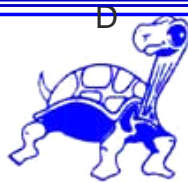


Special Edition

The 56th Running of
The Potomac Downriver Race
May 14, 2011
50th Anniversary of the
Canoe Cruisers Association



cruiser

Canoe Cruisers Association of Greater Washington, DC, Inc.

The Potomac Downriver Race

Scheduled for May 14, 2011

In case of water over 6.1 (and rising), the race will be held on Saturday, May 28.

Saturday, May 14th is the date for this year's Potomac Downriver race. While last year was the 55th anniversary of the race itself, this year is the **55th birthday of the Canoe Cruisers Association**, the Sponsor of the race. As has been the tradition for many years, the Sycamore Island Canoe Club is the race host—and the finish line.

All are encouraged to come out and race, note that participants should feel comfortable in Class 3 water. As a May 1956 article in the Washington Post wrote, "those who try [the Potomac Downriver Race] will have to fight swift cross-currents and eddies, dodge boulders by the hundreds, bounce haystacks and leap through raging rapids. For sure, somebody is going to get dunked."

See later pages 4 and 5 for the announcement and entry form.

See page 3 for suggestions on what to bring by Charlie Duffy, a safety expert and ACA whitewater instructor.

Volunteers are still needed for this year's race. If you would like to help with this historic event as a safety boat or land worker (no experience necessary), please contact Star Mitchell at (301)-530-3252 or < starmitchell@verizon.net >.

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
Treasure: 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 2011

**Location: Clara Barton
Community Center,
Cabin John, MD**

CCA Programs Coordinator:

Ed Gertler: 301 585 4381 e_gertler@yahoo.com.

**June 27: (Monday) 7:30 PM
Richmond Gulf (part of Hudson
Bay by Bob Schaefer.**

September 26, TBA

October 24 (to avoid Halloween) TBA

**December 2: Annual Party and Swap
Meet.**



Photos from last few years of Potomac Downriver Race.

Tips and Tricks for Getting Ready for the 2011 CCA/BCE Potomac Downriver Race

By Charlie Duffy

Oh boy, it's that time of the year again. This race is the oldest one in the area and covers Mather Gorge on the Potomac. This year's race is scheduled for Saturday, May 14. Since it is early Spring, I highly recommend cold weather outerwear protection. The USGS website maintains current river levels and temperatures: <http://waterdata.usgs.gov/usa/nwis/uv?01646500>. It looks like the water temperature will be around 55° F on race day. That can be a tad chilly if you take a swim, especially on a wide river like the Potomac. Dressing for river trips is a tad different from racing. When you race, you are building up lots of heat since you are paddling fast. The air temperature is typically in the mid-60's in May which is quite pleasant.

OK - lets design some outerwear protection that will not overheat me yet protect me if I become tired, flip and swim. I like a pair of neoprene long pants to protect the legs. NRS makes some really nice ones that are just perfect. Wool socks or better yet neoprene socks will keep your feet nice and toasty. I prefer standard river booties or sneakers - stay away from sandals. Shoes make it so much easier to walk safely on rough river bottoms. Now let's take a look at the upper wear - especially important for kayakers. If you have a dry top that isn't too warm, add a thin layer of polypro underneath and you are good to go. If not, I suggest warmer layers underneath with a splash jacket to cut wind chill. A thin neoprene (Mystery Fabric) top works just fine as well. Avoid cotton fabric like the plague as this material is great for cooling, not retaining heat.

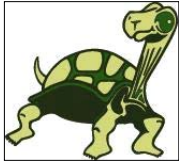
Two pieces of safety gear that don't weigh much are a bottle of water in an easy to reach location and an NRS Mystery Hood: <http://www.nrsweb.com/shop/product.asp?pfid=2029>. This full hood is the least expensive hypothermia preventer I know of. It is very small and you can put it on really fast. For a racer, it wouldn't hurt to securely tuck in a PFD pocket.

Now for the hands. If you have protected your core as described above - you shouldn't need anything to cover your hands unless it is really windy and cold out. The best choice in those conditions are poagies, either nylon or neoprene. Gloves don't work that well and you lose some finger dexterity as well. Neoprene Mittens are a decent second choice.

Before the race, grab some friends and practice attainment drills from Anglers. While you are at it, practice a few roles in the waves. Tom McKewan has made this an integral part of the Cheat River Race training class for many years with fantastic results.

As for safety gear, you are interested in low weight so that 70' throw rope is out - leave that for the ample safety crew. I still would carry a pealess whistle and a decent river knife on the jacket in an easy to reach location.

This isn't a bad time of the year to test the buoyancy of your life vest (PFD). When floating in deep water, your head should be fully above the water. If the water level is getting close to your eyes, it is well past due for a replacement.



56TH RUNNING OF CCA POTOMAC DOWNRIVER RACE SATURDAY, MAY 14, 2011

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



What race do you know of that has lasted consecutively for 56 years? The 56th running of the CCA Potomac Downriver Race hosted by Sycamore Island and co-sponsored by BCE will be Saturday, May 14th. COME AND BE A PART OF ONE OF THE GREATEST AND LONGEST RUNNING WHITEWATER RACES IN THE NATION! JOIN THE FUN! This year is the 55th Anniversary of the CCA, so there will be a special Anniversary Celebration for racers and volunteers at the end of the race!

The pre-registration fee is only \$20 if received by May 9th! Obtain a registration form from www.sycamoreisland.org or 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.

This USA Wildwater Ranked 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 and held on Saturday, May 28, 2011. Notice regarding any changes will be posted on the CCA, BCE, and Monocacy Canoe Club message boards.

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**.

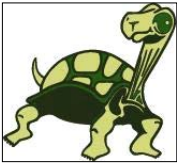
VOLUNTEER helpers are needed for **safety boats** and for helping at the registration at Great Falls and at the finish at Sycamore Island. Volunteers will receive the gratitude of the racers, a sense of participating in an important annual river event, a race T-shirt, and lunch.

Anyone interested in helping out with this year's race should **contact Star Mitchell** at 301-530-3252 or e-mail starmitchell@verizon.net. **DO JOIN THE FUN!!**

For use by Race Committee Only

BIB NUMBER: _____

CLASS: BC ___ **AC** ___



**56th CCA POTOMAC DOWNRIVER RACE
MAY 14, 2011 - 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 **BCE Overall Winner Awards**

Age Class #2: Open → 18 - 35 → *Fastest Overall*

Age Class #3: Senior → 36 - 54 → *Fastest Kayak* (not wildwater)

Age Class #4: Master → 55 - 69 → *Fastest Canoe* (not wildwater)

Age Class #5: Legend → 70 and over → *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 9**) Enclosed \$ _____ Check No. _____

Entry Fee for Race Day Registration: **\$25** (9am - 10:30am only) Attached \$ _____

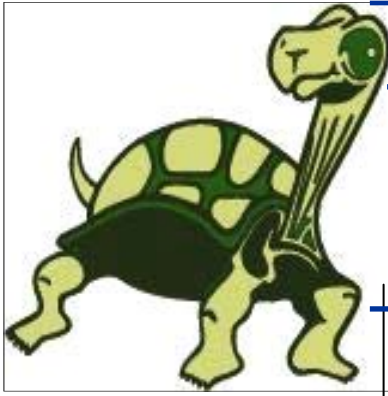
Voluntary Contribution for the CCA Potomac Downriver Race Enclosed \$ _____ Check No. _____

Please enclose your check payable to the "CCA" and mail to:

Star Mitchell, Race Chair, 8705 Hempstead Ave., Bethesda, MD 20817



Photos from last few years of Potomac Downriver Race.



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

MAY

Wednesdays: Anglers to Lock 10, Little Falls Loop, Violettes Lock Loop. All Wednesdays, May 1st through September 14th. Contact Mike for location and time. Michael Baummer, 703-521-8334 or Michael_Baummer@verizon.net

5/6—Fri. Cheat River Race, class IV, Levels permitting. Charlie Duffy, charlie_duffy@yahoo.com, H 703-938-3949, C 703-407-0909.

5/14 –Sat. Potomac Downriver Race, In Case of high water alternate date, May 28.

5/14 - Sat PN/I Rappahannock - Motts Run Landing to Mill Run Park - Optional take-out above the falls for those without the skills needed for the more difficult section. Susan Sherrod, sgsherrod@verizon.net or 703-725-4278

5/14-15—Sat-Sun, N; CCA River Kayak Beginners Class, ACA L1, L2, L3 Charlie Duffy, charlie_duffy@yahoo.com, H 703-938-3949, C 703-407-0909.

5/14-15 -Sat-Sun, I Bloomington Release Trip Leader Needed

5/21 - Sat PN Little Falls Workout for Novices (8 hour class) Charlie Duffy, charlie_duffy@yahoo.com, H 703-938-3949, C 703-407-0909.

5/21 - Sat PN/I, Rappahannock - Motts Run Landing to Mill Run Park—Optional take-out above the falls for those without the skills needed for the more difficult section. Susan Sherrod sgsherrod@verizon.net or 703-725-4278.

5/27-5/30—Fri.-Mon. Memorial Day at Teeters –Cheat area. Mike Martin. imnostooqe@yahoo.com or 301.263.0386, 202.842-4257.

5/28-29 -Sat-Sun, I; Bloomington Release Trip Leader Needed.

JUNE

6/4-5 - Sat, Sun, Multi-Club Swift Water Rescue (SWR) Class hosted by CCA Ron Ray, ronaldaray@verizon.net

6/4 –Sat. I, Swiftwater Rescue—contact Conewago Canoe Club: <http://www.conewagocanooclub.org/>

6/5 - Sun A; Savage River Release, Trip Leader Needed

6/11 - Sat I Lower Yough for First-Timers, Charlie Duffy, charlie_duffy@yahoo.com, H 703-938-3949, C 703-407-0909.

6/11-12 : Sat.-Sun. Beginner Flatwater Canoe Class, More info in next issue.

6/25-26 -Sat, Sun, A; Lower Yough Workout & Cheat Canyon for First-Timers Charlie Duffy, charlie_duffy@yahoo.com, H 703-938-3949, C 703-407-0909.

JULY

7/2-4 - Sat -Mon, I; New River Gorge - July Fourth Weekend - Advanced & Big Water Skills, Charlie Duffy charlie_duffy@yahoo.com, H 703-938-3949, C 703-407-0909.

7/3 - Sun A; Savage River Release Trip Leader Needed.

7/9-10 –Sat-Sun Beginner Flatwater Canoe Class, More info in next issue.

7/16-17 -Sat, Sun, I; Potential ACA Swift Water Rescue L4 Class Charlie Duffy, charlie_duffy@yahoo.com, H 703-938-3949, C 703-407-0909.

7/30-31 -Sat, Sun, PN; ACA River Kayak Trip Leader Assessment - New course and Certification. Charlie Duffy, charlie_duffy@yahoo.com, H 703-938-3949, C 703-407-0909.

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](http://www.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

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

First Class
Time Limit

Attention
Potomac
Downriver Race
Saturday
May 14, 2011

