Heimlich.	Advanced Beginner
Sat Oct 10	Baltimore Harbor Day Paddle —A day paddle in Baltimore Harbor. More details will follow. Organizer(s): Led by Todd Angerhofer 202.412.7267.	Beginner

October (cont.)

Thu, Oct 15	Non-CPA Event: Great Chesapeake Bay Schooner Race —Here are some chances to watch the Scooners Racing down the bay from your waterside seats. Organizer(s): Led by GCBSR.	All
Fri-Sun, Oct 16-18	Tall Pines V 2009 - THIS TRIP IS FULL —Car camping and sea kayaking day trips on the upper Virginia eastern shore. AS OF 7/10/2009 THIS TRIP IS FULL. Organizer(s): Led by Greg Welker and Jenny Plummer-Welker 301-249-4895.	Advanced Beginner
Sun, Oct 18	Non-CPA Event: NY Mayors Cup —This is one fast-paced, long, rough kayak race. if you are into those things. Organizer(s): Led by Ray Fusco.	Advanced Beginner
Thu, Oct 29	PoG Halloween Paddle/Party —Join the Pirates of Georgetown for an evening paddle and a party afterwards. Costume required! This will be the end of the season. Organizer(s): Led by Dave Biss 703-241-0036.	Beginner
Sat, Oct 31	Halloween Night Paddle —Paddle at night...Halloween Night, from Columbia Island. Organizer(s): Led by Todd Angerhofer 202.412.7267.	Beginner

November

Sun, Nov 1	CPA Annual Meeting and Election —Paddle the Anacostia at Bladensburg Regional Park, then join us at the UMD Aquatic Center for our annual meeting, elections, other happenings. Organizer(s): Led by Dave Biss.	All
Fri-Sun, Nov 6-8	Chickahominy River Car Camper —Car Camper on the Chick as the leaves turn and paddle around Jamestown Island or on the Chickahominy or James Rivers. Organizer(s): Bill Dodge 703-201-8636 (cell)	Advanced Beginner
Fri, Nov 13	Non-CPA Event: Wildfowl Festival EASTON MD	All

December

Sat, Dec.5	CPA Holiday Party and Annual Raid —Once again, dear friends, into the breach. Christmas, Hannukah, Kwanza, the Summer Solstice—whatever you want to celebrate, come to Laurel, Maryland as the year fades away. Details to follow	All
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Iron Girl Triathlon Swim Support kayakers photo by Doug Setzer

Sue also got another "Thank you" note from a swimmer about the kayakers' encouraging words.

Keep next spring's Columbia Triathlon 5/23/2010 and Iron Girl 8/22/2010 dates in mind!

Doug's photos: <http://tinyurl.com/IronGirlHoCoDSetzerPhotos>

Iron Girl Swim Supporters Paddle Early

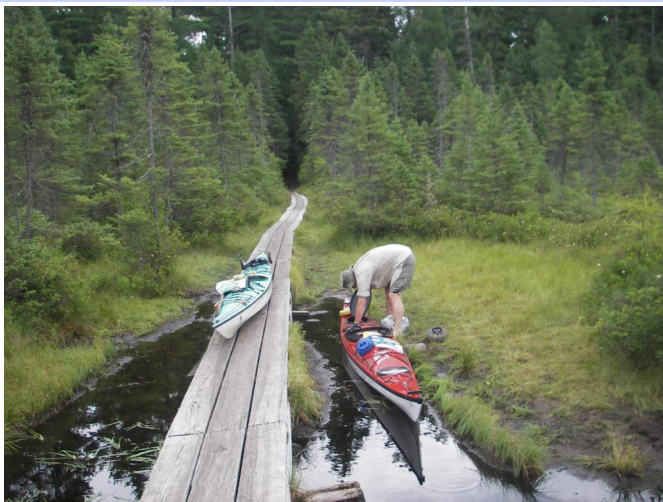
Sue Bauer reports that the swim support paddlers for the Columbia Iron Girl Triathlon were "...coming out at O-DARK FIVE HUNDRED to help" on August 23. Despite the dark start, the weather turned gorgeous and breezy—such a good day to be on the water. There were over 2,400 swimmers to watch this year, a lot of first timers to guide, and many colors of caps to keep on course.

How many waves of colorful swim caps went by could not be counted, until the youngest teenagers in orange caps proved to be the last wave. We had sufficient numbers of kayakers, 19 counting the other 4-6 kayaking volunteers, to cover the entire course (0.62mi) with comfort this year. Everywhere I looked, kayakers were working the waters! Just looking through Doug Setzer's photos, you get a feel for how many swimmers passed quickly ... OR stopped for a quick rest on the kayaks, sometimes three at a time. Swim supporter's encouragement and friendly words went a long way—only about 9 swimmers needed to be pulled by the Fire & Rescue Boat.

Doug's own personal message hit home about the local charities the Triathlon supports.



Kayakers in the dark photo by Doug Setzer



Portaging into St. Regis Pond, Adirondacks *photo by Ralph Heimlich*

Inside our August issue:

- CPA Leader Training A Success
- A Greenland Event
- Who Needs A Paddle Anyway? The Hand Roll
- CPA Officer Nominations Open
- Morgan Creek Paddle
- Point Lookout to Smith Point
- Columbia Iron Girl Triathlon Swim Supporters
- September-December Calendar

The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.

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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.