



Cruiser

Canoe Cruisers Association of Greater Washington, DC, Inc.

The Chairman's Cockpit

By Ed Grove

This continues to be an incredible year for the CCA. Our paddling and safety instruction classes have gone well thanks to Charlie Duffy and Ron Ray. We have had good programs for our meetings (one featured the marathon portages of an open boat trio who ultimately ran a river on the Canadian Shield which finally dumped into one of the Great Lakes). During the second weekend in July, we gave strong support to Potomac Fest and its exciting annual Great Falls race (including registration and the gear swap run by Ginny DeSeau). We are now gearing up to help host the awards for the International Whitewater Hall of Fame on September 24 and 25. Ginny helped explore options for this event, and Barb Brown has graciously agreed to host a low-key reception for the inductees and special guests at her home on Friday night. On Saturday there will be a reception for the inductees which will start at 5 PM followed by a banquet and program to honor their achievements. One of the inductees will be our own Risa Shimoda who was the real spark plug making Potomac Fest such a success. Finally, we will have a real treat at our annual party on December 3. Doug Ammons from Missoula, Montana will be presenting an outstanding program featuring his incredible journeys on such amazing world class rivers as the electric turquoise Agua Azul in Mexico, the Grand Canyon of the Stikine in British Columbia, Turnback Canyon on the Alsek River in the Yukon, the Thule Bheri River in Nepal, and the Grand Canyon of the Yellowstone. Ed



Hear Ye! Hear Ye!

The CCA is helping with a major whitewater event taking place in our area: on Saturday evening (September 25th), whitewater paddlers from the US and around the world will gather to induct the *International Whitewater Hall of Fame (IWHOF)* Class of 2010 - at Bretton Woods Recreation Area; followed on Sunday (September 26th) with US National Whitewater Slalom Championships at Dickerson, MD. ***CCA has volunteered to start off the weekend with an informal gathering to honor the IWHOF honorees on Friday evening (September 24th - see details p. 3-5).***



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Canoe Cruisers Association
 11301 Rockville Pike
 PO Box 2523 Kensington, MD 20891
Web Site: canoecruisers.org

Chairman: Ed Grove chairman@canoecruisers.org
Secretary: Ernie Lemmert
Treasurer: Jerry Odhner
Membership: Ginny DeSeau/Susan Sherrod

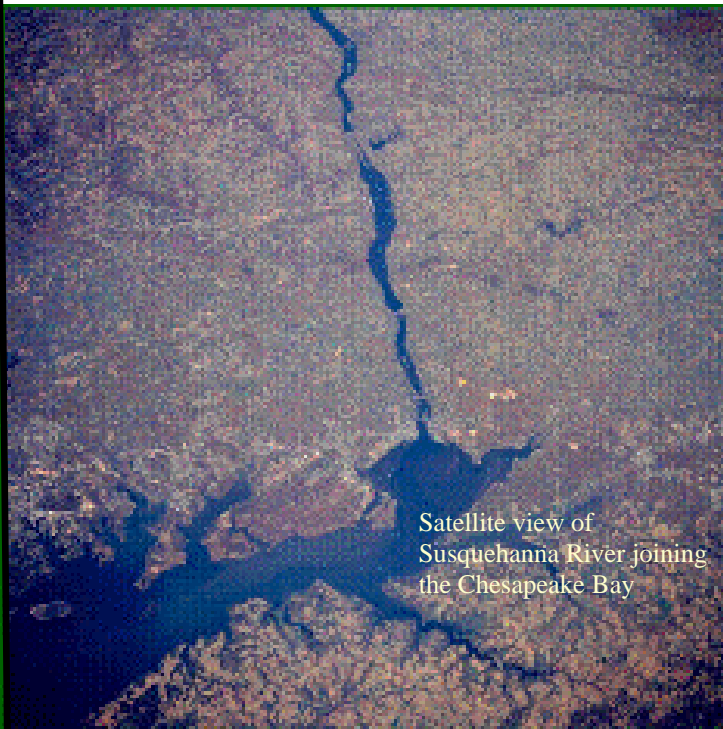
Address Corrections: membership@canoecruisers.org
Newsletter: Joan Goodbody newsletter@canoecruisers.org
Web Site: Susan Sherrod webmaster@canoecruisers.org
Instruction: Bob Kimmel instruction@ccadc.org

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.



Satellite view of Susquehanna River joining the Chesapeake Bay

CCA Meeting Schedule

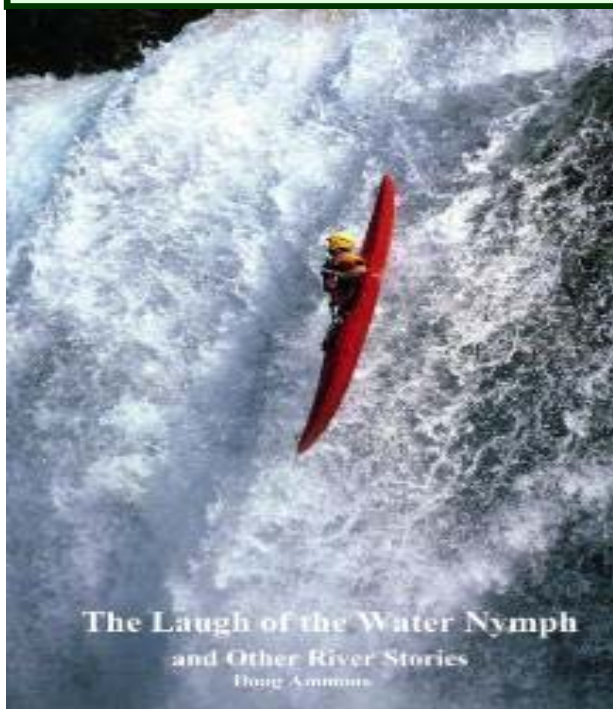
October 25, 2010, Monday.

When there is trouble on the Potomac, it is a good chance River Rescue and Tactical Services Team of the Cabin John VFD will be the ones to save the day (or pick up the pieces). So this evening, Lt. Thomas Cleveland will visit to explain the operation, show us the equipment, and share their experiences. The unit has been our neighbor for years, so come say hello and learn more about them.

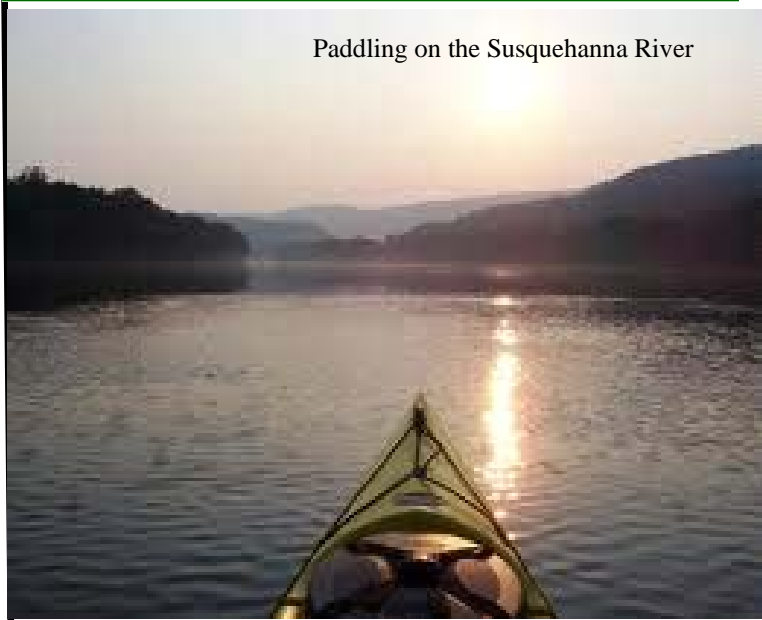
December 3, 2010, Friday. Annual Holiday Party, Swap Meet and Club Meeting. Speaker : Doug Ammons from Missoula, Montana will be presenting an outstanding program featuring his incredible journeys. More information on Page 8

September 27, 2010, Monday.

As part of our "know your local rivers" campaign, this evening we present *Looking to the River*, a Station WVIA public television documentary on the Susquehanna River. Source of our beloved Chesapeake Bay, this river and watershed is seldom on the minds of we Washingtonian boaters, who tend to look west for our paddling pleasure. So join us this evening and plug that knowledge gap.



The Laugh of the Water Nymph
and Other River Stories
Doug Ammons



Paddling on the Susquehanna River

Whitewater Community to Honor Legends, Compete for National Honors

Slalom Championships Follow Induction of Those Whose Combined Whitewater Contributions Span 100 Years



(Gaithersburg and Dickerson, MD) – Whitewater paddlers from the US and around the world will gather to induct the International Whitewater Hall of Fame (IWHOF) Class of 2010 on Saturday evening, September 25, 2010 just outside Washington, DC at the Bretton Woods Recreation Area, then witness the country's best slalom paddlers race through challenging rapids at the US National Whitewater Slalom Championships on Sunday the 26th.

Saturday evening's event will also serve as the Annual Whitewater Slalom Foundation (WSF) Alumni Dinner, a fundraiser for past U.S. Team racers and supporters. "We are excited to reunite slalom alumni and friends to celebrate the past and future of slalom racing, and whitewater as a whole," notes Kent Ford, WSF Board member and past IWHOF inductee. "We invite all who have raced with, trained with, or supported our athletes over the years to this fantastic get together." Go to the website to purchase tickets. www.iwhof.org

The 2010 IWHOF Induction Ceremony will honor five paddlers from five countries:

- ◆ Pioneer - Theo Bock (Germany), the organizer of the first German National Championships and many other events as well as the country's first river explorer.
- ◆ Explorer - Mikey Abbott (New Zealand), paddling's first truly global adventurer, veteran of multi-day self-supported expeditions in the world's greatest mountain ranges.
- ◆ Champion - Michal Martikán (Slovakia), winner of more Olympic whitewater medals than any other individual in four Olympic Games (2000-08).
- ◆ Advocates
 - ◆ Helen Brownlee (Australia), contributor to the sport at the international level for over 50 years, from co-founding the Australian Canoe Federation to contributing to the success of canoeing in the 2000 Sydney Olympics and
 - ◆ Risa Shimoda (Takoma Park, MD USA), innovative river steward, event organizer and promoter of freestyle paddling and whitewater parks throughout the US for over 30 years.

"We are extremely proud to have an opportunity to honor these paddlers," notes Ed Councill, Chief Executive Officer for the Paddlesports Industry Foundation. "They have inspired us due through their tremendous drive and dedication to the treasures humans can find only on rivers."

The 2010 US National Slalom Championships, starting on Sunday morning, will showcase veterans and rising stars from across the country, paddling past gates strung above challenging whitewater drops at the recently renovated Dickerson Whitewater Course, located immediately below the Mirant power generation plant in Dickerson, Maryland.

Three organizations have collaborated to produce the Saturday evening event: the Bethesda Center of Excellence, Whitewater Slalom Foundation, and the International Whitewater Hall of Fame.

"Having Whitewater Slalom Alumni and International Whitewater Hall of Fame honorees at an event held in conjunction with the Slalom National Championships will be a fantastic opportunity for the current crop of whitewater athletes to mingle with the greatest whitewater veterans." says Adam Van Grack, President, Bethesda Center of Excellence, the local slalom racing club that has produced World Champions for decades.



Con't from Page 3

The Whitewater Slalom Foundation is a service organization that helps to implement programs and support athletes in the sport of canoe slalom in the US.

IWHOF is a program of the Paddlesports Industry Foundation, founded "to recognize and honor individuals who have made significant contributions to whitewater related activities." IWHOF is endorsed by the International Canoe Federation and International Rafting Federation. Honorees are chosen through nominations submitted through its Affiliates, a screening committee and a body of international electors. The Canoe Cruiser's Association (CCA) of Washington, DC is proud to be assisting IWHOF in the planning of this momentous event to honor these most worthy whitewater paddlers, notably Ms. Shimoda, its hometown advocate for river stewardship,.

For more information contact Matthew Urdan, msurdan@iwhof.org 865-304-3428 or visit www.iwhof.org.



Pioneer:
Theo Bock



Explorer:
Mikey Abbott



Champion:
Michal Martikan



Advocate:



Advocate:



Schedule of Events

Friday, September 24

Deadline for Athlete Registration

Monday, September 20 through Friday, September 24

Open Training: for registered athletes

Saturday, September 25

Athlete Practice: 8:00 a.m. to 12:00 p.m.

Boat Control: 12:00 p.m. to 2:30 p.m. (course closed)

Demo Runs: 3:00 p.m.

U.S. Slalom Nationals / IWHOF / WSF Banquet: 6:00 p.m.

Sunday, September 26

National Championship Slalom Races

Slalom Foreruns: 9:45 a.m.

Slalom First Runs: Starting 10:00 a.m.

Slalom Second Runs: Starting approx. 11:45 a.m.

Boatercross Event Starting approx. 1:45 p.m.

Awards Starting approx. 3:00 p.m.

The USA Canoe/Kayak Slalom National Championships are being held with generous support from **Mirant** – owner and operator of the Dickerson Generating Station.

Spectator Admission: FREE!

Follow signs to Spectator Parking Lots

Parking and Shuttle to Race Site: **\$10 per car** (carpool to save!)

Note: No Spectator Parking at Race Site!

Note: No dogs allow at Race Site!

For More information go to: http://bce-racing.com/blog/?page_id=811



International Whitewater Hall of Fame (IWHOF)

Reception to meet Honorees Sponsored by CCA

Come Join Us on Friday, September 24, 2010

7:00 PM At Barb Brown's House

Come join the CCA and the paddling community to celebrate the induction of the 2010 IWHOF. The IWHOF recognizes and honors individuals who have made significant contributions to whitewater-related activities. The first class of honorees was inducted in 2005 and the Hall of Fame now includes honorees from all over the world. Their legacy as world class athletes, pioneers, advocates, and explorers is honored.

For information on the induction ceremony, on Saturday, September 25, 2010, please see p.3

Please join the CCA at a reception the night before the induction to meet the honorees and to spend time with like-minded people. This is a pot-luck event, so bring a dish to share with many people. The CCA will provide meat and drinks (just like we do at our Winter Gear Swap each December). Please let Barb Brown know whether you will attend and what you will be bringing. 301-765- 9115, PotomacB@comcast.net

Conservation Currents by Kay Fulcomer, Conservation Chair



News and Notes:

- ◆ **West Virginia Rivers Coalition** is holding its annual River Raffle. This year's grand prize is a Wilderness Systems Pamlico 100 in orange from River and Trail Outfitters. To see the very long list of prizes and to support WVRC, go to the website www.wvrivers.org. (While you're on the site, slip over to the page that lists the Board of Directors to see a couple of familiar names.)
- ◆ The **Virginia Conservation Network** is hosting the Virginia Environmental Assembly meeting in Virginia Beach on September 17-18 at the LEED Gold-certified Virginia Beach Conference Center. Events include a tour of the convention center, presentations on coastal energy, Rising Seas, Chesapeake Bay, and optional kayak or Aquarium Research Vessel field trips. Admission is \$30 for pre-reg. (\$40 at the door). You can register online at VCNVA.org.
- ◆ **FORCE (Friends of Rock Creek's Environment)** has developed a Stream Team program. Anyone interested is invited to adopt a stretch of Rock Creek or one of its tributaries or join a team that has already formed. Stream team leaders commit to frequent observation along the stream, reporting serious problems to the proper authorities, and organizing at least 2 cleanups per year if necessary. FORCE provides leadership training with a grant from the Chesapeake Bay Trust.
- ◆ Check out the website for **Friends of the Rappahannock** at www.riverfriends.org for information about the annual Festival on Sept. 18, 4-8 PM at Farley Vale Farm on the shores of the Rap. Live music, silent auction, and fresh seafood. Tickets \$75. Or join them for their Fall River Cleanup on Oct. 23, 9 am – 1 pm at Old Mill Park.

The River Cleanups just go on and on, don't they?

[Editors note: she even has her family trained doesn't she??]

So my nephew said "I'd love to go paddling with you." And I said, "Great! I'll bring the bags."

What a good sport he is! Chris Hinsvark is a High School Teacher, and this is how he spent the last day before school started.



When on the River be sure to always carry bags so that you can pick up trash and debris.

****Send me your conservation pictures.**** (kayfulcomer@comcast.net)

Remember: CCA Conservation Grants are available for projects in our local watersheds. See the CCA conservation page on the website for details. <http://www.ccadc.org/conservation.html>

New Ohiopyle Falls Access Policy Announced by Mark Singleton

After two decades of working on Ohiopyle Falls access, the Pennsylvania Bureau of Parks contacted American Whitewater today with official notification granting additional boater access to Ohiopyle Falls starting August 22, 2010. The new guidelines are as follows:

First Year Private Boater Ohiopyle Falls Access Guidelines

1. **Prior to launching for each falls run, all boaters must register** at the Lower Youghiogheny Launch Booth on SR 381. A launch permit, governed by the private boater quota reservation system, is required during applicable periods.
2. **Water Level must be 1.8 feet** or below on the USGS Gage at the Lower Youghiogheny Launch in Ohiopyle.
3. Using the Lower Youghiogheny Launch to take-out is prohibited. Boaters running the falls must continue down river and take-out either at the Loop Take-Out on Ferncliff or Bruner Run Take-Out.
4. **For the first season, the Falls will be open for runs between 8:30 am and 2:30 pm from Sunday, August 22, 2010 through September 12, 2010:** approximately 3 week launch window. If access pilot continues into 2011 season, the launch window will run from second Saturday in May to second Sunday in September (corresponds to 7-days a week manned Lower Yough Launch Area Operations).
5. **Access (put-in) will be from the river right shore only (Ferncliff side).** Access will be prohibited from the Falls Day-Use Area except during Falls Running Events governed by Special Activities Agreements. When Double Rope Buoy Lines are fixed (typically Memorial Day Weekend to Labor Day Weekend), access must be on the downstream side of the lines via Ferncliff Trail. When Double Rope Buoy Lines are not fixed, access is permissible from approved upstream locations: Ferncliff Trail upstream to SR 381 Bridge/Middle Yough.
6. **Boaters are prohibited from running Ohiopyle Falls alone** (solo boater/party of one). Minimum group size is three boaters. 2nd or 3rd boaters do not have to run the falls and is/are included for the minimum group size for providing safety from shore (above or below) or boat (below) the falls.
7. **Only single and double occupancy kayaks and canoes** designed and fully outfitted for whitewater use are permissible. Unguided Liveries/Rental Craft are prohibited. Rafts are prohibited.
8. **Boaters may scout the falls from beyond the warning signs** during open hours but must wear PFD and helmet at all times.

Remember: this is a pilot program. PLEASE abide by the above guidelines and DON'T mess this up for everyone.

A brief history of a long project: Back in the mid 1980s boaters began running Ohiopyle Falls with some regularity at low water. The popularity of these illegal runs increased through the 90s as the skill and experience level of boaters increased. In 1999, the first American Whitewater Over the Falls Festival was held and permitted under a special activities permit issued by the state as an attempt to demonstrate that the Falls could be run safely. Ten years later, in the fall of 2008, a public meeting was held to float a pilot program for limited Falls access, it is unanimously supported by the boating community but the pilot goes nowhere. In the spring of 2010, the Borough of Ohiopyle Council adopts a resolution supporting limited Falls access for boaters. That resolution is supported by; Tim Mahoney, Pennsylvania State Representative, Mike Reese, Pennsylvania State Representative, Vince Zapotosky, Chairman, Fayette County Commissioners and Vincent A. Vicites, Vice Chairman, Fayette County Commissioners. With local political support, regular meetings take place with AW executive leadership and the Bureau Director leading to the pilot program announced today.

American Whitewater would like to recognize the leadership of John Hallas, the former Ohiopyle Park Manager from 2004 - 2010. John was recently promoted to PA State Parks Regional Manager. This pilot program is the result of collaborative negotiations over the last six months (and steady pressure over the last 20 years) between Pennsylvania Bureau of Parks and American Whitewater.



CCA Whitewater Beginners Class by Charlie Duffy, Lead Instructor

Students: Mitch Rock, Michelle Kuhfahl, Caroline Kuhfahl, Kyle Kuhfahl, Justin Kuhfahl, Jonathan Kirschner, Thomas Leonard, Monika Ciesielczyk, Edwin Molina, Phi Hou, David Green, Brian Green, Wendy Mardis, David Mozurkewich, Lynette Fullerton, Ken Kulver

Instructors: Dave Stoesz, Linda Woody, Jay Huber, Michelle White, Marcia Masolonek, Tony Shea, Ron Ray, Roger Blake, Terri Hoselton, Bob Kuhfahl and Charlie Duffy

Admin: Ginny DeSeau, Jerry Odhner, Susan Sherrod

I started packing the van and reviewing the Beginners Packet earlier in the week. Packing the van for a Beginners Class takes a great deal of time. It seems like I grab every piece of boating gear I own, 3 folding tables, chairs, tarp, and lots of spare gear like boats, paddles, helmets, PFD's, and sprayskirts. Basically, I come loaded for bear. Even though all students must complete registration prior to the class, I still need to bring a fair amount of paperwork as well.

I woke up on Saturday morning feeling really woozy - YIKES! I was feeling very ill (and that is an understatement). It was raining pretty heavy as well. Things were not looking well. As the lead instructor, I had to be there to at least organize the class so off I went. I showed up early as I always do. Normally, this allows me to set everything up. Set-up under normal conditions takes at least a half-hour. Since I was early and not feeling well, I decided to take a cat nap. Sometime later some helpers showed up and caught me knapping - good thing. They helped me unload all four boats and get started on preparing the class site. I was afraid I would have to teach in the rain but as luck would have it - the Kuhfahls showed with a large flotilla and several tarps. Everyone worked together to assemble Tarp City (see photo). Whitewater paddles make excellent tarp poles and also are great for emptying puddles.

Before class starts, I typically inspect each student's helmet and PFD. Even on intermediate trips, many would be surprised at how many boaters have improperly fitting helmets. This is probably the number one cause of concussions and nasty forehead hits. Where necessary, I provide a more suitable fitting helmet and potentially PFD. No sense taking any chances with safety.

We proceeded to teach the class. I normally like to mix up the speakers. This makes the class much more interesting and provides lots of valuable input - this time it was essential! I am very fortunate to have a large number of friends that have helped in my classes before so they know the drill. The land based portion of the class is very extensive as we have a great deal to cover. There are also lots of pop quizzes as well. As each student completes their registration (a number of weeks ago), the Beginners Packet of articles covering all of the ACA curriculum is sent to them for studying (yes this class has homework). This saves lots of class time and really helps in the learning process. Training continues through lunch time as well.

One of the topics is how to properly load a boat on a roof rack. I usually look for a suitable student car and picked a nice one complete with straps near the top of the parking lot. As we completed both the strap and rope tie down procedures, the real car owner showed and we all had a big chuckle - she was cool.

The rest of the afternoon is on the water - flat water that is. We all headed over to the Feeder Canal clack water. A great deal of time is spent on perfecting all sorts of strokes many of us take for granted: Forward, Sweeps, Draws, Sculling, Back, Rudder, etc. At no time is any student allowed to attach their spray skirt which may puzzle some. This is a basic safety precaution - each student needs to earn this privilege. At the end of the day, we work on bow rescues and the wet release. The first wet release can be quite frightening to some. Careful one-on-one instruction is provided and then each student is tested. I swear some students can pop out of their boats in a matter of micro-seconds. This is the first class where a couple of students came back for seconds - unbelievable.

Fortunately I started feeling better near the end of the day and was able to complete the wrap-up briefing.

I got a good night's sleep and was feeling almost 100% percent for the next day - back to the high energy mode people come to expect from me. The weather on Sunday was spectacular and the Potomac went from 1500 CFS to 2100 CFS. This is good since day 2 of the class is whitewater training. Fortunately a lot of the background information is covered in the ACA L1 course so we only needed to cover the whitewater specific topics. This makes for a much shorter land-based class.

After class, we visited Charlie's Little Shop of Horrors - an interesting class IV rapid that starts in the breakout of the Lock 5 retainer wall and runs into the side channel above Little Falls.

This rapid pretty much has all the major whitewater obstacles like holes, waves, pillows, undercuts, sieves, eddies, tricky currents, etc.

We point out all these features and discuss how a paddler would run this rapid. This is a great resource. Ron Ray also found a great place to demonstrate foot entrapment here.

Once in the water it was review time. We set-up an extensive obstacle course and had students paddling forwards, backwards, and around the temporary buoys (our helpers).

After they completed the course, they were instructed to flip the boat and wait for a bow rescue (or perform a whitewater roll).

(cont on next page (9))



(Cont from page 8 CCA Beginners Class)

We then proceeded to one of my favorites - the Bronco Billy exercise. We position two strong persons: Jay Huber & Tony Shea behind the student holding their boat. I instruct them on proper low brace and high brace technique. We then simulate a bronco rodeo on the water - what a hoot! I pay close attention to technique and stop the drill if the student is simply flailing at the water. We keep this up until they demonstrate proper bracing technique.

Stokes - check, bracing - check, river reading - check; now we are ready for whitewater training. This Sunday was the day of the Boater Cross competition and one of the heats is held in the Feeder Canal. Fortunately our timing was perfect. We took a break for lunch and watched the races. After lunch, we worked on ferrying and ascension up the canal rapids. I demonstrated wave surfing at the top and the jet ferry. We then pulled all the students out and carried to the top - we had something special in mind.

The students were given instructions on Slalom Racing and set off to run the slalom race course - how neat is that. This always frightens some newbie's - this is a pretty big step after all. Fortunately, no one flipped and this convinced everyone that it was OK to try. We got lots of pictures and some video as well.

After the race, we worked on back ferries, edging, and discussed creeking strategies. We set-up lots of in water safety and had the students run the top half of the Z Channel. The Z Channel is really solid class II and requires tight eddy turns. We then have the students get out of their boats and work on several rescue exercises. I like to have each student go through the dunk test. They learn how to hold a throw line as the swimmer and see what happens when they hold it incorrectly as well. The Z Channel has the perfect wave for this purpose. We then pick the smallest person in the class and have them rescue a much larger swimmer. Michelle Kuhfahl (age 10) got to rescue her dad.

After rescue work it is instructor playtime. We demonstrate all sorts of ways to run the remainder of the Z Channel. After we have our playtime, the stronger students get their turn.

We then wrap up the day and proceed to Potomac Pizza. Fortunately, many of the students were able to attend. While waiting for the pizza, I administer the Final Exam - and this one is a beauty. Both the students and helpers get to take the exam. This is a great way of reinforcing all the material we covered over the two days and one last chance to explain the more difficult concepts. The ACA student participation cards are handed out, we eat and say our final farewells. At this time, several of the helpers offer to lead Beginners (now Novice) trips like Violet's Lock. This is great since all the students need more suitable seat time to reinforce the skills they just learned.

All were happy with how the class turned out and everyone completed the class.

Our next Beginners Class is scheduled for mid-May, 2011.



Suitable Starter Rivers: by Charlie Duffy

We had a good year for Beginner Classes. Beginner classes were run in May and July and all had excellent attendance. Many other boaters went the commercial training route as well. If you completed a proper ACA (American Canoe Association) training program, you should be ready for any Novice (Class I) or Practiced Novice (Class II) runs with other paddlers. Take your time developing your skills on these runs and get a variety of rivers/rapids under your belt before moving up the difficulty scale. Most streams have alternate routes that are far more challenging than the typical lines and this is a great way to build solid boating skills. Learn how to lead when running rivers, not simply following someone's PFD through the rapids. Not only is this more fun, leading forces you to read whitewater which is a very critical skill.

Class II+ and III- runs in training classes are also suitable after you get several successful runs under your belt. All of the local canoe clubs offer these classes from time to time. A good skill to learn before "stepping it up" is a whitewater roll, either the C2C or the Sweep roll. Clubs and commercial outfitters teach this skill throughout the year. This enables you to perform a self-rescue and will make paddling a lot more enjoyable.

Once you are very confident in class I/II river runs, pick a favorite and organize a trip. Trip leading teaches very valuable skills and is a great way to meet other paddlers. More experienced paddlers often tag along on these trips and will definitely take notice. If you are fortunate, several may mentor you.

Here is a list of local runs that you may enjoy:

- Old Anglers, Maryland Chutes
- Muddy Creek
- Antitium
- Upper Gunpowder River
- Mather Gorge on the Potomac
- Passage Creek (lower Levels)
- Seneca and GW Canal (AKA: Violettes Lock)
- Cacapon
- The Needles section of the Potomac
- The Feeder Canal
- Rappahonock River
- Sideling Hill

Check the CCA website for scheduled trips and call the trip leader to ask to join them and have a fun run.

Come One Come All to the Annual Holiday Party and Swap Meet. December 3, 7:30.

A special Speaker, Doug Ammons, will be there.

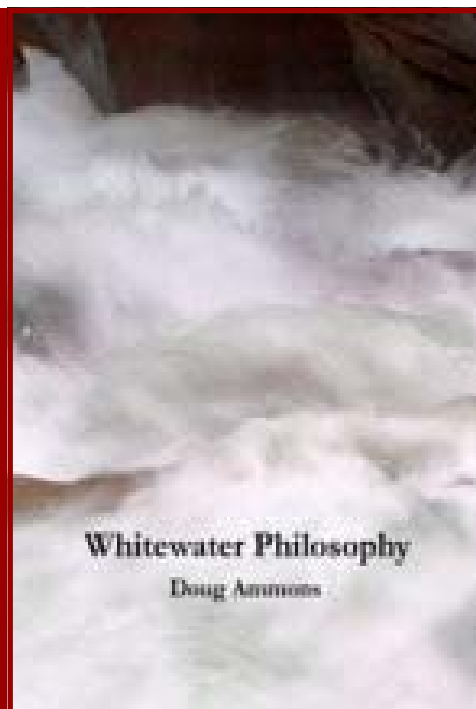
World class kayaker Doug Ammons brings you his presentation "Wildwater – a love story" - an evening of incredible photos, video, and especially, human insights into the beauty and challenge of wild rivers. Doug was recently named by Outside Magazine as "one of the top ten 'game changers' in adventure since 1900", and compared to mountaineer Reinhold Messner for his mind-bending solo runs of the hardest rivers in the world and other expeditions. Doug is equally adept in speaking poetically and insightfully of risk, beauty, danger, and intimacy with the natural world.

Within the slide show, he will also show several short videos, including teasers for a stunning movie in high definition that he is currently working on, called "Wildwater". His presentations have been called "spellbinding" and a "must see that will leave a fire in your heart for the outdoors".

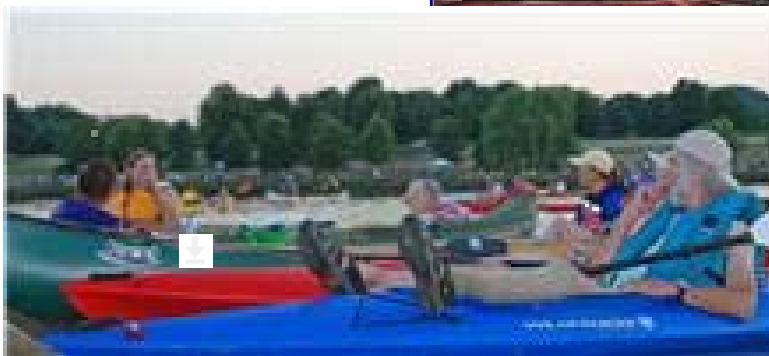
"Doug's river descents, his insights about risk, thought provoking challenges, and his psychological navigation transcend sport."

Doug will have his acclaimed books for sale at the Party/Swap meet, so save that gift idea for your favorite paddler. They are: "The Laugh of the Water Nymph" (photo of cover on page 2 and "Whitewater Philosophy". (photo of cover to right).

Reviews of the books will be included in the next issue.



4th of July, 2010 Photos
Story by Star Mitchell, the trip leader, on Page 13.
Photos by Barb Brown.



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.

Trip Report -- Cabin John Creek

Submitted by Steve Ettinger

On Tuesday I had announced that our regular Thursday Paddle would be at Little Falls, there being nothing else up other than the lower Yough, where we had gone last week. But with the heavy Thursday morning rainfall, I E-mailed that I would shift to a small creek tbd. Dick Pierce had already informed me of 2-3 inches in Arlington, but Barb Brown countered that she had received almost nothing in Potomac. Nevertheless, I settled on meeting at Cabin John Creek at 10 AM, and then swung by Rock Creek just in case we needed a bailout. It was out of its banks. (The gauge there is still not functional as of Friday morning.)

I made it just in time to the meeting place on the east side of the one-lane bridge over MacArthur Ave., after only one detour for a downed tree, and saw immediately that Cabin John Creek was too high. Dick and Barb arrived while I was scouting down below -- Dick had obviously faced major road delays, as he is never late. (Barb is like me -- we follow what the Indonesians call "rubber time." In due course, Tim Tilson joined us. I surmised that the creek would be safe in an hour or two, as we watched the water smash into a partial strainer at the C&O Canal take out, leaving no room for error there. I thought about alternative runs, but decided not to head back out into the uncertain road conditions, given that we just needed a bit of patience at Cabin John Creek.

After about an hour of watching the water level gradually drop, we sashayed up to the River Road put in, for a leisurely early lunch. By noon, the level looked more reasonable, so Barb, Dick and I put in; Tim, still spooked by our visit to the take out, headed to Violets Lock instead.

The 2.6 mile run down to the Canal was remarkably pleasant. We had no strainers to portage, although with a foot more water, one tree across the stream in fast water would have been a serious problem. The steepest drop (class III-) came after about a half mile, on a sharp left turn under Seven Locks Road. It looked harder than it was -- the key is to stay left. We passed the garishly-graffitied culvert where Booze Creek enters beneath Cabin John Parkway. (I've been wanting to run that stretch of Booze Creek, and we probably could have caught it on Thursday, but then you would have to wait at the confluence for Cabin John Creek to drop, before continuing, as there is no take out there.) After the Beltway, we entered the half-mile semi gorge filled with long class II-III rock gardens. Some of them were easier at this medium level than when I had run them at close to minimum before, but all were fun, and there were numerous play spots.

When we reached the take out, Barb was interested in continuing beneath the Canal and running the final quarter mile to the Potomac. That was easy and pleasant enough, but attaining/portaging back upstream was a bear. Dick did more portaging, Barb tried to attain everything (with incomplete success), and I took a compromise path. By the time Barb and I had made it back up, Dick had already been searching for us up and down the trail.

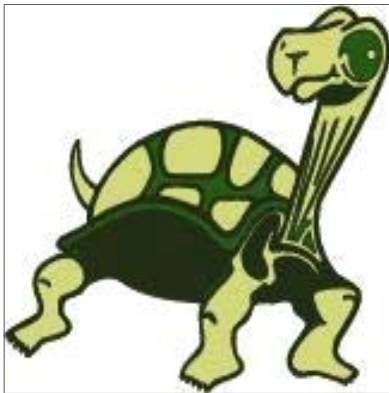
The take out itself was the only really unpleasant part of the trip -- a 15-yard scramble up a steep bank full of thorns and poison ivy. Then we dragged our boats up to near Clara Barton Parkway, and hiked without them a half mile back up to our cars at MacArthur Boulevard. So the first part of the short shuttle was to retrieve our boats (you can pull off briefly onto a gravel area, but might be ticketed or even towed if you left cars there). Back at River Road, the creek now looked barely runnable.

Important to Warm Up before Kayaking/Paddling (information from Beginners packet assembled by Charlie Duffy)

Studies have shown that upper extremity (shoulder, elbow, and wrist) injuries are the most common injuries among kayakers. While many of these injuries are trauma related, such as lacerations or contusions, there is also high prevalence of acute and chronic upper extremity injuries. Common nontraumatic injuries include sprains, strains, and tendonitis, with shoulder injuries comprising the majority of the injuries¹⁻³. In addition, low back strains are common among kayakers, highlighting the need for adequate core stretching and strengthening.

A proper warm-up should commence with aerobic exercise and include a dynamic stretching routine.

I have found many different routines to do this, but the idea is to always warm up before one paddles. All the articles stress some aerobic exercise, like biking, running, swimming, jumping jacks, etc. Then they stress that it is important to stretch. Each paddler should develop a routine that works for them. In the next two issues I will run two different warm up routines—one from the article from the Beginners packet and the other a Yoga warm-up that a friend of mine that Kayaks in SC swears by. **Stay tuned to the particulars of warm up stretching exercises.** Editor.



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

September

9/4-6 Sat- Mon HI/A New River Rendevous - Labor Day Weekend - New River Gorge - See message board for details.

http://www.canoecruisers.org/cca_messageboard/ Charlie Duffy, H 703-938-3949, charlie_duffy@yahoo.com

9/11 Sat PN Wye Island Chip Walsh, chipwalsh@comcast.net, or 410-923-0806; 202-283-1182

9/22 Mon A CCA Meeting - See message board for program details. http://www.canoecruisers.org/cca_messageboard/

Ed Gertler, e_gertler@yahoo.com

9/24 Fri A International Whitewater Hall of Fame (IWHOF) Reception to meet Honorees. See message board for details.

http://www.canoecruisers.org/cca_messageboard/ Barbara Brown 301-765-9115 PotomacB@comcast.net

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

October

10/16 Sat I Swift Water Rescue Workout, Participants must have taken a previous 2-day SWR class and have at least Class II+ paddling skills. See message board for details. http://www.canoecruisers.org/cca_messageboard/

Charlie Duffy, H 703-938-3949, charlie_duffy@yahoo.com,

10/25 Mon A CCA Meeting - See message board for program details. http://www.canoecruisers.org/cca_messageboard/

Ed Gertler, e_gertler@yahoo.com

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

December

12/03 Fri A CCA Party and Swap Meet - - See message board for details. http://www.canoecruisers.org/cca_messageboard/ Ed Gertler, e_gertler@yahoo.com

Trip Leaders are Needed

If interested in leading a trip this season, please

contact Barbara Brown: 301-765- 9115, PotomacB@comcast.net.

Trip Reports by Barbara Brown

Sunday August 15, I led a lowwater Staircase trip. The trip had only one other participant, Jean O'Steen. Somewhere out there is a false myth that the Staircase becomes unrunnable in the summer. Not so!!!! It changes. The rock gardens become more intricate and the lines although smaller are still there. It is a perfect warm up trip for practiced novice paddlers yearning to become intermediates.

Saturday August 20, Scott Mitchell volunteered to paddle on my scheduled CCA Middle Yock trip. Scott is perfect candidate. He just started paddling last spring, learned to roll and has been an enthusiastic participant in CCA trips. Since he was the only paddler on the trip, it was my pleasure to give him as much instruction as possible to built his confidence and skills. We worked on skills all day! With hesitation and trepidation he joined Josh Kauffman's Lower Yock trip the next day. Although not without carnage (he swam above Swimmers), and with several heart stopping rolls, Scott made us all proud and finished the trip with

4th of JULY POTLUCK & PADDLE 2010

By V. Star Mitchell

Thirty boaters managed to get past irrational security to enjoy the 4th of July Potluck & Paddle. For the third year, the Park Police made the adventure as difficult as they could by again blocking off the Teddy Roosevelt parking lot and letting people in when they felt like it even if there were empty spaces in the lot upon the car's arrival.

Rusty Dowling, Bill Gonzalez, Craig Wolfe, my dog Perra, and I arrived by 2:30 p.m. at the parking lot and could see empty places, but "Miss Personality" (Park Police) at the entrance said we could not come in. I then drove the van down the GW Parkway, across Chain Bridge, South on Canal Road, Whitehurst Freeway, past the Kennedy Center, back across the Teddy Roosevelt Bridge and back to the entrance to the parking lot. That little trip takes about 20 minutes and never mind the gas consumption. This time "Miss Personality" after some rude confutation with Craig let us in.

Besides the four in my van, the following people managed to get past "Miss Irrational" and attended the potluck: Pete Chapel (& four kids), Amanda Green, Bridget, Frank, Jamie, & Kerry Fico, Dorothy & John, Mathew Firsching, Wayne Lipscomb, Bob & Karin Schaefer, and Jan Wolf. Kathy and Frank Collins left their van and boat at the parking lot the night before to avoid the "cop" problem. Another lady (non-member) read about the event on the web and joined us, but I cannot remember her name.

The paddlers out did themselves and brought the best spread of food we've ever had. Every dish deserved a blue ribbon. While eating, I received a cell phone call from Steve Miller saying he and his family had arrived, but the dear Park Police said they could not come in and even if spaces opened up, they were not going to let anyone else in! Bureaucracy is so wonderful.

After dining until satiated, we stored our picnic gear, launched our boats, headed up river around the island, and paddled down to "our anchoring rock." Bill put down our anchor (my OC-2) and we all rafted up to await the great fireworks show. Seven hearty boaters paddled down from Fletcher's Cove and joined us at "our rock." They were: Barb Brown, Ed Gertler, Ruth Healey, Larry Lampert, Carol Pamer, Ursy Potter, and Kathleen Sengstock.

The fireworks were more spectacular than usual. After the show the "tough guys" left to paddle back to Fletchers and the rest of us returned to the parking lot. We took note that the Park Police had left abandoning their mission to keep those empty parking spaces secure and free from public use. We then loaded our boats, said goodbyes, and headed for home.

I am so disgusted with government intervention and this event being made so miserable in the past three years that I am considering, after some 20+ years of doing this, of just scrapping the event. My alternative is to have boaters meet at Fletcher's Cove, picnic there, and then paddle down.

I understand that the return paddle to Fletcher's is only really dark for a brief period of time. There would be other problems with this—my van with two canoes, and a blow-up could not go under the tunnel at the cove, rain and high wind or water could really impact the event, the outer parking lot at Fletcher's was packed this year, and there could be other problems. So I may just scrap this event as the CCA has scrapped the Tuesday night canoe and kayak teaching at Fletcher's Cove—too many government controls and regulations put upon us.

If we had an incident on the 4th of July, "they" could not evacuate the city. So just let us boaters perish happily together on our river celebrating the birth of our nation. Any suggestions for what should be done?

(See Photos on Page 10)

Submissions to the Cruiser

Should be made via e-mail to newsletter@canoecruisers.org, submitted on disk, or typed for scanning. No special formatting is required and is discouraged, also use plain easy to read text (fonts) such as arial or times new roman. Single spaced 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.



Canoe Cruisers Association of Greater Washington, DC
11301 Rockville Pike
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First Class Time Limit

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Deadline
For next Issue
Wednesday
October 27, 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,

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*Always consult your attorney before preparing any estate plans with us. If you want us to draft your bequest for a specific purpose, please do not ask us to draft it for you.