

Chesapeake Paddler



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CPA Annual Meeting and Paddle—Sunday, November 3

Once again, its time for the CPA Annual Meeting. This is the time that we review the events of the past year, and look forward to what the club plans for the year to come. At this meeting we will visit topics of concern for the direction of the club, but most importantly we will elect the CPA Officers and Steering Committee for 2013.

The afternoon Annual Meeting will be at Roger “Pip” Moyer Truxtun Park Recreation Center, 273 Hilltop Lane Annapolis, Maryland 21403. The meeting will start at 1:00 p.m. and will run until about 3:00 pm. We will have pizza available as the meeting starts, and we encourage attendees to bring some other yummy snacks that can be shared with the troops: brownies, cookies, chips, veggies and dips, etc.

Coordinator Ralph Heimlich is organizing the morning paddle, which will be at Truxtun Park, Annapolis (900 Park Road, Annapolis, Maryland 21403). We will meet at the park between 8:00 and 8:30 a.m. Plan to be on the water, ready to paddle by 9:00 a.m. NOTE: Daylight savings time falls back at 2 a.m. on Sunday, November 3). There is a ramp and a dock, lots of parking, and no launch fee. We will paddle for about 90 minutes, and be back at the docks and ready to drive to the Annual Meeting by 12:30 p.m.

CPA logowear shirts, stickers, patches, and other stuff will be available for purchase. Logo Meister Béla Mariassy will have the entire trunk of CPA Logowear. Open Air Wear will offer overrun sports wear items from their line at deep discount. Come and enjoy the food and meet your fellow CPA paddlers wearing clothes that aren't neoprene.



Treasurer Rich Stevens gives the financial report at the 2012 Annual Meeting photograph by DJ Manalo

Extend Your Paddling Season into Autumn

by Chip Walsh

On a recent paddling trip, I asked a kayaker if she was a year-round paddler. Her answer made me laugh. “No,” she said. “I’ll go out when it is cold, but once it is below 35°, I stay home and sit by the fire.” Living in our area, that more or less makes her a year-round paddler! I thought it was funny because it illustrates how the idea of cold-weather paddling varies from person to person.

This article doesn't discuss paddling when it is 35° or below or paddling in the dead of winter. That requires serious cold-water gear, and CPA does a great job of addressing the gear and safety precautions we should use in those conditions. But many people who are new to kayaking, adverse to serious cold, or have not yet accumulated much paddling attire can easily extend their paddling season into the autumn months with relatively modest additions to their gear.



Rob Pearlman's gear show at SK 101 photograph by Jenny Plummer-Welker

Let's start with a caveat on individual differences in how we adapt to cold. Each of us have different tolerances for cold as well as differences in how much heat our “engines” (hey, that's us!) generate as we paddle. Body mass, age, and overall physical condition all play a role. That means that you need to adjust my gear recommendations to you, personally, and the only way to know what is going to work is to try it. This isn't a big an issue if you keep paddling into autumn. As the weather and the water gradually cool, you will learn “too hot,” or “too cold,” and hopefully find your “just right” range.

It's easier to extend your season in the autumn than it is in the spring. As we ease into winter, the air cools ahead of the water. Since cold water will hurt you much more than cold air, that's the worry. Let's spend a minute talking about cold water.

Any time we kayak, we need to plan to spend some time in the water. Cold water danger is a function of water temperature, time immersed, and individual tolerances. A favorite CPA expression is “swim your gear,” meaning try going for a swim in the water you plan to paddle, with the gear you'll be wearing. Assuming you don't have

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CPA Annual Meeting: Election of CPA Officers and Steering Committee



The Chesapeake Paddlers Association is a volunteer organization, and the people who volunteer the most are the elected officers and steering committee: the Coordinator, Treasurer, Secretary, and the Steering Committee members. Now is the time to vote for those nominated who will play an active part in steering the club's activities. This year, in addition to balloting at the **Annual Meeting on Sunday, November 3** you can vote electronically by http://www.cpakayaker.com/news/197/15/Vote-for-the-CPA-Officers-for-2014/d,announcement_detail/.

The descriptions of the officers in our By-Laws read:

The Steering Committee. The property and business of the club shall be managed under the direction of the Steering Committee. The Steering Committee will make all decisions about operational activities of the club, unless specified otherwise in these bylaws. As a rule, routine decisions about specific club activities will be the responsibility of the individuals managing those activities, but they may be overridden by the Steering Committee if needed. The Steering Committee will determine which events are to be considered official CPA activities. If appropriate, it may set standards for such determinations so that it need not consider each activity, and it may then delegate to individual club members the responsibility for applying those standards to determine whether specific activities are official CPA activities.

The Coordinator shall have overall responsibility for administration of the club and will be a primary point of contact for the club. S/he shall chair general club membership meetings and meetings of the Steering Committee. The Steering Committee may direct the Coordinator to perform other duties consistent with the bylaws. The Coordinator is the only person authorized to speak for the club. This authority may be delegated by the Coordinator.

The Treasurer shall perform all the duties generally incident to the office of Treasurer, subject to the control of the Steering Committee and the oversight of the Coordinator. The Treasurer shall have custody of all the funds and securities of the club, and s/he shall keep full and accurate account of receipts and disbursements. Such records shall be the property of the club. S/he shall deposit all such moneys and other valuables in the name and to the credit of the club. The Treasurer shall disburse the funds of the club consistent with Section seven of these bylaws. S/he shall provide financial information to the Coordinator or the Steering Committee in a timely fashion as requested.

The Secretary shall perform all duties generally incident to the office of Secretary, subject to the control of the Steering Committee and the oversight of the Coordinator. S/he has primary responsibility for maintaining club membership records, but may delegate day-to-day administration of that task to another club member. S/he shall give notice of all meetings of the general membership or the Steering Committee and all other notices required by these bylaws. The Secretary shall record the proceedings of all meetings of the general membership and of the Steering Committee. All records of the Secretary shall be the property of the club.

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much gear, that just means get in the water and see how it feels. You should be able to tolerate the water for as long as it is going to take to get out of the water in the event you capsize. That time may include inflating a paddle float and executing a reentry, and you might want to double that time because your fingers aren't going to move as well as when you practiced in warm water, and you might have to do things twice. The water temperature at which you can no longer tolerate swimming for the time it takes to do a reentry is the water temperature below which you should no longer be kayaking without additional thermal protection. For me, I figure that is 60°. Everybody's different, so you need to define your own cold water threshold.

Obviously, the important water temperature is for the body of water where you plan to paddle, and these temperatures vary considerably across CPA members' territory. See the accompanying box with links where you can learn the water temperature in your area.

In past years, we've had 60° water temperature through October. This year may be different. Bay temperatures have been cooler this year.

As the weather cools, and the water temps are still in your safe range, the first piece of gear you'll want to add is a paddling jacket. A good paddling jacket has tight (but not water tight) closures at the neck and sleeves, keeps the water and wind off, and is "breathable," meaning water vapor won't accumulate, condense and moisten your thermal layers. The paddling jacket is going to keep the wind and splashes of water off, and that is going to make you much more comfortable. You can pair it with a fleece underneath if needed. Plan on paying \$50 to \$200 for a paddling jacket. Breathable fabrics tend towards the pricey end of the scale, and I believe they are worth the extra cost.

Don't forget your head. I'll not go into hats here, other than to say if it is not neoprene or fuzzy rubber, wear a hat that dries quickly. I favor Polartec®, and you probably already have something you like that is suitable.

One nice thing about paddling jackets and hats is that they are easy to put on and take off. That's important on days that start off cold in the morning but then warm up later.

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Chesapeake Paddlers Association Tentative 2013 Calendar

Date	Title	Summary
10/10-13/13	Delmarva Paddlers Retreat—NON CPA EVENT	25th Annual DELMARVA Paddlers Retreat. All Greenland, traditional paddling event. http://www.delmarvapaddlersretreat.org/ . Chris Beckman, 302-542-0818, delmarvakayak@comcast.net
10/18-20/13	Janes Island Kayak Kamper	Paddle and camp around Janes Island on the Eastern Shore. Ralph Heimlich, 301-498-0918 leave a message, heimlichfamily@comcast.net
10/26/13	Fall Colors of Fountainhead Paddle	The Fall Colors of Fountainhead is a leisurely paddle on the Occoquan River, safe for composite boats and should last 3-4 hours. Jim Zawlocki, 703-378-7536, jimz2z@verizon.net
11/3/13	Election and Annual Meeting and Paddle	Truxtun Park, Annapolis. See details on Page 9. Ralph Heimlich, 301-498-0918 leave a message, heimlichfamily@comcast.net
11/8— 11/11/13	Chickahominy Car Camper	Camp and paddle on the Chickahominy and James Rivers of Virginia. This is a cold water paddle. Ralph Heimlich, 301-498-0918 leave a message, heimlichfamily@comcast.net
11/16/13	EN-4 Eastern Neck Winter Paddle	Paddle in the vicinity of Eastern Neck National Wildlife Refuge looking for tundra swans. This is an "on call" paddle and will go when there are swans in the area. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
12/7/13	CPA Holiday Party	Further details forthcoming.

Visit the CPA Web page, <http://www.cpakayaker.com/>, for more events, details and trip leader/organizer contact information. For a full listing of upcoming Club events, visit the CPA Calendar, <http://www.cpakayaker.com/index.php?page=calendar>.

CPA Classifieds

Kayak for sale. Kirton kayak (Inuit) imported from England. 18' w/rudder and Smart Track foot controls, low deck. Fast boat used for racing or fast touring. New hatch covers, very good condition. Cost over \$3,000 new; asking \$1,500. George Hires, 443-366-6564 or grhires@aol.com.

Kayak for sale. Eddyline Equinox kayak, 14' long, 2011 model bought new, minimal use, showroom condition, includes Eddyline Swift 2-piece carbon fiber lightweight paddle, many accessories. \$1,250 complete. See www.eddyline.com for fine details of this first class kayak. Located in Richmond, VA. Contact: mcdonough.jim@comcast.net or phone (804) 795-5402.

Kayak Storage. Storing your kayak outdoors? Were you worried about it during the Derecho last summer? Would you like to store it indoors and protected from the weather? The Pier 7 Pirates have indoor kayak storage spaces available at our weekly paddling site on the South River. Attend Pier 7 Wednesdays without having to load and unload your boat each week! With the location conveniently located near US-50, you can pick up your boat on the way to Eastern Shore paddling trips. Reserve now for the summer paddling season. The storage space is indoors, secure, climate controlled, with 24/7 access and free launching from the sand beach on Wednesday nights. Rates are \$30/month for a six month lease (rent for the warm paddling season, rent for winter storage, or both) or \$30/month if you need shorter term storage. Please contact Greg Welker at gdwelker@verizon.net or 301-249-4895 if interested.

*(Continued from page 3) **Extend Your Paddling Season into Autumn***

Once the water goes below your swim-tested, cold-water, tolerance level, you can further extend your paddling season with a wetsuit of neoprene or HydroSkin®. Plan on spending \$100-\$150 for the "Farmer John/Jane" (sleeveless) wetsuit. My rule of thumb is you can paddle on water that is as cold as 50 in a wetsuit. If it's colder than that, the most practical thing to do is buy a dry suit, and that is beyond the scope of this article.

Most of the time, I paddle in the fall with bare hands. But many people are very sensitive to cold in their hands, and if you are one, you may want to consider gloves or poggies. I've had good luck with inexpensive neoprene gloves you can buy at big-box stores in the fall. You may have to look among the hunting gear to find them. I have no experience with poggies, which are meant to wrap around your hand on the paddle, leaving the palm side of the hand in contact with the paddle. I can't tell you much about poggies other than that some paddlers prefer to feel the paddle shaft in their hands.

The wetsuit works wonderfully in tandem with a paddling jacket. Wear the wetsuit under and the paddling jacket on top. These two garments may cost you as much as four hundred dollars, but look what that buys: you add months onto your paddling season. Given all we have invested in kayaking, and the pleasure we get out of it, that seems a small price for an expanded season, and hopefully, it is many extended seasons you are buying.

Find the Water Temperature In Your Neighborhood

National Data Buoy Center – provides water temperature and other data from buoys throughout the country. Zoom in and move about the national map and click on a data point for the waters you want to paddle.

<http://www.ndbc.noaa.gov/>

Chesapeake Bay Operational Forecast System – provides water temperature, current, and wind conditions and forecasts for dozens of sites throughout the Chesapeake region.

<http://tidesandcurrents.noaa.gov/ofs/cbofs/cbofs.html>

Chip Walsh is a member of the Chesapeake Paddlers Association, Inc. and paddles frequently with the Pier 7 Pirates.