



Cruiser

Canoe Cruisers Association of Greater Washington, DC, Inc.

The Chairman's Cockpit

By Ed Grove

I must say that we are all blessed to have such an incredible river in our back yard. I led a joint CCA/BRV trip from Anglers to Carderock June 19 which was a wonderful journey to get rid of my paddling rustiness. However, there were only 4 of us. That means that many of the rest of you must have been paddling fine rivers elsewhere to celebrate that great weekend.

I was quickly reminded that each river journey is unique. First, when surfing the Maryland chute above Anglers, I suddenly slipped sideways into a feisty little hydraulic next to the main breaking surfing wave. It was very hungry and I was very rusty. Fortunately, I got out upright. Then, after we went over to the Virginia chute to surf, we found a very hungry great blue heron perched on river right rock just above where paddlers entered to surf the wave there. It kept diving for fish jumping in the wave and returning to its perch when the wave was free of paddlers. After this, I saw more great blue herons during our trip than I ever seen before on the Potomac or any other river. A great trip!

Speaking of the Potomac, I hope many of you are planning to go to Potomac Fest on July 10-11. The Great Falls Race will be Saturday morning (9 to 11 am) followed by a Community Gorge Paddle beginning at 1 PM. An Attainment Race will be held at 3 PM followed by Clinics at 4 PM. Meanwhile, the Potomac Fest party will be held from 4 to 11PM at Bretton Woods where the CCA will have a booth and run a gear swap from 5 to 11 PM. See you there!!

Ed



Attention: Need Old Downriver T-shirts or scans of design.

As Editor of Cruiser, I am starting a fun project. I would like copies of as many of the Downriver T-shirts as possible.

You can send the t-shirt (I will return) or a color scan of the design. We plan to use these on a shirt or on a poster and also feature one in each issue of Cruiser. The more we can get the better. I got one from about 15 or more years ago at the race.

Looking forward to getting a full set of all of the designs if possible.

Joan Goodbody, Editor, mailing address on page 3, email below.

Jeffry Hinkins in a Wild Water K-1 In Downriver Race



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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.

September 27, 2010, Monday.

Speaker TBA.

Watch for the announcement in the September/October issue.

CCA Meeting Schedule

October 25, 2010, Monday. Speaker TBA.

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

Found: A paddle

If you lost a paddle near Violett's Lock on June 18th, call John Stanley at 202-441-6896 and describe in detail.

3rd Annual Shenandoah River Rodeo

July 17, 2010

At Bentonville's Low Water Bridge Campground

Bentonville, VA

Benefits Shenandoah Riverkeeper (a non-profit organization)

For more information contact:

Potomac Riverkeeper

202.222.0707

Email:

keeper@pototmacriverkeeper.org

Swiftwater Rescue Class, Saturday & Sunday, July 17/18

This course starts with the basic skills of the Intro course, and adds trip leader considerations, rescue organization and incident management, and rescue and extraction techniques to help others who've gotten into trouble. You'll learn and practice rescue ropework (knots, anchors, haul systems, stabilization lines, cinch system), victim and boat extraction, aggressive wading and swimming, dealing with strainers and foot entrapments, and rescue vest use. You'll practice these skills in drills and scenarios.

This is a fast-paced and physically demanding course. You will be tired and possibly dinged up by Sunday afternoon. You'll need Class II whitewater skills and equipment (boat, flotation, helmet, PFD), and good shoes (you'll be wading and crawling around rocks a lot). If you have rescue gear, bring it; if not, try the Club's gear before running out to buy your own.

Class size limited to 15 students. Students must pre-register and registration is first-come-first-served. Due to site requirements, we cannot accept registration on-site. Registration instructions are on: <http://canoecruisers.org/instruction/registration-of-classes.html>

You'll need to fill out and sign both the CCA and ACA forms/waivers, and send those in with your fee. The fee covers ACA registration and insurance.

Location will be Carderock MD on Saturday, Violette's Lock Sunday, 8 AM to about 4 or 5 PM both days. You must pre-register, please do not just show up.

If you have any **Questions please contact** safety@canoecruisers.org



MISTAKES

It could be that the purpose of your life is to serve as a warning to others

Stepping It Up or AM I Ready?

From the package of materials for the Beginner Whitewater class. Submitted by Charlie Duffy

I got a big kick out of the picture on the previous page, called "Mistake," but felt it was a great way to introduce a very important topic - "How do I know if I am ready to step it up?". This is a burning question for many newer boaters. Perhaps you took some professional training and feel really comfortable on your present runs. You know all about the International River Ratings and how to find them on the American Whitewater (AW) site or better yet in guide books. Tackling the Lower Yough looks very tempting - the gold standard in our area for Intermediate whitewater in my opinion. You still have that nagging feeling though - am I ready (by the way, it's called good judgment)?

Here are some suggestions on how to proceed:

Get some variety at your present level. Class II, III, and IV rivers come in many flavors. For making that Strong Novice to Solid Intermediate jump, paddle streams like Muddy Creek, Passage Creek, Lower Gunpowder, and Bloomington. Gain some experience on both big water runs and technical runs.

Work the rapids at your present level. Run your own lines. Get out of the habit of following someone's PFD down the river - that's no fun. Try leading on runs you are more familiar with. Pick more challenging lines - class III moves in class II rapids. We do a great deal of this in the periodic Little Falls Workouts.

Do some research. Read the AW website river descriptions, especially the known hazards. Get a feel for the new run you plan to step it up on - is it big water, technical, or a mix. Ask paddlers that have paddled it before but I would put more emphasis on the guidebooks and AW.

Do a gear check. This may seem puzzling to some. Intermediate and Advanced runs put a premium on better equipment, especially safety gear. Do you have a throw rope and know how to use it? Can you self rescue via a roll? Do you know how to swim in turbulent rapids with boat and paddle? Do you have air bags in the back of your boat? Do you fit properly in your boat? Do you have a sound whitewater boat or simply a recreational boat? Do you have a sturdy and well fitting helmet?

Find someone to paddle with whom has been there before. Clubs like the CCA regularly run

Intermediate and Advanced trips. The trip leaders are typically well versed on the runs they lead. Contact the trip leader and be honest with your background experience. They will let you know if they have adequate support boaters to support you.

Pick your paddling buddies carefully. Avoid "Hot Shot" boaters that blast down the river and leave people stranded. They are a danger to both themselves and the people they paddle with. Look around, are your partners carrying throw ropes - they had better.

Chill Out! Many paddlers that step it up gradually worry themselves after reading the guidebook descriptions. Rapids that would be child's play for them look so much more difficult on a new river. As long as you prepared well (see above bullets), you should do quite well. When you are on the river, the rapids will look much longer than you are accustomed to. The end of the rapid will not be obvious anymore - welcome to Intermediate/Advanced boating. Fortunately, just like you can turn most class II rapids into class III rapids - the reverse is often feasible as well. Most Intermediate rapids are a series of Novice moves - eddy hopping & ferries. Break down the rapids into simpler moves is the key to running more challenging whitewater. If you don't like what you see, catch an eddy next to shore and scout - portage if you feel that makes the best sense.

Remember, whitewater paddling is both an individual and a team activity. When you are in your boat, you mostly control your own destiny. If you get in trouble, a pin perhaps, you rely on your paddling buddies to rescue you. This is a two-way street - all Intermediate boaters need basic Swift Water Rescue (SWR) skills and gear. The American Canoe Association (ACA) SWR rescue class is the best way to learn these skills. Our club runs SWR classes several times a year - take advantage of this great learning opportunity.

Stepping it up can and should be a very enjoyable experience if done right.



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 5 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—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, or 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.

End of 50 years of Intro To Paddling at Fletchers Boathouse

(with homage to Swains as well)

By Janice Wolf

Note: Due to time constraints this does not include near enough of the history from the 1950s; it is my belief that it should, perhaps in an article for a subsequent Cruiser. This story explains why the paddling lessons have ended.



The days of the cheap date in Washington, D.C. have come, sadly and a little ignominiously, to an end. The \$5 weeknight introductory paddling sessions on the C&O Canal led by dozens if not a hundred or more CCA volunteers over the last 50 years at Fletcher's Boathouse and until 2006 also at Swain's Lock, have been effectively shut down due to some new conditions imposed by the National Park Service and its concessionaire.

Long offered at no cost and usually with no reservation needed (or made), "Introduction to Paddling" was arguably the easiest and safest way for folks to learn how to make a small boat go in the desired direction, usually forward, using only a paddle. Easy because even at \$5 the fee (which went to Fletcher's and Swain's, not the CCA) was less than any regular hourly boat rental rate just about anywhere. Easy because the equipment, safe locale and supervision were all taken care of. Easy because the sessions ran late enough to allow first-timers to actually find Fletcher's or Swain's in bad traffic, and still have a good time. Safest because CCA volunteers never missed an opportunity with a captive audience to talk up whitewater safety precautions. Safest, for the occasional few who did not pay attention and went for a little swim anyway. It offered participants a glimpse into what the Washington Post's Angus Phillips called "the finest stretch of urban whitewater in the world." And the added bonus was a cluster of CCA members with advice on how to make use of it, on where to learn and do more paddling, offering it up faster than you could say "Google paddling lessons in Washington D.C."

For most of its life, Intro to Paddling operated as an agreement between, and at the pleasure of, the CCA and the owners of the two canoe liveries, an arrangement that continued for a few years after the National Park Service and its concessionaire, Guest Services, Inc., took over the operation at Fletcher's. This year there is new management with new rules that would dramatically change the fee structure and, perhaps more importantly, make CCA volunteers' participation in the lessons not really practical. Those new regulations include requiring the CCA to pay Fletcher's boat house staff overtime, and charging students their regular hourly canoe and kayak rental rates for equipment for the hour-and-a-half lessons. They would also require a copy of an insurance policy for the CCA that names the NPS and GSI as co-insured. And they would require that all instruction, aside from the safety talk, take place on the water and not on the canal's boat dock.

Simply put, those conditions are out of proportion to the flexibility needed to recruit volunteers for a recurring gig with irregular and often spontaneous attendance patterns. Unfortunately, relating the history of the CCA's long involvement in paddling and river rescue courses and these introductory sessions' emphasis on common-sense river safety precautions, like the wearing of life jackets, made no impression on officials. Nor did pointing out obvious ironies, such as that those who walk up and rent canoes and kayaks on the Potomac River don't even have to prove they can swim. That people have reportedly walked up to Fletcher's boathouse on Tuesday evenings asking about the lessons has not helped our case either.

Begun by the late John Seabury Thompson and John Heidemann, paddling lessons at Fletcher's and Swain's have a long history with the club (one we'll write about in future *CRUISER* issues) and in the lore of D.C. Over the years, volunteers have circulated in and out. Heidemann along with Ed Pilchard were at the helm in the late 1990s. Jim Finucane picked up the baton a few years ago, initiating contact with the officials when the NPS and GSI took over Fletcher's Boat House. GSI staff agreed to let us continue if we included kayaks, and attendance, given a shot in the arm by the latter's popularity, went through the roof in the summer of 2007 following a story by Mr. Phillips headlined "People Are Lining Up for a Paddling at Fletcher's." Indeed, with attendance often over 60, it felt more like herding cats at times, but then, they were cats with life preservers.

It's safe to say that over the course of a summer, a few dozen people learned a little about paddling a canoe or a kayak. Some even took to it like a duck to, well, you know. They became your fellow CCA members and are reading this right now, perhaps. Would you like to share your stories? Can you share with the *CRUISER* just a line or two about how you got your start paddling in the D.C. area? How about sharing some high points (and low points too).

The introductory canoe and kayak sessions were one of the most inexpensive offbeat things to do in DC, a place with a surprisingly high number of outdoor enthusiasts as well as underpaid interns looking for offbeat inexpensive things to do. That no doubt abetted publicity for Fletcher's and Swain's Lock. We also like to think it helped spread the word about the other more formal whitewater paddling and safety classes offered through the CCA. The myriad club volunteers who popped up on Tuesdays at Fletcher's and Thursdays at Swain's never knew if two, six or 60 students would show up, but they unflinchingly tried to accommodate all who did. And all for the sheer

Anyone that would like to comment on this or add their experience, please send comments to the editor, I will publish in the fall issue.



Conservation Currents

Chesapeake Bay News

(PHILADELPHIA – June 18, 2010) As part of the process for restoring the Chesapeake Bay Watershed, EPA has reaffirmed the federal-state commitment to establish the Bay Total Maximum Daily Load (TMDL) - or pollution diet - by the end of this year.

The Bay TMDL will set limits on nitrogen, phosphorus and sediment throughout the 64,000-square-mile watershed. Backed by a strong accountability framework, the Bay TMDL includes state action plans, a series of two-year commitments, close monitoring and, if necessary, federal accountability measures to spur progress.

For more information go to the EPA website at www.epa.gov/



Water Rescue Training a Success By Chris Stadelman, The Parsons Advocate

It's hard to believe that after all the snow, rain and snow melt in Tucker County over the past few months, the Dry Fork River wouldn't be the perfect setting for swift water rescue training.

But despite unusually low levels, volunteer firefighters and boaters from the suburban Washington, D.C., area got plenty of practice Saturday near the swinging bridge in the Otter Creek Wilderness.

Capt. Tom Klus of the Parsons Volunteer Fire Department helps organize the training with Charlie Duffy and members of the American Canoe Association. Klus said training can take place "in the desert" if it has to.

"It should be 2 to 3 feet deeper," Klus said of the normal – and ideal training – level. "You have to have been imaginative as a child."

The dozen or so participants still got valuable experience, working on tactics such as pyramid river crossings, rope throws and knots, among other things. This marked the third consecutive year for training in the area, although last year the event was moved down river to Rowlesburg because of water levels.

"It looks that way," Duffy said with a smile when asked whether the training had moved into the annual column.

He said it started three years ago after some boaters who got into trouble complained about the response of local rescuers. Although those boaters "did all the stuff we tell them not to," the experience helped Duffy and trainer Ron Ray connect with Klus to plan training to help in similar situations.

"Very, very few fire departments work closely with boaters," Duffy said, praising the local responders. "There are a lot of big advantages. The fire companies are very good with technical stuff like ropes. A lot of us have better boat handling capabilities.

"If you're not going to be allowed to leave the raft, you better know how to work it."

The skills firefighters learn during the swift water training can come in handy in many cases beyond boater rescues, Klus noted, especially in an area such as this known for potential high water.

When rivers rose twice earlier this year, Parsons firefighters were prepared to use ropes and rafts to make rescues if necessary. The tragic death of a Kanawha County volunteer firefighter while working during flooding in Raleigh County was a stark reminder of how dangerous the activity can be.

One of the training exercises Saturday involved a foot entrapment, something that could easily happen during even "minor" high water events in the Parsons area. Rescuers worked to set one line to secure the entrapped person, then used a second line to scrape along the rocks and free the person's foot.

Klus said practicing existing skills is critical.

"You go to a class and you're taught it," he said. "At the end of the day, you think you've learned it. You need to practice it. Then it needs to be repetition."

One specific example, he said, is that he knows the fastest, easiest way to access the pack he keeps on his back during potential river rescues.

"It needs to become instinctive," he said.

CCA 55th POTOMAC DOWNRIVER RACE

by V. Star Mitchell, Race

Sycamore Island (host of the Downriver Race) celebrated its 125th anniversary this year. On May 22, 2010, the Downriver Race celebrated its 55th anniversary, which began fifty-five years ago when some Sycamore Island people and their friends had the first race. Some time after the race, these men decided to establish the Canoe Cruisers Association of Greater Washington, D.C. (CCA) and that was the beginning of the CCA. As far as we know, this race is the oldest continuing river race in the United States. This year the race was USA Wildwater approved. Thus, our race is nationally recognized.

Forty-nine hardy boaters turned out to compete in the race. The total number of boats in the race was 44. Four racers were over age 70; the oldest, age 82, was Bill Carr, the father of Sycamore Islander Molly Carr and father-in-law of Mac Thornton. Bill has run the race 40 times and he received a special award for being our oldest racer! Seven of the racers were under 18—ages 17, 16, 15, 14, 14, 13, and 11.

The fastest overall time went to Adam VanGrack 00:58:20 in a K-1 Long, fastest kayak was Dave Segars 01:03:00 in a K-1 Long, fastest female was Jennifer Hearn paddling a K-1 Long 01:10:38, fastest solo canoe was Tom Brubach OC-1 01:22:13, fastest tandem went to Bob Davis & Larry Lubbers OC-2 01:07:16. The slowest overall time was earned by Jason Powell 02:34:18 in an OC-1 (Jason's tandem partner abandoned him at the put-in and thus he had to paddle a tandem boat solo). All race results can be seen at: www.canoecruisers.org

In previous world competitions, local Davey Hearn had won big, beautiful, expensive trophies, which this year he donated some of his trophies to our race. In Whitewater Slalom, Davey was a two-time World Champion (in 1985 & 1995). He was a three-time C-1 Whitewater Slalom Olympian (in 1992, 1996 & 2000). In 1979-89, the U.S. C-1 Whitewater Slalom boaters (led by Davey Hearn & Jon Lugbill) dominated the World Circuit. The racers were then part of the CCA Racing Slalom Division. Davey's wife Jennifer had the back of the trophies engraved for the proper awards for our race. People seemed to like receiving recycled trophies from such a great and famous paddler (going green). Thank you so much Davey and Jennifer for your wonderful gifts to the race.

There were three generations of Hearn's in the race, Carter (grandfather), Davey (son), and Jesse (grandson). Ursy Potter (grandmother) paddled, as well as, Davey's wife, Jennifer. Jennifer won the trophy for Fastest Woman in the race. All Hearn's placed first in their respective category.

Headed up by Mike Blackburn, CCA provided 11 Safety Boaters who were Bill Delaney, Ed Grove, Michael Hoon, Dennis Krizek, Jim Long, Ron Ray, Diana Rodum, Kathleen Sengstock, Lee Tucker, and Jeff Ward. Headed up by Jim Drew, Sycamore Island provided Richard Burns, Vicky Judson, and Kent Marcoux for Safety Boats for directions in the confusing islands at the end of the race.

The reliable and steadfast Land Workers, who arrived at Great Falls at 8:00 a.m. to set-up, register boaters, tote boats, shuttle racers, set-up, break-down, haul food, and carry everything down to Sycamore Island were: Ginny DeSeau, Rusty Dowling, Jim Finucane, Kay Fulcomer, Joan Goodbody, Phoebe Hamill, Jean McAulay, Lee Prouty, Tim Tilson, Mark Wray, and Jan Wolf. Russell Lahti did an excellent job as the parking lot attendant. Susan Sherrod was our resident photographer, Barbara Brown and John Stapko helped on the Island. One of the most crucial parts of a race is the Timers. With her trusty laptop, Kathy Collins led the crew of Michael Baummer, Joanne Brown, and Gerry Barton of Sycamore Island. Frank Collins and Alf Cooley meticulously started the racers at Great Falls. I am truly grateful to Joan Goodbody who did an excellent job of designing our very beautiful t-shirts, had them printed up, and delivered to my door.

As always, Joe Hage "walked the second mile" over and over to help make this race a success. Joe made new directional arrows and put them up on the river, put up the finish line banner (no easy task), set up the PA system for the awards ceremony, helped set up the electrical lines for the Timers at the rivers edge, helped me "slup" loads of sodas, ice cream, and other items to the Island days before the race, came by my house and picked up a ton of items and "slupped" these things down to the Island. Joe stayed onboard on Saturday (his day off) and worked his buns off. Of course, Joe is a member of CCA and on the CCA Board and like Sycamore Island, the CCA is so lucky to have him with all of his expertise and ingrained work ethic.

My many thanks go to Adam VanGrack our BCE Vice-Chair for all of his help and advice. In April, Adam took first place overall in the Cheat Canyon Downriver Race in West Virginia—the largest white-water race in the U.S. On June 13th, Adam won 2nd Place in the Kayak Open Class competition in a Slalom Race at the Feeder Canal in Bethesda.

My thanks go out to everyone who gave their time and volunteered and contributed to the success of the race. Also, I am so grateful to the people who included an extra tax- deductible donation on their registration check. The race nearly always goes in the red (and did this year).

Our local Potomac River race is a mighty fine race, paddled by "hair" boaters, as well as intermediate boaters. The nice thing about our race is if your boat is properly out-fitted with flotation and air bags and you are wearing a PFD and helmet, you have an opportunity to win an award in your **category** and your **age class**. If you missed the race this year, I hope that you will join us next year for an event that is made superb by all of you great volunteers. And last but not least, my many, many thanks to all of the people that came and competed in the race.

Note: Downriver photos submitted by Star Michel with this article, thank you to all that contributed.

Potomac Downriver Race 2010

Bib #	First Name	Last Name	State	Age Group	M/F/MX	Class	Place	Elapse Time
K1 Long - Junior - Female								
44	Anna Marie	Ifarraguerri	VA	Junior	F	K1 LONG	1	01:12:59
K1 Long - Open - Female								
14	Meaghan	Brosnan	DC	Open	F	K1 LONG	1	01:11:36
K1 Long - Senior - Female								
31	Jennifer	Hearn	MD	Senior	F	K1 LONG	1	01:10:38
K1 Long - Legend - Female								
37	Ursy	Potter	VA	Legend	F	K1 LONG	1	01:26:13
K1 Long - Junior - Male								
42	Michael	Rudnitsky	VA	Junior	M	K1 LONG	1	01:09:44
26	Thomas	Esch	MD	Junior	M	K1 LONG	2	01:17:34
K1 Long - Open - Male								
45	Adam	VanGrack	MD	Open	M	K1 LONG	1	00:58:20
40	Patrick	Murray	DC	Open	M	K1 LONG	2	01:12:42
K1 Long - Senior - Male								
10	Dave	Segars	VA	Senior	M	K1 LONG	1	01:03:00
41	George	Rudnitsky	VA	Senior	M	K1 LONG	2	01:05:45
13	Mark	Schreib	MD	Senior	M	K1 LONG	3	01:07:43
47	David	Carrier	MD	Senior	M	K1 LONG		01:08:06
46	John	Munnell	VA	Senior	M	K1 LONG		01:09:42
19	Randall	Lutter	MD	Senior	M	K1 LONG		01:10:51
43	Carlos	Ifarraguerri	VA	Senior	M	K1 LONG		01:13:04
18	Morgan	Lakey	MD	Senior	M	K1 LONG		01:15:14
15	Greg	Fuoco	MD	Senior	M	K1 LONG		01:16:04
50	Drew	Schaumber		Senior	M	K1 LONG		01:21:56
51	Jack	Bauer	MD	Senior	M	K1 LONG		01:23:07
K1 Long - Master - Male								
22	Peter	Potter	MD	Master	M	K1 LONG	1	01:06:01
27	Eric	Colbert	DC	Master	M	K1 LONG	2	01:11:07
33	Howard	Morland	VA	Master	M	K1 LONG	3	01:11:39
23	Jim	Frid	MD	Master	M	K1 LONG		01:14:17
39	Jerry	Stezar	MD	Master	M	K1 LONG		01:14:45
8	Bill	Prindle	MD	Master	M	K1 LONG		01:16:02
K1 Long - Legend - Male								
16	Gio B.	Gori	MD	Legend	M	K1 LONG	1	01:13:53
1	Bill	Carr	MD	Legend	M	K1 LONG	2	01:20:25
K1 Short - Master - Female								
25	Barbara	Brown	MD	Master	F	K1 SHORT	1	01:20:47
K1 Short - Senior - Male								
49	Keith	de Witt	MD	Senior	M	K1 SHORT	1	01:24:18
48	Brian	Bennett	DC	Senior	M	K1 SHORT	2	01:30:56



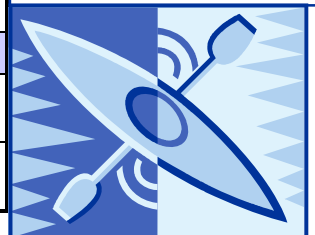
Paul & Michael Wegner, Father & Son



Anna Marie Ifarraguerri, Age 15 Takes the Gold



Jan Wolf "Land Hottie"



Downriver Race Results cont...

K1 Short - Master - Male								
11	Bobby	German	DC	Master	M	K1 SHORT	1	01:16:08
4	Frank	Collins	VA	Master	M	K1 SHORT	2	01:18:09
24	Peter	Bross	MD	Master	M	K1 SHORT	3	01:18:33
7	Bruce	Campbell	MD	Master	M	K1 SHORT		01:22:29
C1 - Legend - Male								
35	B. Carter	Hearn	VA	Legend	M	C1	1	01:24:41
OC1 - Master - Male								
38	Tom	Brubach	VA	Master	M	OC1	1	01:22:13
OC1 - Senior - Male								
2	Peter	Seckinger	VA	Senior	M	OC1	1	01:55:40
56	Jason	Powell	VA	Senior	M	OC1	2	02:34:18
OC2 - Master - Male								
30	Bob	Davis	MD	Master	M	OC2	1	01:07:16
30	Larry	Lubbers	MD	Master	M	OC2		01:07:16
Parent/Child								
32	Jesse	Hearn	MD	Junior	M	Parent/Child	1	01:14:31
32	David	Hearn	MD	Senior	M	Parent/Child		01:14:31
20	Michael	Wegner	MD	Junior	M	Parent/Child	2	01:16:33
20	Paul	Wegner	MD	Senior	M	Parent/Child		01:16:33
12	Daniel	Clemmer	VA	Junior	M	Parent/Child	3	01:29:48
12	Paul	Clemmer	VA	Senior	M	Parent/Child		01:29:48
34	Andy	Miller	MD	Junior	M	Parent/Child		01:49:28
34	Steve	Miller	MD	Senior	M	Parent/Child		01:49:28
WWK1 - Open - Male								
5	Jeffry	Hinkins	VA	Open	M	WWK1	1	01:07:05

Davey Hearn awards Adam VanGrack, Fastest Overall trophy



Special Awards

- Fastest Overall** Adam Van Grack
- Fastest kayak** Dave Segar
- Fastest canoe** Tom Brubach
- Fastest female** Jennifer Hearn
- Fastest tandem** Bob Davis and Larry Lubbers



Jim Potter and Adam VanGrack in a "Dead Heat"



Jesse and Davey Hearn in a C-2



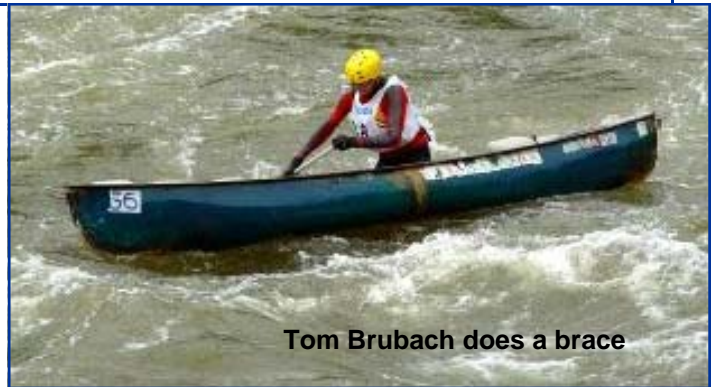
Jim Long Working Safety

2010 Downriver Race: Interesting Statistics

Total # racers	49
Total # boats	45
Racers over 70	4
Oldest	Bill Carr (photo on page 11)
Racers under 18	7 - Jesse Hearn, Michael Wegner, Daniel Clemmer, Michael Rudinitsky, Anna Marie Ifarraguerri, Andy Miller, Thomas Esch
Youngest	Jesse Hearn
Distance	Richmond, Midlothian, Waynesboro
Slowest	Jason Powell



A good picture of some of the many volunteers.
 Front: Star Mitchell, 1st row L-R, Kathy Collins, Jan Wolf, Jean McAulay, Kay Fulcomer, Ginny DeSeau,
 Back Row--Susan Sherrod, Frank Collins, Rusty Dowling, Tim Tilson, Jim Finucane, & Mark Wray.



Tom Brubach does a brace



Frank Collins: The sweep boat →



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 or 301-765-9115, or contact Ed Grove at 703-533-8334 or eddyout@erols.com. You may also contact the CCA

July: 7/1 Thus I Thursday Paddle Steve Ettinger 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, 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, or 301-530-3252

7/6 Tues All Fletchers Instruction - VOLUNTEERS ALWAYS NEEDED Jim Finucane jim.finucane@yahoo.com or 301-365-3485 before 9pm

7/7 Wed PN Wednesday Evening Paddle Michael Baummer michael_baummer@verizon.net or 703-521-8334

7/8 Thurs I Thursday Paddle Steve Ettinger 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/ Charlie Duffy charlie_duffy@yahoo.com, H 703-938-3949, C 703-407-0909

7/13 Tues All Fletchers Instruction Cancelled.

7/14 Wed PN Wednesday Evening Paddle Michael Baummer michael_baummer@verizon.net or 703-521-8334

7/15 Thurs I Thursday Paddle Steve Ettinger ettingersj@aol.com; or 301-215-7564

7/17 Sat. I-A Lower Yough Charlie Duffy, H. 703-938-3949, charlie_duffy@yahoo.com

7/17 Sat. A Yough Josh Kauffman 301-983-9701, kaufmanj@verizon.net

7/17/18 Sat/Sun All Swiftwater Rescue Ron Ray ronaldaray@verizon.net

7/17/18 Sat/Sun Beginner Canoeing Basics for Lakes and Rivers. See web site for details and registration.

Michael Hoon (301) 589-7533 or machspas@aol.com

7/17/18 Sat/Sun PN Beginning Whitewater Canoe: see Web site for details and registration.

Bob Kimmel (703) 281-1428 or rkimmel@sysmatrix.net

7/18 Sunday PN Violettes Lock/GW Canal, paddling from Rileys Lock to Pennyfield Lock. Kay Fulcomer 301-990-7575 fulcomek@comcast.net.

7/21 Wed PN Wednesday Evening Paddle Michael Baummer michael_baummer@verizon.net or 703-521-8334

7/22 Thurs I Thursday Paddle Steve Ettinger ettingersj@aol.com; or 301-215-7564

7/24 Sat. I Dealers Choice, Ed Grove 703-533-8334 or eddyout@erols.com

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

7/28 Wed PN Wednesday Evening Paddle Michael Baummer michael_baummer@verizon.net or 703-521-8334

7/29 Thurs I Thursday Paddle Steve Ettinger ettingersj@aol.com; or 301-215-7564

7/31 Sat. I Little Falls Ed Grove 703-533-8334 or eddyout@erols.com.

Trip Schedule continued...

August

8/08 Sunday N, Dealers Choice, Michael Hoon (301) 589-7533 or machspas@aol.com.

8/08 Sunday PN Staircase, Barbara Brown 301-765-9115 PotomacB@comcast.net.

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, or 410-923-0806; 202-283-1182

8/21 Sat. I, Middle Yough, Barbara Brown 301-765-9115 PotomacB@comcast.net.

8/22 Sun. I Little Falls, Josh Kauffman 301-983-9701, kaufmanj@verizon.net.

September

9/11 Sat PN Wye Island Chip Walsh, 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>

October

10/31 Sun N Fall Colors Potomac River Needles to Brunswick Star Mitchell 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.

The Fourth of July Paddle on the Potomac was a great success and it looks enjoyable. Barb Brown took this very good black and white photo of the festivities.



Bill Carr, 82 years young in the Potomac Downriver Race

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, [So there is still time to participate]

For further information check out the web site at www.wvrivers.org or call the office at 304-637-7201.



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
August 25, 2010**

"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,

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 Mike Bellon, American Rivers Gift Donating Officer, at 470.342.1100 x120 or email MikeBellon@Americarivers.org. More information available at: www.AmericanRivers.org/plannedgiving

*Always consult your attorney before providing any donor levels with us. If you want to request your bequest to a specific purpose to total with all other gifts to your intent.