



# Cruiser

Canoe Cruisers Association of Greater Washington, DC, Inc.

## The Chairman's Cockpit

By Ed Grove

It has been another eventful past couple of months for our club. We are well on our way to supporting the International Whitewater Hall of Fame awards to be presented in the Washington DC area this fall which will honor several international legendary paddlers. It should be a wonderful event as it celebrates the outstanding contributions they have made to our sport.

Next, Spring is here and the rivers have thawed. If you want to lead a trip, call Barb Brown. If you want to go on a trip, check our website at [canoecruisers.org](http://canoecruisers.org) or give Barb a call. (Joan, please check the preceding sentence to see if it is accurate.)

Thanks to Ed Gertler, CCA has had some wonderful meetings and programs. At our Monday meeting on April 26, the Potomac Conservancy gave us a wonderful presentation on all of their programs. Their headquarters is Lock 8 on the C&O Canal and much has happened since they started in 1993. They have sponsored numerous nature walks on the canal focusing on the birds and plants found there. They have also taught canoeing as well as knot tying. In addition, their Going Native Program is instrumental in collecting the seeds/acorns of native forest trees to plant locally. Indeed, this year they collected 21 thousand pounds of seeds! The Potomac Conservancy also owns several islands close to their Lock 8 headquarters with such interesting names as Minnie's Island, Sharp Shin, and Ten Foot.

This leads me to my last thought. Thanks to Ed Gertler, we continue to have outstanding programs. Indeed, at our February meeting Mike Aronoff presented an exciting program on the magical Middle Fork of the Salmon in Idaho. I have talked to Ed and he is cooking up something very special for our June 28 meeting.

Come join us!!

Ed



## 55th Annual Potomac Downriver Race

See Page 5 for information.

See Page 6 for entry form.

Volunteers needed: Contact Star Mitchell

## Hearn Donating trophies to Downriver Race

Davey Hearn is donating several of his whitewater slalom racing trophies to be awarded at the 55th annual CCA Potomac Downriver Race on Saturday, May 22. These handsome trophies signify decades of whitewater slalom racing around the world. Not only will the fastest Potomac River boaters earn bragging rights, they'll also get to go home with a little piece of whitewater racing history.



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American Rivers ad—back page (11).

**Canoe Cruisers Association**  
11301 Rockville Pike  
PO Box 2523 Kensington, MD 20891  
**Web Site:** [canoecruisers.org](http://canoecruisers.org)

**Chairman:** Ed Grove [chairman@canoecruisers.org](mailto:chairman@canoecruisers.org)  
**Secretary:** Ernie Lemmert  
**Treasure:** Jerry Odhner  
**Membership:** Ginny DeSeau/Susan Sherrod

**Address Corrections:** [membership@canoecruisers.org](mailto:membership@canoecruisers.org)  
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**Instruction:** Bob Kimmel [instruction@ccadc.org](mailto:instruction@ccadc.org)

## CCA Meeting Schedule for 2010

**Location: Clara Barton**

**Community Center,**

**Cabin John, MD**

**CCA Programs Coordinator:**

Ed Gertler: 301 585 4381

[e\\_gertler@yahoo.com](mailto:e_gertler@yahoo.com).

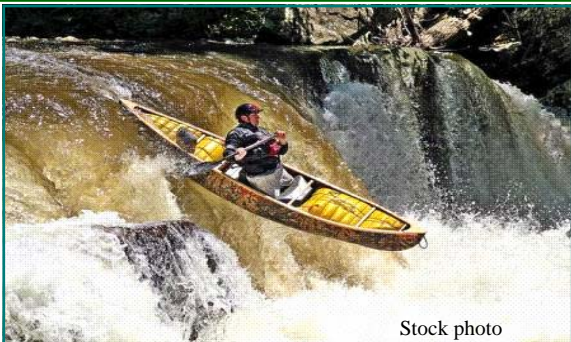
**When: June 28, 2010**

**Time: 7:30 PM**

**Subject: CCA Meeting**

### **An Adventure on the Cascade River.**

Dan Flath is a whitewater canoeist from Minnesota with professional level video talents. He and his buddies are into steep creeks, Canadian wilderness, and where possible, first descents. See all that come together in this engaging video of a trip (that you probably would not have wanted to have been invited on) on Ontario's Cascade River, Pukaskwa National Park. If you enjoy wilderness, whitewater, flatwater, or watching others suffer, then you don't want to miss this.



Stock photo

### **CCA Meeting Schedule**

**September 27, 2010, Monday.** Speaker TBA.

**October 25, 2010, Monday.** Speaker TBA.

**December 3, 2010, Friday.** Annual Holiday Party, Swap Meet and Club Meeting. Speaker TBA.

## Potomac Watershed Cleanup 2010

### Results as of April 29

*Volunteers:* 7,120

*Sites Reporting:* 225

*Sites Registered:* 490

*Tons:* 118.318 tons

*Tires:* 1,054

*Recyclable Beverage Containers:* 114,00

*Updated:* 2:30 pm April 29

*Plastic Bags:* 19,306

*Cigarette Butts:* 13,958

*Top Brand Names reported:*

*(highest frequency on top)*

- Budweiser/Bud Lite
- McDonalds
- 7-11
- Coca-Cola
- Corona
- Deer Park
- Pepsi
- Miller/Miller Lite

Thanks to all the CCA, MCC, and BRV members and friends who participated.

Special thanks to Kathleen Sengstock who was the site leader for the Potomac River Islands cleanup.



Kathleen Sengstock's crew at Violet's Lock.

## ACA Beginners Class—River Kayaking

**When:** Saturday, July 10 and Sunday July 11, 2010.

**Cost:** \$20 per student to cover ACA registration and insurance fees.

**Note:** Cut-off for registration is June 18th.

**Details:** CCA Message Board under "Classes". [http://www.canoecruisers.org/ccm\\_messageboard/](http://www.canoecruisers.org/ccm_messageboard/)

**Contact:** Charlie Duffy

## Helmets (AKA: The Brain Bucket)

### Submitted by

The helmet is probably your most critical piece of safety gear. Unfortunately, many paddlers either choose not to wear one or favor fashion over a sound piece of gear. Another disturbing trend is the "one size fits all" approach many vendors have chosen. Most do provide extra shims to let you customize fit but many paddlers skip this crucial step. This is one piece of gear I highly recommend purchasing locally at a specialty boating shop. Make certain that they help you custom fit the helmet before leaving the store. Each helmet brand has their own unique method for adjusting fit and you really want a comfortable but snug fit. A simple check is to try and rock the front of your helmet exposing your forehead with a finger or two. If the helmet rocks back more than a 1/2", continue your shim work. Another pet peeve is the trend towards brick hard inner linings. Yes they will not compress a great deal but that means all of the impact energy is transferred to your skull (and neck as well) and that may cause serious neck injury (not to mention a splitting headache). When it comes to helmet linings, thicker foam that doesn't fully compress is always better. I also prefer a full coverage helmet over the baseball cap style. An even better approach is multiple density foam systems - graduated from soft to firm.

The shell on the outside must be really strong so it doesn't crack - whitewater is no place for bike helmets. Two good approaches are the somewhat flexible shell used by WRSI and more expensive fiberglass shell helmets (no give). The flexible shell absorbs energy much like car crumple zones. The hard shell disperses energy over a wide surface area.

Make certain you understand any strap and buckle adjustments. The helmet needs to be snug but comfortable. Pretend you are about to cascade off a 25' waterfall but you have time get your helmet ready. This is the way you should always set-up your helmet.

Here is a great study by Johns Hopkins on Whitewater Helmets that will help you understand good helmet design: [Good Helmet Design](#). Tom from Shred Ready Helmets provided an interesting Boater Talk Forum post on various helmet foams: [Shred Ready Helmet Foam Post](#). This is a nice video on selecting a kayak helmet: [Selecting a Kayak Helmet](#).

A new trend for creek boating is full face helmets. For most boaters, this isn't necessary as the rolling tuck position protects the face. It does make a great deal of sense for serious creek boaters that run really long shallow slide rapids though.

There are many vendors of whitewater helmets:

- WRSI: [WRSI Helmets](#) Note: Well designed and economical helmet

Helmet con't...

- Head Trip (also Rock Hedz): [Head Trip Helmets](#) Note: Well designed helmet with Ensolite padding that handles hard and soft hits.
- Pro-Tec: [Pro-Tec Helmets](#) Note: Well designed full coverage helmets although I would stick with the newer ones.
- Sweet Helmets: [Sweet Helmets](#) Note: Has arguably the best full face (and most expensive) helmet in the market.

Shred Ready Helmets: [Shred Ready Helmets](#) Note: Very fashionable and reasonably priced. Uses a brick hard foam liner. This one smarts when you bang your head.

Expect to pay \$90 - \$400 for a new kayak helmet. Used helmets are substantially less expensive. If you can find a used Seda helmet - buy it! These are the old motorcycle full coverage whitewater helmets with really thick foam.

**Come support the BCE  
Junior Development  
Program and Help Provide  
support BCE athletes  
Competing this summer in  
Europe. After the 55th  
Annual Potomac Downriver Race, May 22,  
2010, 7-10 pm**



Scott Parsons on Big Drop on his way to winning the 2010 Team Trials

The "Salute To Our National Teams" is Bethesda Center of Excellence's party and silent auction and fundraiser. Enjoy great food and wine and meet our newly crowned Senior and Junior National Teams. The Party will be held at Potomac Paddlesports, 11917 Maple Ave., Rockville, MD. All proceeds from the party and auction will be used for:

Support for our Junior Development Program

Stipends for BCE athletes competing in Europe this summer at the Junior and Senior World Championships and World Cup

Ticket cost is \$20 prepaid and \$25 at the door. We have many great silent auction items, which will be listed on the BCE website beginning May 5th. If you wish to attend, donate and item to the auction, or purchase an auction item in advance, please contact Dana Chladek at [dana@telecamfilms.com](mailto:dana@telecamfilms.com).

### Submissions to the Cruiser

Should be made via e-mail to [newsletter@canoecruisers.org](mailto: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 5 lines are free. Each additional line is 75 cents per line. Send classified ads to [newsletter@canoecruisers.org](mailto:newsletter@canoecruisers.org)

**Lost & Found**—No charge. **Give-Aways**—No charge. **Paddlers Flea Market**—on the web at [ccadc.org](http://ccadc.org)—No charge.

**Display Ads**—Special Rates are available regular prices: 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](mailto:newsletter@canoecruisers.org), or [advertising@canoecruisers.org](mailto:advertising@canoecruisers.org) or call Joan Goodbody, editor 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 or direct to editor at: 2130 Farrington Ave. Alexandria, va 22303.

# Conservation Currents

## Garlic Mustard and Other Aliens

By Kay Fulcomer

This is the time of year to enjoy the rich diversity of life in the uplands as well as along our favorite rivers and streams. And if you feel like picking the flowers, why not pick some non-native invasive species. In fact, please, pull them out by the roots. If you want to learn more about the silent invasions happening all around us, you may want to join up with the Weed Warriors or similar groups to do battle with the offenders of biodiversity.

Here are a few useful links for your gentle enlightenment:

For local information: <http://www.mdflora.org/publications/invasives.htm>

To find out how to volunteer: [http://www.dcwoodlands.org/index\\_files/volunteerMDVA.htm](http://www.dcwoodlands.org/index_files/volunteerMDVA.htm)

For a national perspective: [www.invasivespecies.gov/](http://www.invasivespecies.gov/)



Garlic Mustard

Earth Sangha Volunteers planting along Thompson Creek (VA)



## CCA Awards a Conservation Grant to Earth Sangha by Kay Fulcomer

The CCA has awarded a grant in the amount of \$2000 to Earth Sangha, a non-profit organization which cultivates native plant species for use in stream side restoration. Native trees and shrubs will be planted -- after invasives have been removed-- by Earth Sangha staff and volunteers from the community in a section of Rocky Run Stream Valley Park near Centreville, VA. Rocky Run is a tributary of Cub Run, one of our whitewater favorites after a heavy rain.

The Earth Sangha is a nonprofit charity based in the Washington, DC, area and devoted to ecological restoration. They work in the spirit of Buddhist practice, but the members and volunteers come from a wide variety of religious and secular backgrounds.

In the Washington area, they operate an ecological restoration program to restore native forests and meadows, stabilize streams, and control invasive alien plants.

### In other news....

- The International Whitewater Hall of Fame Induction Ceremony, which the CCA is helping to organize, will take place at Seneca State Park on September 25, 2010. the event will be combined with the slalom nationals and a slalom fund raiser; there is a caterer who is currently working with Risa on details Risa Shimoda and Ginny DeSeau have been working to coordinate the event.

### Special Announcement from West Virginia Rivers Coalition:

**West Virginia Rivers Coalition Annual River Raffle** is currently underway, with a ton of great prizes to win including a Wilderness Systems Pamlico from River and Trail Outfitters. Winners will be drawn **September 19th** at Gauley Festival in Summersville West Virginia, **instead of in May at Cheat Fest**. [So there is still time to participate]

Because there are too many great prizes to list we recommend checking out a complete listing online at [www.wvrivers.org](http://www.wvrivers.org). While you are there you can purchase tickets for \$5.00 each or 6 for \$25.00. Tickets can also be purchase by calling the office at 304-637-7201, or by visiting the WVRC booth at river festivals this summer. By purchasing raffle tickets you are supporting West Virginia Rivers Coalition and our work to protect the resources of our headwater state and to ensure clean water for all.

# 55TH RUNNING OF CCA POTOMAC DOWNRIVER RACE



**SATURDAY, MAY 22, 2010**

By V. Star Mitchell, CCA Downriver Race Chair  
& Adam Van Grack, BCE Chair



What race do you know of that has lasted consecutively for 55 years? The 55<sup>th</sup> running of the CCA Potomac Downriver Race hosted by Sycamore Island and co-sponsored by BCE will be Saturday, May 22nd.

**COME AND BE A PART OF ONE OF THE GREATEST AND LONGEST  
RUNNING WHITEWATER RACES IN THE NATION!  
JOIN THE FUN!**

The pre-registration fee is only \$20 if received by May 17th! Obtain a registration form from [www.sycamoreisland.org](http://www.sycamoreisland.org) or [www.canoecruisers.org](http://www.canoecruisers.org). Follow the instructions for mailing. On race day the entrance fee will increase to \$25. Tandem teams pay as two individuals *unless* they are a parent and child (under age 18) who are permitted to pay as one individual. Liability forms **must** be signed on race day.

**The race begins at Rocky Island on the Potomac River** just above Wet Bottom Rapid and continues for 7.5 miles to Sycamore Island. At the end of the race, a free T-shirt and a free lunch will be given to all workers and racers, and there will be a ceremony with awards and prizes for the winners. (If you do not attend the ceremony, do not expect to receive the above! No awards will be mailed!)

Sign-in begins at 9 a.m. to 10:30 a.m. at Great Falls Inn (Maryland) followed by a **mandatory meeting** for all racers.

If the river is over 5 feet, the race *may* start at Old Anglers Inn. And if the river is over 6 feet, the race *may* be postponed.

This is a race for any whitewater paddler from the pros to parent/child tandem teams, but this is **NOT A NOVICE RACE**. All participants should have experience in and be comfortable with up to **Class III rapids**. Participants may enter with any type of a boat provided it is properly outfitted with **adequate floatation** (air bags) and all occupants of the boat are wearing a **helmet and a PFD** (life jacket).

If you plan to paddle the race, **PLEASE PRE-REGISTER** to help with registration and planning. Please do not bring two cars to the race -- parking will be difficult and a **shuttle will be provided**.

**VOLUNTEER** helpers are needed for **safety boats** and for helping at the registration at Great Falls and at the finish at Sycamore Island. Volunteers will receive the gratitude of the racers, a sense of participating in an important annual river event, a race T-shirt, and lunch.

Anyone interested in helping out with this year's race should contact Star Mitchell at 301-530-3252 or e-mail [starmitchell@verizon.net](mailto:starmitchell@verizon.net).

**Do Come Join The Fun!!!!**

For use by Race Committee Only
BIB NUMBER: CLASS: BC AC



55th CCA POTOMAC DOWNRIVER RACE
MAY 22, 2010 - RACER REGISTRATION FORM



Please fill out a form for EACH RACER. Make sure to COMPLETE and PRINT all fields.

Racer's Name: Male/Female: Age on Race Day:
Address, City, State & Zip: E-Mail:
Phone: Emergency Contact (Name/Phone):
Parent's Name & Signature (if Entrant is under 18):

Please CHECK your Boat Class AND Age Class (there will also be separate male/female classes):

- Boat Class #1: Wildwater Kayak (WWK1) (e.g., Zastera K1s, NoLimits, Savage, Match II)
Boat Class #2: Wildwater Canoe (WWC1) (e.g., Zastera C1s, Bala)
Boat Class #3: Long Kayak (K1) over 11 feet (e.g., Slalom, Speeder, Isere, Cascade, Dancer, Green Boat)
Boat Class #4: Short Kayak (K1) under 11 feet (e.g., Godzilla, X, RPM, Fly, Animas, Corsica, Athlete)
Boat Class #5: Closed/Decked Canoe Solo (C1)
Boat Class #6: Open Canoe Solo (OC1)
Boat Class #7: Canoe Tandem\* (OC2 / C2 / Raft) Name of Partner:
Boat Class #8: Mixed Canoe Tandem\* (OC2 / C2 / Raft) Name of Partner:
Boat Class #9: Any Kayak Tandem\* (K2 / Inflatable) Name of Partner:
Boat Class #10: Parent & Child \*\* (any boat & child under 18) Partner:

Make, Model, & Length of boat:

- Age Class #1: Junior =>17 and under
Age Class #2: Open 18 - 35
Age Class #3: Senior 36 - 54
Age Class #4: Master 55 - 69
Age Class #5: Legend 70 and over

BCE Overall Winner Awards

- Fastest Overall
Fastest Kayak (not wildwater)
Fastest Canoe (not wildwater)
Fastest Female
Fastest Tandem

\*Tandem Boats must use oldest paddler for Age Class.

\*\* Parent & Child Class does not need to mark an Age Class and may pay as one individual.

- All paddlers must wear helmets and life vests. Each boat must have proper flotation.
Race Officials at the mandatory check-in (9-10:30am) will confirm boat class and safety equipment.
Race Officials reserve the right to combine classes when numbers registered for a class are under 3.

Entry Fee for Pre-Registration: \$20 (must be received by May 17) Enclosed \$ Check No.
Entry Fee for Race Day Registration: \$25 (9am - 10:30am only) Attached \$
Voluntary Contribution for the CCA Potomac Downriver Race Enclosed \$ Check No.

Please enclose your check payable to the "CCA" and mail to:
Star Mitchell, Race Chair, 8705 Hempstead Ave., Bethesda, MD 20817

## Summary: Minutes CCA Board Meeting: 3-14-2010

**Trip Leader/Coordinator Class** - Charlie Duffy – Wants to schedule a trip leader/coordinator class for one of the CCA meetings. The goal is to encourage more people to lead trips by giving them some training and help.

**Sycamore Island Party** – Star Mitchell – Reschedule CCA party for September.

**Whitewater Hall of Fame** – Ginny reports the Risa has checked several places; Drainsville Tavern and Angler's Inn are too expensive. Great Falls Grange, Brinton Woods, Pierce Mill and Rockwood Manor are possibilities. Rockwood and the Grange will allow us to cater the event. We need to set a firm date before we can book a place. We are looking into coordinating the date with the Nationals.

**Pool Rolling** – Ron Ray reports 10-15 people per session. Pool Rolling continues through the end of March.

**Safety/Rescue Classes** – The Park Service is now requiring permits to hold safety classes. Discussed alternative locations but will file for permits. We no longer have an instructor trainer for club members who want to be Swift Water Rescue certified instructors. Charlie Duffy and Ron Ray discussed requirements for certification, and for maintaining certification, and possible solutions. Club may subsidize the cost for members who get certified.

**Paddling Classes** - Send Bob Kimmel and Charlie Duffy list of certified instructors from the database. Discussed what we need to do to encourage people to take our classes. Need to improve scheduling of classes. Ed Grove will talk to Bob Kimmel about the class schedule. There is no longer a place for people to rent boats in order to take our classes, so they have no choice but to take a commercial class. Charlie suggested students needing boats post on the message board to see if someone will loan them a boat.

**Treasurers Report:** \$ 7,379.98 Checking  
\$ 39,098.71 Savings  
\$ 46,478.69 Total

## Summary: Minutes CCA Board Meeting: 5-3-2010

The meeting began, with a presentation from Kay Fulcomer on a conservation proposal the CCA has received. Earth Sangha is a non profit organization which cultivates native plant species for use in stream side restoration. This proposal is to plant native plants along Rocky Run in the Centreville area of Fairfax County, on a section north of Interstate 66 which is in need of restoration. Rocky Run is a tributary of Cub Run, a delightful intermediate whitewater destination. Ron Ray raised a motion that the CCA make a donation in the amount of \$2,000 to Earth Sangha, to support a fall planting on Rocky Run, which was seconded by Star Mitchell. The motion passed unanimously.

Next, Charlie Duffy presented the status of the various instruction programs that are planned for this year. Registration for each course, be it whitewater paddling instruction or Swift Water Rescue, will close three weeks prior to the course date. If a minimum registration of eight students is not received, the course will be canceled. The board agreed that the cost for each course will be \$20, which covers the cost of ACA insurance and sanctioning, and includes a 6 month trial membership to the ACA.

There was some debate on whether membership in the CCA is required for attendance in CCA instructional courses. There were valid arguments made on both sides of the issue, but it was generally agreed that not requiring membership simplifies the registration process and should result in increased dedicated membership, rather than transient members for a single year. Charlie Duffy made a motion to lift the requirement of CCA membership in instructional courses, which was seconded by Star Mitchell. The motion passed unanimously.

To close out the training discussion, the Mid-Atlantic region is close to losing a dedicated Instructor Trainer for Swift-Water Rescue. The board agreed to sponsor Charlie Duffy through the Instructor Trainer courses, to maintain a Mid-Atlantic IT for SWR.

**Treasurers Report:** \$ 8,157.12 Checking  
\$ 38,847.42 Savings

## Hear Ye, Hear Ye, Access issues:

What have they done to Anglers? At the cost of about 30 parking spaces, WSSC is repairing the sewer line to remove the offensive odors that have been around for years. And they are putting in porcelain toilets, taking away more parking spaces.

So remember to play fair in the paddlers' "parking lot wars". Hopefully, when the constructions are completed, they will realize how imperative it is to have parking spaces that meets the needs of the users.

Fisherman's Eddy has been blocked by a humongous log jam after the spring floods. Apparently, the Park Service is not allowing any access down the hill, effectively closing the put in to O'Deck and Sturn from the Virginia Side.

**Photo and information submitted by Barb Brown**





# CCA Trip Schedule and Calendar

**N** = Novice **HI** = High Intermediate

**PN** = Practiced Novice **AI** = Advanced Intermediate

**LI** = Low Intermediate **A** = Advanced **E** = Expert

**Check the Webpage at: <http://www.ccadc.org/> for a more complete trip schedule.**

If you have trouble reaching a trip coordinator, or would like to have a trip listed, please contact Barbara Brown at [potomacb@comcast.net](mailto:potomacb@comcast.net) or 301-765-9115, or contact Ed Grove at 703-533-8334 or [eddyout@erols.com](mailto:eddyout@erols.com). You may also contact the CCA

**May 5/1** Sat Cheat Festival <http://cheat.org/festival>

**5/1-2** Sat/Sun I North Branch Release Leader needed

**5/5** Wed PN-I Wednesday Evening Paddle Michael Baummer 703-521 8334, 202 344- 2550;  
[michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net)

**5/6** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**5/12** Wed PN-I Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**5/13** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**5/8** Sat I North Branch Release Josh Kauffman 301-983-9701, 301-402-6943, [kaufmanj@verizon.net](mailto:kaufmanj@verizon.net)

**5/9** Sun I North Branch Release David Carrier (H) 240-884-8470, (C) 240-855-8819,  
[davidjcarrier@yahoo.com](mailto:davidjcarrier@yahoo.com)

**5/16** Sun PN Rappahannock, Motts Landing to Mill Run Park, with optional take-out above the falls. Susan Sherrod  
[sgsherrod@verizon.net](mailto:sgsherrod@verizon.net) or 703-725-4278

**5/14-16** Fri, Sat, Sun: I Stonycreek Rendezvous <http://www.benscreekcanooclub.com>

**5/19** Wed PN-I Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**5/20** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**5/22** Sat N Tuckahoe Creek on the Eastern Shore. Flatwater with current and strainers. Chip Walsh,  
[chipwalsh@comcast.net](mailto:chipwalsh@comcast.net), or 410-923-0806; 202-283-1182

**5/22** - Sat PN **Potomac Downriver Race** - This is our 55th year. More information and registration form can be found on our web site at <http://canoecruisers.org/notices.html> Or Star Mitchell, [starmitchell@verizon.net](mailto:starmitchell@verizon.net) or 301-530-3252.

**5/22** Sat All **Salute to the National Team**; Potomac Paddlesports 7-10 pm. Silent Auction, Refreshments BCE Fundraiser Dana Chladek [dana@telecamfilms.com](mailto:dana@telecamfilms.com) or at 202-213-8506

**5/22** Sat I North Branch Release Leader needed

**5/23** Sun I North Branch Release David Carrier (H) 240-884- 8470, (C) 240-855-8819,  
[davidjcarrier@yahoo.com](mailto:davidjcarrier@yahoo.com)

**5/23** Sun All Violette's Lock Slalom Bethesda Center of Excellence <http://bce-racing.com>

**5/26** Wed PN-I Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**5/27** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

Star Mitchell [starmitchell@verizon.net](mailto:starmitchell@verizon.net), or 301-530-3252

**5/28 -31** Fri-Mon LI to A Car Camper at Teeters Memorial Day Weekend Mike Martin,  
Daryl Hall and Courtney Caldwell [courtney.caldwell@lfg.com](mailto:courtney.caldwell@lfg.com)

**June: 6/1** Tues All Fletchers Instruction - **VOLUNTEERS ALWAYS NEEDED** Jim Finucane [jim.finucane@yahoo.com](mailto:jim.finucane@yahoo.com) or 301-365-3485 before 9pm

**6/2** Wed PN Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**6/3** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**6/8** Tues All Fletchers Instruction - **VOLUNTEERS ALWAYS NEEDED** Jim Finucane  
[jim.finucane@yahoo.com](mailto:jim.finucane@yahoo.com) or 301-365-3485 before 9pm

**6/9** Wed PN Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**6/10** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**6/12** Sat PN/I Patuxent System, with GBCC. Chip is close to having paddled all of the Patuxent system. Join Chip to paddle his missing pieces. Conditions permitting, the trip will be at either

**Trip Schedule continued...**

Tridelphia Reservoir (PN) or Solomon Island to Cedar Point (I). Chip Walsh, [chipwalsh@comcast.net](mailto:chipwalsh@comcast.net), or 410-923-0806; 202-283-1182

**6/15** Tues All Fletchers Instruction - VOLUNTEERS ALWAYS NEEDED Jim Finucane [jim.finucane@yahoo.com](mailto:jim.finucane@yahoo.com) or 301-365-3485 before 9pm

**6/15** Tues All Rescue Ropework Ron Ray [ronaldaray@verizon.net](mailto:ronaldaray@verizon.net)

**6/16** Wed PN Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**6/17** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**6/22** Tues All Fletchers Instruction - VOLUNTEERS ALWAYS NEEDED Jim Finucane [jim.finucane@yahoo.com](mailto:jim.finucane@yahoo.com) or 301-365-3485 before 9pm

**6/23** Wed PN Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**6/24** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**6/26** Sat All Introduction to Swiftwater Safety Ron Ray [ronaldaray@verizon.net](mailto:ronaldaray@verizon.net)

**6/26 & 27** Sat/Sun B Beginners Kayaking Class Charlie Duffy [charlie\\_duffy@yahoo.com](mailto:charlie_duffy@yahoo.com), H 703-938-3949, C 703-407-0909

**6/27** Sun PN Antietam Creek Devils Backbone to Burnside Bridge. Greg Mallot-Prevost [ckapco@antietamcreek.com](mailto:ckapco@antietamcreek.com), 301-942-1793 home, 240-447-0444 cell.

**6/29** Tues All Fletchers Instruction - VOLUNTEERS ALWAYS NEEDED Jim Finucane [jim.finucane@yahoo.com](mailto:jim.finucane@yahoo.com) or 301-365-3485 before 9pm

**6/30** Wed PN Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**July: 7/1** Thus I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**7/3** Sat PN Francis Scott Key Buoy Baltimore, with GBCC. Francis Scott Key buoy. We'll launch from Canton (12 miles) or Bear Creek (shorter) and paddle out to the buoy that marks the spot where the HMS Surprise, with Key aboard, was anchored that night in 1814 when Key penned our national anthem. The buoy painted as the American flag is the only one of its kind. This is open water with a good chance of wind and waves. (I) Trip distance can be tailored for participants. Chip Walsh, [chipwalsh@comcast.net](mailto:chipwalsh@comcast.net), or 410-923-0806; 202-283-1182

**7/4** Sun All Fireworks Paddle, Roosevelt Island. Moor behind Lincoln Memorial. Spectacular! Star Mitchell [starmitchell@verizon.net](mailto:starmitchell@verizon.net), or 301-530-3252

**7/6** Tues All Fletchers Instruction - VOLUNTEERS ALWAYS NEEDED Jim Finucane [jim.finucane@yahoo.com](mailto:jim.finucane@yahoo.com) or 301-365-3485 before 9pm

**7/7** Wed PN Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**7/8** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**7/10-11** Sat/Sun All **Potomac Whitewater Festival** <http://www.potomacfest.com>

**7/10-11** Sat/Sun N **ACA Beginners Class - River Kayaking** Cost: \$20 per student to cover ACA registration and insurance fees. Cut-off for registration is June 18th. Details are on the CCA Message Board under "Classes". [http://www.canoeclub.org/cca\\_messageboard/](http://www.canoeclub.org/cca_messageboard/) Charlie Duffy [charlie\\_duffy@yahoo.com](mailto:charlie_duffy@yahoo.com), H 703-938-3949, C 703-407-0909

**7/12** Tues All Fletchers Instruction - VOLUNTEERS ALWAYS NEEDED Jim Finucane [jim.finucane@yahoo.com](mailto:jim.finucane@yahoo.com) or 301-365-3485 before 9pm

**7/13** Wed PN Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**7/14** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**7/17/18** Sat/Sun All Swiftwater Rescue Ron Ray [ronaldaray@verizon.net](mailto:ronaldaray@verizon.net)

**7/20** Tues All Fletchers Instruction - VOLUNTEERS ALWAYS NEEDED Jim Finucane [jim.finucane@yahoo.com](mailto:jim.finucane@yahoo.com) or 301-365-3485 before 9pm

**7/21** Wed PN Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**7/22** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**7/24/25** Sat/Sun PN Canoe Camping Potomac Overnighter Brunswick to Edwards Ferry; with CPA Chip Walsh, [chipwalsh@comcast.net](mailto:chipwalsh@comcast.net), 410-923 0806; 202 283 1182

**7/27** Tues All Fletchers Instruction - VOLUNTEERS ALWAYS NEEDED Jim Finucane [jim.finucane@yahoo.com](mailto:jim.finucane@yahoo.com) or 301-365-3485 before 9pm

**7/28** Wed PN Wednesday Evening Paddle Michael Baummer [michael\\_baummer@verizon.net](mailto:michael_baummer@verizon.net) or 703-521-8334

**7/29** Thurs I Thursday Paddle Steve Ettinger [ettingersj@aol.com](mailto:ettingersj@aol.com); or 301-215-7564

**August**

Trip Schedule Continued...

**8/14** Sat PN/I Patuxent System, with GBCC. Chip is close to having paddled all of the Patuxent system. Join Chip to paddle his missing pieces. Conditions permitting, the trip will be at either Tridelphia Reservoir (PN) or Solomon Island to Cedar Point (I). Chip Walsh, [chipwalsh@comcast.net](mailto:chipwalsh@comcast.net), or 410-923-0806; 202-283-1182

**September**

**9/11** Sat PN Wye Island Chip Walsh, [chipwalsh@comcast.net](mailto:chipwalsh@comcast.net), or 410-923-0806; 202-283-1182

9/26 Sun A **US National Championships**, Dickerson Course, BCE, Bethesda Center of Excellence <http://bce-racing.com>

10/31 Sun N Fall Colors Potomac River Needles to Brunswick Star Mitchell [starmitchell@verizon.net](mailto:starmitchell@verizon.net), or 301-530-3252

## Trip Leaders are Needed

If interested in leading a trip this season, please

contact Barbara Brown: 301-765- 9115, [PotomacB@comcast.net](mailto:PotomacB@comcast.net).

### Why Take a Swiftwater Rescue Class?

Ok, you're a hot boater, you and your buddies don't swim or pin, and if someone else messes up, you'll just do what you have to do, right? Besides, what can you learn alongside a bunch of Class II/III paddlers?

Let's try "mental preparation".



One of your buddies did just pin, you can't paddle to the spot and do your usual, quick, one-person assist. You're standing on the bank watching them lose their air pocket. Now what?

Within the limits of what a swiftwater rescue class can do without excessive risk to students, a class usually won't challenge the paddling skills and fitness of a Class III or higher boater. But I'll argue that the physical rescue skills aren't the most valuable part of the class. It's the mental preparation... an order for planning what to do, a set of tools that could be applied, and options for when things don't happen as expected. Sure, you won't have tried all these things in Class IV water, but you'll know the options, hazards, likely results, and prerequisites. You and your other buddies get to apply your physical and paddling skills quickly, and don't have to make it up as you go along, then try something when the first experiment doesn't work... or adds another victim to the problem.

The more moderate boater shouldn't expect to learn how to pull of solo rescues in Class V mank from a rescue class. But you will learn techniques you can apply within your skills, and get the mental preparation.

So take a look at Swiftwater Rescue classes from the local clubs. There are several offerings on the schedules. CCA's is July 17-18. Come out and learn things like rescue priorities (should I go after the boat, or just get myself safe on shore?), steps of a rescue (what do I need to do, and what comes first), incident management (10 rescuers getting in each other's way?), and proactive awareness. You don't want to be standing on shore, or sitting in and eddy thinking "now what?"

In addition to the normal 2-day Swiftwater Rescue course, CCA is offering a 1-day Introduction to Swiftwater Safety class on June 26, targeting newer and younger paddlers. The focus will be on keeping YOU safe via trip planning, dressing for conditions, knowing hazards to avoid, and how to get out of the water via basic rescues (swimming, throwing and catching a rope, basic boat rescues, a bit of wading). Also, we'll be doing a rescue rope practice session on Tuesday, June 15. Come out to practice knots, haul systems, anchors, rope throwing, and other rope "stuff" you need practice with.



**Canoe Cruisers Association**

Canoe Cruisers Association of Greater Washington, DC  
 11301 Rockville Pike  
 PO Box 2523 Kensington, MD 20891

**First Class  
 Time Limit**

**Attention  
 Deadline  
 For next Issue  
 Wednesday  
 June 23, 2010  
 Note: earlier than usual**

"The thrill of anticipating the next bend of the river."

- Walter W. Tingle

*My career as a Navy pilot and then an airline captain afforded me a unique view of rivers around the world....I began to realize how the natural flow of so many rivers had been killed by dams and how many others were little more than conduits for our wastes. Knowing the fight for healthy,*

**American Rivers**  
*Restoring the Future*

**Ensure future generations can experience the thrill of anticipating what might be around the next bend of the river. Include American Rivers in your estate plans.**

Including a bequest to American Rivers in your will or trust is an easy way to make a difference. It doesn't affect your current cash flow or assets. It's easy to change if your circumstances change. And, it may save you estate taxes later. Best of all, you have the satisfaction that goes with leaving a legacy that will outlast you.

*Simple bequest language:*  
 "I give (\_\_\_\_ dollar) (a specific asset) or (\_\_\_\_ percent of the net residue, and remainder of my estate) to American Rivers (file ID: 23-7203984), located in Washington, DC, to be used for (its general purposes) or (state specific purpose)."

Talk to your attorney today. And, please let us know when you've completed your plan. We would love to welcome you into our River Legacy Society!

For more information, call Julie Nelson, American Rivers Gift Donating Officer, at 470.342.1100 x124 or email [Donating@AmericanRivers.org](mailto:Donating@AmericanRivers.org). More information available at: [www.AmericanRivers.org/plannedgiving](http://www.AmericanRivers.org/plannedgiving)

**American Rivers**  
*Restoring the Future*

\*Always consult your attorney before providing any estate plans with us. If you want to request your request to be specific, please do so with us with a clearly defined request.