



Cruiser

Canoe Cruisers Association of Greater Washington, DC, Inc.

The Chairman's Cockpit

By Ed Grove

As we moved from Winter into Spring the CCA has responded with some wonderful activities. First, our two meetings during this time (thanks to Ed Gertler) have been most lively. For our February meeting, Ed had a wonderful video on the very remote and difficult Linville Gorge deep in the North Carolina wilderness which kept us on the edge of our seats as very skilled paddlers somehow got through the maelstrom of rapids on this very steep relentless river. In our April meeting, a spokesman from American Rivers gave us a most informative overview regarding all the programs this organization has launched to preserve rivers throughout the United States.

Concerning other efforts, Jeff Fox finished leading, coordinating, and helping paddlers during the rolling sessions at the Takoma Park pool which ended at the end of April. This is a most important program for our club, and I know we all look forward to a full rolling "season" from next January through April when we can sharpen our rolls without cold water headaches from frigid winter rivers.

Finally, it was wonderful to be present at the CCA downriver race May 23. Thanks to Star Mitchell and numerous CCA members the race went off smoothly on a wonderful sunny day with the Potomac running at a brisk 4 feet. Our gathering for lunch and the award ceremony was a great time to unwind and chat with fellow paddlers -- some who we haven't seen for some time.

Now that Spring has sprung and our rivers are up, please send the Cruiser trip reports of your wonderful journeys -- even if you haven't led a trip. *Ed*

CCA DOWNRIVER RACE 2009

By V. Star Mitchell, Race Chair

The 54th running of the CCA Downriver Race occurred May 23, 2009. Fifty-three racers ran the race in 45 boats with a water level of 4 feet. A total of approximately 98 people were involved with the race in some capacity. This does not count the many spectators who watched from the put-in, the banks for the river or the finish at the Island. All racers and volunteers received a unique T-shirt that Adam VanGrack (BCE Vice-Chair) had designed by an artist from California.

After the race, racers and volunteers devoured 30 buckets of chicken, 15 lbs. of Greek Salad, 6 lbs. of potato salad, 10 half gallons of ice cream, gallons of soda, and topped off with homemade cookies made by Sycamore

(Continued on page 4)



Pictures left to right: Jum Finucane, Star Michell, Dave Newsom, Tim Tilson, and Alf Cooley

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CCA Meeting—Wed., June 24th

By Ed Gertler
CCA Programs Coordinator

CCA meetings are normally held at the Clara Barton Community Center, 75th and MacArthur Blvd, Cabin John, MD, at 7:30pm.

Norway, by hoof and paddle

Michael Hoon and Diana Rodum have returned to Norway to ramble about its mountains and cities and paddle its fiords. Tonight, they will share their experiences with us at Clara Barton for a real escape.

Lost and Found:

Found on Clara Barton on Race Day, Helmet and Skirt, apparently blew off a car. Contact Joan Goodbody newsletter@canoeclub.org for information.

Potomac Riverkeeper is hosting our Annual Potomac River Gala

Sunday, June 7th.

For more information visit their website;

<https://potomacriverkeeper.ejoinme.org>



CCA Downriver Race participant
Liam Malakoff

Pool Rolling Classes—back with success.

By Jeff Fox

CCA brought back pool rolling at the familiar but upgraded Takoma Park pool facility on Thursday nights during March and April. This community-level activity was missed during its hiatus during 2008. Attendance was spotty this year, but some evening sessions brought in as many as 15 paddlers, mainly in white-water playboats and river-running kayaks but a few open canoes and at least one closed-deck canoe appeared.

The two months of Thursday-night sessions attracted nearly 100 participants, with a mix of repeat stalwarts and others showing up for only one or two tune-up experiences. Although no one brought young children this year, there were fathers teaching teenage sons, adult sons teaching mothers or fathers, siblings teaching one another, and friends coaching friends. Participants ranged from their early 20s into the 60s and early 70s. Most evenings proved to be good-natured free-for-alls, with plenty of peer instruction amid informal appraisals of technique and equipment and tales of favorite paddling adventures.

A few curious observers jumped into kayaks for the first time to learn the basics of paddling safety, including the wet exit and the odd mechanics of a kayak roll. This whole process proved intriguing to several pool lifeguards as well as Veronica Marie, aquatics director for the Takoma Park Pool. She came very close to executing a roll during her first impromptu lesson before quitting because she was already worn out from a full day of work that includes teaching youngsters how to swim and families how to play safely in the water. The experiences of the staff with the kayakers, however limited, helped to allay some of their anxieties about what the CCA paddlers were up to. Several lifeguards overcame their natural concerns about boaters deliberately dunking themselves upside down while stuck in boats and kept careful supervision from the pool deck.

Unlike past years, the abbreviated 2009 CCA pool-rolling season did not break even in terms of covering rental costs for the pool, which was higher than for past seasons. Part of the poor attendance problem was the late start in March when the pool re-opened after being closed for all of 2008 and through January and February of this year. Another reason was difficulty in notifying the local paddling community, whose members begin thinking about indoor rolling opportunities only after outdoor conditions become impossible for all but the hardest and most-determined winter-long paddlers. Moreover, one of the most popular local electronic message boards was not operating in the brief run-up to the sessions start in March.

"I strongly agree that we should start the sessions earlier next year," says CCA chair Ed Grove. "I would think that a strong February would do much to offset our losses. However, I think this is a very important winter-early spring activity for the club. It builds skills, strengthens friendships, and is a good "hands on" activity when rivers are icy."

"On the plus side, I think the sessions brought in some new CCA members," says CCA member Jeff Fox, who managed the 2009 pool-rolling program. "The sessions generate a lot of good will and interest in paddling." These sessions also the role of reinforcing the importance of safety and self-rescue skills as an integral part of paddling.

Now, it's high season, the time for putting those hard-won skills to use on the river.

For a local newspaper account of the CCA rolling sessions, check out the suburban Gazette website: http://www.gazette.net/stories/04082009/takonew184855_32477.shtml.

Jeff Fox

get ready for **ADVENTURE**



Roll Doctor

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River Classes



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- Playboating
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river trips

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- Youghiogheny
- Savage
- Cheat
- New
- Gauley
- ...and more!

certification

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- ACA Swiftwater Rescue
- Wilderness First Aid

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- Mexico
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- Build your own!



Liquid Adventures Kayak School
www.liquidadventures.org
301-229-0428

(Continued from page 1)

Island member Jane Winer and delivered by husband David Winer. After the feeding frenzy, the awards were presented

The race results are listed in chart 1 on page 5 and 6. The beautiful cups donated by the Bethesda Center of Excellence went to: Fastest Overall, Peter Lutter (age 16) paddling a wildwater boat (0:53:51); Fastest Kayak, Adam VanGrack (0:57:50); Fastest Solo Canoe, Tom Brubach (1:15:36); Fastest Female (K1), Sandrine Deglin (1:08:59); Fastest Tandem, Bob Davis and Larry Lubbers (1:01:52).

A bit of history rolled down the river as Bill Marmon and Wade Wallace paid tribute to one of the beloved "Father's of the CCA" and paddled John S. Thomson's old faithful Grumman which they portaged at the Level IV carry out of Sycamore Island. I would surmise that 54 years ago that was the boat of choice in which to run the race (only without any additional floatation).

I hope John S. Thomson was watching from above as his faithful old boat relived history and ran the race with a respectful time for a Grumman of 1:38:02. Most of you do not know, that John's ashes, in a solemn ceremony were sprinkled down the Potomac, so when we paddle he is always with us.

No race could happen without the dedicated volunteers who are the backbone of the race. Without skilled timers, the Race could not be run. Our head timers, Kathy and Frank Collins gave up Bloomington to appear with their laptop to record accurate times. Michael Baummer (and his canopy), Ben Collins, Alf Cooley, and Peter Mueller gave skillful timing assistance.

Susan Sherrod was our official photographer. Our land workers who arrived at Great Falls at **8:00 a.m.** for set-up, check-in, directions, shuttling racers, carrying heavy loads, and toting and fetching at Sycamore Island were: Steve Delanoy, Jim Finucane, Joan Goodbody, Mitchell Helbrecht, Mike Marstaller (our Parking Lot Marshall), Dan Moorad, Dave Newson, Tim Tilson,



Sandrine Degles

photo by Susan Sherrod

prior to the race and spent two hours with me folding T-shirts. Don Besom (former Co-Race Chair) came by my house, picked up the Sign-In forms and Liability Wavers and ran them off on colored paper.

Another key component is the Racers Meeting before the race. Thanks to Davey Hearn for conducting the meeting and doing all the safety checks.

Without Safety Boats on the river the Race could not be run. Mike Blackburn headed up the Safety Crew that consisted of: Laura Breeden, Kevin Campbell, Jane Collins, Jeff Fox, Ed Grove, Pat Kinney, Miki Komlos, Jim Long, Jim Mallard, Hector Picart, Jen Sass, Helene Scalliet, and Kathleen Sengstock.

To aid racers in the flat, heavily-vegetated, and confusing end of the race, Sycamore Island Safety Boats were strategically stationed by Jim Drew and his crew of: Cindy Bertaut, Richard Burns, Vicky Judson, Lucky Marmon, and Jeff and Sondra Komarow.

When the racers arrived at the take-out they were greeted by Sycamore Island's George Malusky with cookies and water. Island Caretaker and CCA Social Chair, Joe Hage re-painted and put up directional arrows, hung the finish line banner, and many other tasks that helped make the race a success. Saturday Caretakers Renee and Stephen Marcus took racers bibs and gave out T-shirts. And last but not least, Jerry Barton, Carl Linden, and John Stapko were at the Island to give needed assistance.

This race is a wonderful 54-year-old tradition and people seem to enjoy volunteering and making it all happen. My thanks goes out to these dedicated volunteers. I particularly want to thank Adam VanGrack for taking the position of BCE Vice-Chair and giving me so much valuable assistance. Many thanks to the 53 racers who turned out and ran the race. If I have forgotten the name of anyone who came and helped, I am so sorry.

If you missed CCA's annual race and big social event, I hope you will join us next year. Keep up with all the events, activities and programs of the CCA on the website. Come join all the fun.



Wonderful Food

photo by Susan Sherrod

CCA Potomac Downriver Race Results.

| Bib # | First Name | Last Name | State | Age Group | M/F/MX | Class | Place | Elapse Time |
|-------|------------|---------------|-------|-----------|--------|----------|-------|-------------|
| 40 | B. Carter | Hearn Jr. | VA | Legend | M | C1 | 1 | 1:18:22 |
| 15 | Simon | Ranagan | | Junior | M | K1 LONG | 1 | 1:07:40 |
| 54 | Liam | Malakoff | VA | Junior | M | K1 LONG | 2 | 1:15:45 |
| 38 | Eliza | Malakoff | VA | Junior | F | K1 LONG | 1 | 1:28:22 |
| 39 | Gio B. | Gori | MD | Legend | M | K1 LONG | 1 | 1:12:02 |
| 27 | Alf | Cooley | VA | Legend | M | K1 LONG | 2 | 1:16:33 |
| 12 | Bill | Carr | MD | Legend | M | K1 LONG | 3 | 1:16:35 |
| 44 | Tom | McEwan | MD | Master | M | K1 LONG | 1 | 1:05:05 |
| 23 | Peter | Bross | MD | Master | M | K1 LONG | 2 | 1:14:41 |
| 18 | Bill | Prindle | MD | Master | M | K1 LONG | 3 | 1:19:02 |
| 32 | Kenneth | Jackson | VA | Master | M | K1 LONG | | 1:20:32 |
| 16 | Steve | Burstein | VA | Master | M | K1 LONG | | 1:28:48 |
| 14 | Irene | Owsley | | Master | F | K1 LONG | 1 | 1:18:25 |
| 42 | Barbara | Brown | MD | Master | F | K1 LONG | 2 | 1:19:11 |
| 47 | Danny | Stock | MD | Open | M | K1 LONG | 1 | 1:06:59 |
| 33 | Ben | Collins | VA | Open | M | K1 LONG | 2 | 1:09:33 |
| 50 | Peter | Mueller | VA | Open | M | K1 LONG | 3 | 1:11:14 |
| 20 | Adam | VanGrack | | Senior | M | K1 LONG | 1 | 0:57:50 |
| 37 | Matthew | Curran | MD | Senior | M | K1 LONG | 2 | 1:02:07 |
| 51 | Chris | Glazner | | Senior | M | K1 LONG | 3 | 1:03:02 |
| 52 | Kelly | Guerrero | | Senior | M | K1 LONG | | 1:04:43 |
| 35 | Mark | Schreib | MD | Senior | M | K1 LONG | | 1:08:53 |
| 19 | John | Munnell | VA | Senior | M | K1 LONG | | 1:08:55 |
| 57 | Eric | Voit | MD | Senior | M | K1 LONG | | 1:09:52 |
| 49 | Randall | Lutter | | Senior | M | K1 LONG | | 1:09:53 |
| 25 | Andrew | O'Neil | DC | Senior | M | K1 LONG | | 1:11:56 |
| 41 | John | Stevens | DC | Senior | M | K1 LONG | | 1:12:47 |
| 24 | Tim | Stahler | VA | Senior | M | K1 LONG | | 1:13:58 |
| 10 | John | Roche | MD | Senior | M | K1 LONG | | 1:21:49 |
| 30 | Sandrine | Degles | | Senior | F | K1 LONG | 1 | 1:08:59 |
| 56 | Jennifer | Hearn | MD | Senior | F | K1 LONG | 2 | 1:10:20 |
| 55 | Howard | Morland | VA | Master | M | K1 SHORT | 1 | 1:17:53 |
| 11 | Bernhard | Fritz-Krochow | | Senior | M | K1 SHORT | 2 | 1:21:07 |
| 34 | Ben | Pogue | MD | Senior | M | K1 SHORT | 3 | 1:21:13 |
| 53 | Daniel | Mullins | MD | Senior | M | K1 SHORT | | 1:31:12 |

Con't on page 6..

Race Results, page 2 (con't from page 5)

| Bib # | First Name | Last Name | State | Age Group | M/F/MX | Class | Place | Elapse Time |
|-------|------------|-----------------|-------|-----------|--------|--------------|-------|-------------|
| 13 | Tom | Brubach | VA | Master | M | OC1 | 1 | 1:15:36 |
| b46 | Bob | Davis | | Master | M | OC2 | 1 | 1:01:52 |
| b46 | Larry | Lubbers | | Master | M | OC2 | 1 | 1:01:52 |
| e43 | Bill | Marmon | | Master | M | OC2 | 2 | 1:38:02 |
| e43 | Wade | Wallace | DC | Senior | M | OC2 | 2 | 1:38:02 |
| c31 | John W. | Carlson | MD | Senior | M | OC2 | 1 | 1:17:38 |
| c31 | Jonathan | Graham | | Senior | M | OC2 | 1 | 1:17:38 |
| g45 | Jason | Van Valkenburgh | DC | Senior | M | OC2 | 2 | 1:29:48 |
| g45 | Michael | Hering | | Senior | M | OC2 | 2 | 1:29:48 |
| a26 | Kathleen | Hooke | MD | Senior | F | OC2 MIXD | 1 | 1:18:54 |
| a26 | Paul | Stanton | | Senior | M | OC2 MIXD | | 1:18:54 |
| f48 | Thomas | Lawerence | MD | Junior | M | Parent/Child | 1 | 1:09:27 |
| f48 | Claude | Lawrence | MD | Master | M | Parent/Child | 1 | 1:09:27 |
| d58 | Jesse | Hearn | | Junior | M | Parent/Child | 2 | 1:10:14 |
| d58 | David | Hearn | | Senior | M | Parent/Child | 2 | 1:10:14 |
| 59 | Ben | Malakoff | VA | Open | M | Parent/Child | 3 | 1:28:32 |
| 59 | David | Malakoff | VA | Senior | M | Parent/Child | 3 | 1:28:32 |
| 22 | Peter | Lutter | | Junior | M | WWK1 | 1 | 0:53:51 |

| |
|--|
| Summary Statistics and Information about 54th CCA Downriver Race. |
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| | | | | | |
|-----------------|-----------------|----------|--------|----------|--------|
| 53 racers | 45 Boats | Juniors: | Peter | Over 70: | Carter |
| Fastest Overall | Peter Lutter | | Simon | | Gio |
| Fastest Kayak | Adam VanGrack | | Liam | | Alf |
| Fastest Canoe | Davis/Lubbers | | Eliza | | Bill |
| Fastest Female | Sandrine Degles | | Thomas | | |
| Slowest | Marmon/Wallace | | Jesse | | |

Canoe Cruisers Association 2009 Schedule of Instruction

Canoeing Basics class

June 6 & 7 "

July 18 & 19 "

Beginning Whitewater Canoe

July 18 & 19 "

Aug. TBA "

Beginning Whitewater Kayak

July 25 & 26 "

Basic River Safety/Rescue

June 13 & 14

Aug 8 & 9

Aug 22



Registration instructions

Go to the information page on Instruction at <http://www.canoecruisers.org>, download the registration form and then Check the class you wish to take and mail the completed form along with your donation to the lead instructor listed.

Register early because some classes fill up quickly. Register by mail at least ten days in advance of the first date of the class.

The suggested donation for classes is \$35 per student. The donation is not mandatory. The request for donations is made to cover the expense of books, equipment, and facilities used during the classes..

Need more information?

For more information on instruction go to the web site at <http://www.canoecruisers.org>

fire it up

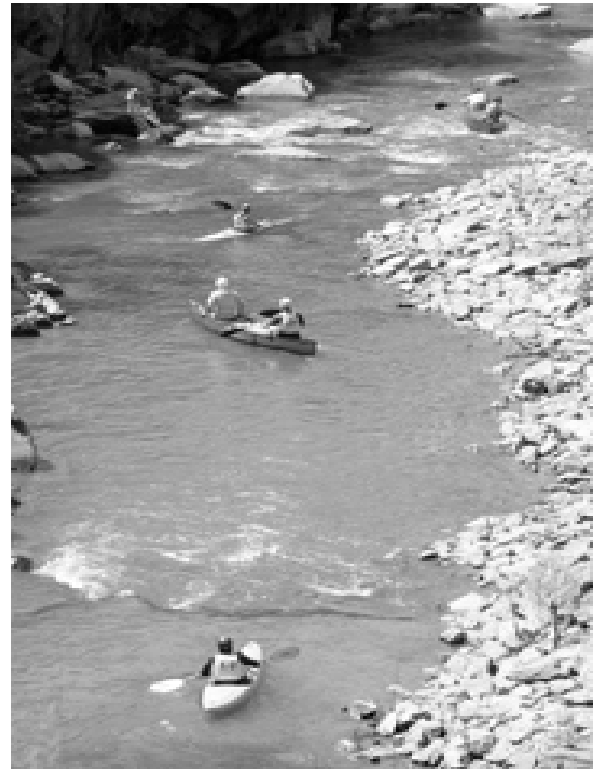
At the 19th Annual Potomac Whitewater Festival July 10-12, 2009

Ready to go to the extreme? Only the strong survive when paddler takes on nature --- and other paddlers --- at the 19th Annual Potomac Whitewater Festival, July 10-12, 2009, on the Potomac River near Washington, D.C.

Saturday kicks off with the race over Great Falls, a true test of skill and courage as paddlers race against the clock on the roaring waters of the Potomac River. Sunday brings paddlers head-to-head as they race in four boat heats on a course over Little Falls, downstream above Chain Bridge. These races draw the best of the best --- are you ready?

Register in advance at <http://www.potomacfest.com>. And yeah...there are some other events and even a party with a silent auction on Saturday night. But you're too stoked to care, right?

This Festival is organized by the paddling community of the Washington DC area in collaboration with the C&O Canal National Heritage Park (MD). All proceeds will be directed to American Whitewater, whose mission is to raise awareness about the need to protect whitewater river resources.



Setting off for the 54th Annual Downriver Race.

Submissions to the Cruiser

Should be made via e-mail to newsletter@canoecruisers.org, submitted on 3.5" disk, or typed for scanning. No special formatting is required, but plain, block style is preferred. **Photos**—are strongly encouraged and can be e-mailed, or snail-mailed. Color photos are preferred.

Advertisements

Classified Ads—The first 3 lines are free. Each additional line is 75 cents per line. Send classified ads to newsletter@canoecruisers.org

Lost & Found—No charge. **Give-Aways**—No charge. **Paddlers Flea Market**—on the web at ccadc.org—No charge.

Display Ads—\$5 per column inch, Quarter page \$40, half page \$75, full page \$150, insert \$300-\$450. Display ads can be submitted via e-mail, 3.5" disk or CD-R. Hard copy ads will be scanned. Advertisers receive a link on our web site. For additional information, e-mail newsletter@canoecruisers.org, or call Joan Goodbody at 703-887-5013. **Payment**—must be received prior to publication.

Mailing Address—Cruiser Editor, Canoe Cruisers Association, 11301 Rockville Pike, PO Box 2523, Kensington, MD 20891

Little Falls

By Barbara Brown

I paddled Little Falls in low water (3'0" to 2.7") over ten times last summer. Little Falls *changes* with the tide! I have rubbed my eyes again and again in disbelief. Never think the doable move you made 24 (or even 5 or even 2!) hours before can be repeated. The Rapid will surprise you again and again and again.

The main channel of the Virginia side moves *laterally* with the tide!

1. Sometimes, it is an S move.
2. Other times, it straightens. It rushes directly into Cleaver Rock. Since it has moved left, a pillow appears on the tip of the center island.

You have to see it again and again to believe it!!!!

How does this affect your paddling the rapid?

EASIEST and SAFEST: #1 The "S" move into the Virginia side is what you want to see. The paddler follows the water and arrives without major incident into the pool behind the Virginia island. The tide is low so Cleaver Rock is an obvious avoidable obstacle. The water has been deflected to the right from the center rock pile which is more or less dry. Below the rock pile, there is a solid eddy. The attainment move across the eddy (a fun elevator move) is an excellent, safe play move. Another play move is to ferry upsteam of Cleaver Rock and turn downstream into the chute along the Center island. Except for splashing through a small hole, it is safe and doable. You have fun doing these circles, thinking Little Falls although interesting is no big thing. To add variety, the same ferry move, if continued can go into the Maryland side eddy. The area at the point of the Island is mildly bubbly. Paying attention, because it is possible to broadside Cleaver Rock or the island itself, you can ferry back and forth between Maryland and Virginia without incident.

The Room of Doom is nonexistent – just a still body of water.

#2 *Not only has the rapid changed, but it is significantly more difficult and more dangerous! And the level is the same as the last time!*

You can't believe your eyes. The main jet is going straight into Cleaver Rock. The rock pile behind Cleaver Rock is a maelstrom. The chute along the Island (your emergency exit if you miss the eddy turn) has a serious hole at the bottom. Most interesting, at the bottom of Little Falls, the volume of the river from the chute along the island is flowing across the Virginia channel, straight *into* the Room of Doom. At the upsteam end of the Room of Doom are large, dramatic whirlpools. Downstream of the Room, the wall is deflecting boils.

The run into the Virginia side becomes one long, frantic challenging ferry. Turning your bow downstream, even a tiny bit, puts you straight into Cleaver Rock. Those that make it have frantically braced or rolled into the ferocious

water behind the Rock Pile. Those that roll do it with difficulty in the eddies below. Swimmers end up in circling the Room of Doom, often dodging their flooded boats. Ferrying the other way (Virginia to Maryland) is **impossible** by even the best paddlers.

Celebratory paddlers that made it to the eddy behind the island still have to finish the rapid. Coming out from pool behind the Virginia Island is serious paddling. One needs to *ferry* the jet into some very unwelcoming water to stay away from the Room of Doom, the wall and the whirlpools.

To add even more spice, there is a significant pillow on the tip of the island. The Maryland side paddlers, who think they have avoided all danger, find themselves against this pillow if they are only slightly off line to the right.

Early in the summer, when all seemed "mild," we had a swimmer in the seemingly flat Room of Doom. Washed out the downstream end, fully lifejacketed, he was sucked so deep along the wall, he couldn't be seen. He popped up **30** feet downstream. You do not want to be swimming here!

When you scout Little Falls, DO NOT PRESUME YOU KNOW THIS RAPID!

Most flabbergasting of all was the historic low water of 2006, high tide. The entire rapid was nearly flat water, except for the very top. Nowhere was it above class 2. Faster boats could have attained it. Sharp edged granite formations in ghoulish shapes, seldom seen above the water line, reminded one over and over that this is not a place to swim.

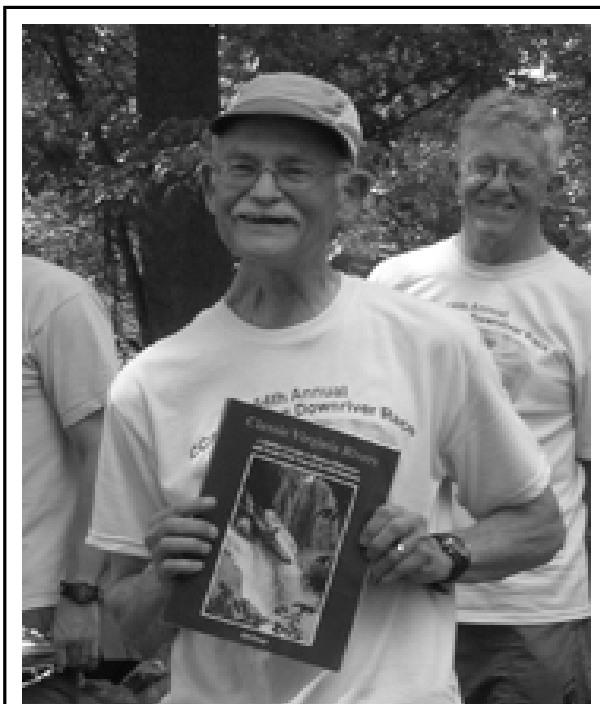
With higher water, the tide is pushed downstream and no longer plays havoc with the features of the rapid. The rapid, although still challenging, is at least predictable.



Figure 1. Little Falls at 2.7 feet. Taken Sunday November 8, 2008. The main channel makes an S turn, creating a direct line to the Virginia eddy.



Figure 2 When the channel at Little Falls goes straight into Cleaver Rock, unfortunate and unexpected paddling mishaps can occur.



Ed Grove, CCA President at the Downriver Race awards ceremony, holding the New 4th Edition of his book, *Classic Virginia Rivers: A Paddler's Guide to Premier Whitewater and Scenic Float Trips in the Old Dominion*.

Figure 3 Downstream, the full force of the current makes no "S" turn. On other occasions the channel on river left crosses over directly into the Room of Doom, a significant change, created by the tide, although the water level remains the same. The rockpile downstream of Cleaver Rock has significant pinning potential. As the tide lowers, the rocks come out of water increasing the risk of a pin. Photos by Peter Bross



Figure 4: The channel has now moved left forming a pillow at the tip of the Rocky Island, fully capable of pinning boats and other buoyant objects. Photo by Heigendorfer.



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With an American Rivers' charitable gift annuity you can make a donation for river conservation, save taxes, and earn lifetime income. For example, a 70 year old contributing \$10,000 would be entitled to an annual annuity of 5.7%, or \$570 (effective return of 9% due to tax savings*), guaranteed, for life.**

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*Assumes donor is in the 35% federal tax bracket.

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Please Note: This example is for illustrative purposes only and is not intended as legal or tax advice. Consult your own legal and tax advisors prior to making any decision.

The wild and scenic Missouri Rive. Photo by Larry Lynch.

Trip Schedule and Calendar

N=Novice PN= Practiced Novice LI=Low Intermediate
 I=Intermediate HI= High Intermediate AI=Advanced Intermediate
 A=Advanced E=Expert

Check the **Web Site** for schedule changes and the **Message Board** for last minute trips at canoecruisers.org

If you have trouble reaching a trip coordinator, or would like to have a trip listed, please contact **Barbara Brown** at potomacb@comcast.net or call 301-765-9115

June

- 2-Tues non-paddling "Fletchers Instruction, 6:30 Fletchers Cove Jim Finucane 301 365-3485, jim.finucane@yahoo.com We always need more instructors! Do Come. Potluck picnic follows."
- 3-Wed "PN, Low I" Wednesday Evening Paddle Anglers to Lock 10 Michael Baummer 703 521 8334; michael_baummer@verizon.net. Check with Paddle Prattle as to specifics
- 4-Thurs I-HI Steve Ettinger's Thursday group 301-215-7564 EttingerSJ@aol.com
- 6-Sat All "Seneca Creek Clean-up Jim Finucane 301 365-3485, jim.finucane@yahoo.com, Picnic follows."
- 6-Sat/7Sun Adv/Exp "Cheat, Middle Fork of the Tygart, Yock Jim Mallard nose-plugs@peoplepc.com CALL EARLY Trip limited to capable paddlers. Preference given to long boats. Note, Jim can only be reached by email."
- 6-Sat/7Sun All Greater Rappahanock Whitewater Race www.grwcr.org. Kathy Collins 703 533 1665
- 9-Tues non-paddling "Fletchers Instruction, 6:30 Fletchers Cove Jim Finucane 301 365-3485, jim.finucane@yahoo.com We always need more instructors! Do Come. Potluck picnic follows."
- 10-Wed "PN, Low I" Wednesday Evening Paddle Anglers to Lock 10 Michael Baummer 703 521 8334; michael_baummer@verizon.net. Check with Paddle Prattle as to specifics
- 11-Thurs I-HI Steve Ettinger's Thursday group 301-215-7564 EttingerSJ@aol.com
- 13 Sat PN-LowI Staircase Ginny DeSeau de-seauv@mail.nih.gov 301 251 2978
- 13-Sat All "Harpers Ferry Festival and Tim Gavin Downriver Race, KOA Campground www.harpersferryoutdoorfestival.org."
- 13-14 Sat & Sun ALL Swiftwater Rescue Ron Ray ronaldaray@verizon.net 410 884 6719
- 16-Tues non-paddling "Fletchers Instruction, 6:30 Fletchers Cove Jim Finucane 301 365-3485, jim.finucane@yahoo.com We always need more instructors! Do Come. Potluck picnic follows."
- 17-Wed PN-LowI Wednesday Evening Paddle An-

glers to Lock 10 Michael Baummer 703 521 8334; michael_baummer@verizon.net. Check with Paddle Prattle as to specifics

- 18-Thurs I-HI Steve Ettinger's Thursday group 301-215-7564 EttingerSJ@aol.com
 - 20-Sat HI-Adv Lower Yock Jennifer Plyler 3014454815 Please call before 8 pm.
 - 23-Tues non-paddling "Fletchers Instruction, 6:30 Fletchers Cove Jim Finucane 301 365-3485, jim.finucane@yahoo.com We always need more instructors! Do Come. Potluck picnic follows."
 - 24-Wed All "CCA Meeting Clara Barton Community Center, 75th and MacArthur Blvd, Cabin John 7:30"
 - 24-Wed PN-LowI Wednesday Evening Paddle Anglers to Lock 10 Michael Baummer 703 521 8334; michael_baummer@verizon.net. Check with Paddle Prattle as to specifics
 - 25-Thurs I-HI Steve Ettinger's Thursday group 301-215-7564 EttingerSJ@aol.com
 - 27-Sat PN "Violet's Lock to Great Falls Bill Branson 301 365 4181, 301 496 9993, Billb@mail.hih.gov"
 - 27-Sat to July 5 Sun all Canolina Canoe Club Week of Rivers Ben Gilbert cruise.chair@carolinacanoecub.org
 - 28-Sun LI Staircase. Mike Blackburn 702 909 4304 1-571 283 9014 blackburn@costelloconstruction.com
 - 30-Tues non-paddling "Fletchers Instruction, 6:30 Fletchers Cove Jim Finucane 301 365-3485, jim.finucane@yahoo.com We always need more instructors! Do Come. Potluck picnic follows."
- ## July
- 1-Wed PN-LowI Wednesday Evening Paddle Anglers to Lock 10 Michael Baummer 703 521 8334; michael_baummer@verizon.net. Check with Paddle Prattle as to specifics
 - 2-Thurs I-HI Steve Ettinger's Thursday group 301-215-7564 EttingerSJ@aol.com
 - Sat June 27 -July 5 Sun All Carolina Canoe Club Week of Rivers CarolinaCanoeClub.org
 - July 4 Sat All Fourth of July Fireworks picnic and paddle Star Mitchell 301-530-3252starmitchell@verizon.net Meet at Theodore Roosevelt Island 4:00
 - 7-Tues All "Fletchers Instruction, 6:30 Fletchers Cove Jim Finucane 301 365-3485, jim.finucane@yahoo.com We always need more instructors! Do Come. Potluck picnic follows."
 - 8-Wed PN-LowI Wednesday Evening Paddle Anglers to Lock 10 Michael Baummer 703 521 8334; michael_baummer@verizon.net. Check with Paddle Prattle as to specifics
 - 9-Thurs I-HI Steve Ettinger's Thursday group 301-215-7564 EttingerSJ@aol.com
 - 12-Sun Adv Cheat or Lower Yock Dick Pierce rpierce@law.gwu.edu 702 524 2087
 - 14-Tues All "Fletchers Instruction, 6:30 Fletchers Cove

Trip Schedule (Continued)

Jim Finucane 301 365-3485, jim.finucane@yahoo.com
We always need more instructors! Do Come. Potluck picnic follows"

15-Wed PN-LowI Wednesday Evening Paddle Anglers to Lock 10 Michael Baummer 703 521 8334; michael_baummer@verizon.net. Check with Paddle Prattle as to specifics

16-Thurs I-HI Steve Ettinger's Thursday group 301-215-7564 EttingerSJ@aol.com

18-Sat I-HI Little Falls Ed Grove eddyout@verizon.net 703 533 8334

18-Sat N Violets Lock Joan Goodbody jodyg13@hotmail.com

21-Tues All "Fletchers Instruction, 6:30 Fletchers Cove Jim Finucane 301 365-3485, jim.finucane@yahoo.com We always need more instructors! Do Come. Potluck picnic follows"

22-Wed PN-LowI Wednesday Evening Paddle Anglers to Lock 10 Michael Baummer 703 521 8334; michael_baummer@verizon.net. Check with Paddle Prattle as to specifics

23-Thurs I-HI Steve Ettinger's Thursday group 301-215-7564 EttingerSJ@aol.com

26-Sat PN-LowI "Mike Blackburn, Staircase 703 909 4304, 1-571-283-9014"

26-Sat PN Violets Lock Loop Bill Branson billb@mail.nih.gov 301 3654181

28-Tues All "Fletchers Instruction, 6:30 Fletchers Cove Jim Finucane 301 365-3485, jim.finucane@yahoo.com We always need more instructors! Do Come. Potluck picnic follows"

29-Wed PN-LowI Wednesday Evening Paddle Anglers to Lock 10 Michael Baummer 703 521 8334; michael_baummer@verizon.net. Check with Paddle Prattle as to specifics

30-Thurs I-HI Steve Ettinger's Thursday group 301-215-7564 EttingerSJ@aol.com

August

8-9 Sat & Sun All Swiftwater Rescue leader tbd

22-Sat PN-LI Anglers to Carderock Ed Grove eddyout@verizon.net 703 533 8334

22-Sat All "Introduction to Swiftwater Safety Ron Ray ronaldaray@verizon.net, 410 884 6719 This will be a 1-day course targeted for newer and younger boaters. Still follows ACA protocols and curricula, but targeted for "self-safety" rather than rescue. "

September

18-20 Fri.- Mon. All Gauley Festival http://www.americanwhitewater.org/content/Wiki/aw:events_gauley



**Attention: Don't forget:
CCA Meeting—Wed., June 24th**

Norway, by hoof and paddle

Presented by: Michael Hoon and Diana Rodum

Canoe Cruisers Association



Canoe Cruisers Association of Greater Washington, DC
PO Box 3236
Merrifield, VA 22116-3236

First Class Time Limit