

Washington Canoe Club

# CURRENTS



*Photo by Bill Woodruff*

**Hi everyone and welcome to our early fall issue of *Currents*!**

In this issue, we have lots of great and timely content:

- information about our upcoming annual meeting and election of new officers on Nov. 19
- advice on nighttime paddling and an invitation to a paddle meet-up/ informal full moon paddle on Oct. 1 from Bill Woodruff
- advice on gearing up for cold weather paddling by Cheryl Zook and Jim Ross
- suggestions for quick trips from the Club for new members
- river etiquette/guidance for "sharing the river"
- an update on the grounds and on this year's Team River Runner Biathlon from Jim Ross
- information on (chronicler of WCC history) Chris Brown's forthcoming book
- an invitation for you to share your stories on your most memorable paddle
- a shout-out to our new members
- invitations to upcoming virtual races by Nate Day

and lots more!

If you'd like to join our newsletter team or have a contribution idea, just shoot us an email at [WashCanoeClubCurrents@gmail.com](mailto:WashCanoeClubCurrents@gmail.com).

## News and Information

### **Save the Date:**

**November 19, 2020 – 7 p.m.**

### **Virtual Annual Meeting and Election of New Officers**

The Annual Meeting and Election of New Officers will take place on Nov. 19 at 7 pm **virtually via Zoom**. Details of the meeting will be forthcoming and the entire membership is strongly urged

to attend.



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## Nighttime on the Potomac

*by Bill Woodruff*



*Photo by Bill Woodruff*

When you were accepted as a member of the Washington Canoe Club, you were given several very valuable things. Far and away the most valuable things that you were given was the gift of a wonderful community of kind, caring, and competitive people, and an opportunity to become a part of a legacy that started on the banks of the Potomac River 116 years ago. You were also given a very special privilege of access to that river.

As a member, you have a key that opens the traffic gate under the aqueduct bridge, as well as the front door to the boathouse. You were also given a combination to the lock on the gated entrance to the WCC property. Together, that key and combination give you an opportunity that is, as far as I can tell, unique in the Washington D.C. area – as a member of WCC, you have access to a variety of boats, a dock, and a boathouse on the river, 24 hours of every day, 365 day of every year. That means you can go out any time you want. Christmas morning? The middle of January? The middle of the night? No problem.

Wait a minute – what? The middle of the night?

Yep, nighttime on the river may be one of the most underappreciated opportunities at the Canoe Club. The river at night has a special kind of magic. The traffic noise goes away after dark; and the city lights of Arlington, Key Bridge, and the Georgetown waterfront are framed by the dark water below and the night sky above. If you paddle upstream from WCC, by the time you make the first bend in the river past the Three Sisters, it feels like you could be 100 miles out of town. Full moon nights especially can set up a spectacular show from the upstream side of the boathouse, as the moon rises from behind Key Bridge, with Kennedy Center and the Washington Monument off to the right. Downstream, Teddy Roosevelt Island and Boundary Channel take on very different personalities in the evening

shadows. Boundary Channel especially becomes a mysterious, shadowy world on still, dark nights, with moonlight filtered through the trees.

If you haven't been out at night before, you will probably be surprised at how easy it is to see where you are once you are out on the water. Oftentimes, the river looks really dark from our docks, because of the bright lights of Arlington in the background; even on moonless nights, though, reflected city lights will make it seem well-lit once you are out on the river.

So -- if you decide to go out at night, what special preparations and/or considerations are involved? Very little, actually! Let's take a look:

**Weather conditions**, and the state of the river, should be well within your limits. Conditions that might be reasonable in the daytime could become problematic at night. Night paddles are about relaxing and enjoying the water, not about testing your limits.

**Legal requirements:** Assuming you start with the same safety equipment you should have in the daytime (life jacket and whistle are legally required and basic self-rescue gear is required by common sense), the only thing that you are legally required to add is a flashlight. For human-powered small craft, the only light required by the Coast Guard rules (which are fully adopted by the DC government) is a flashlight that is easily accessible. The idea is that, since you will be nearly invisible on the water, you need to be able to shine the flashlight at any other approaching boats to warn them of your presence.

**Other good ideas** that are not legally required: It is a good idea to have a small light that stays on all of the time, just to make sure that you are somewhat visible to others on the water. It is best to put this on the stern of your boat, so that it doesn't interfere with your night vision. Also, consider that if you go out with one or more other boats, you don't want to put a bright light on your boat that will compromise others' night vision either. A good cheap solution is to go to a bike shop and get a small battery-powered bike tail light. It will be red, which is good for not hurting your night vision; the color doesn't matter for your class of boat (light colors take on more significance for larger, powered boats.) A small anchor, or a line to tie the boat off to a fixed object, can be a convenience if there is a significant current, and you want to relax and enjoy a moonrise, for example.

Another less-than-obvious consideration is that nighttime is not the best time to take a tippy boat out. It is harder to see objects in the water, and it can make a surprising difference in your perceived stability to not have a good visual reference.

And, above all else, relax, have fun, and enjoy the magic!

Any night on the river is a good night, but full moons are special. Thursday, October 1 is the next full moon, with moonrise at 7:10 pm; Friday the 2nd will be almost as bright (98.2% illumination). Weather permitting, I'll be out there on Thursday!

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## Share the River – Rules and Guidance for Safe Paddling

Kayak and canoe paddlers, SUPers, and rowers all share the river. We share the same goals regarding learning and practicing our respective sports as well as simply enjoying time on the water. It is critical that the paddling and rowing communities work together to support each other through safe practice and mutual respect.

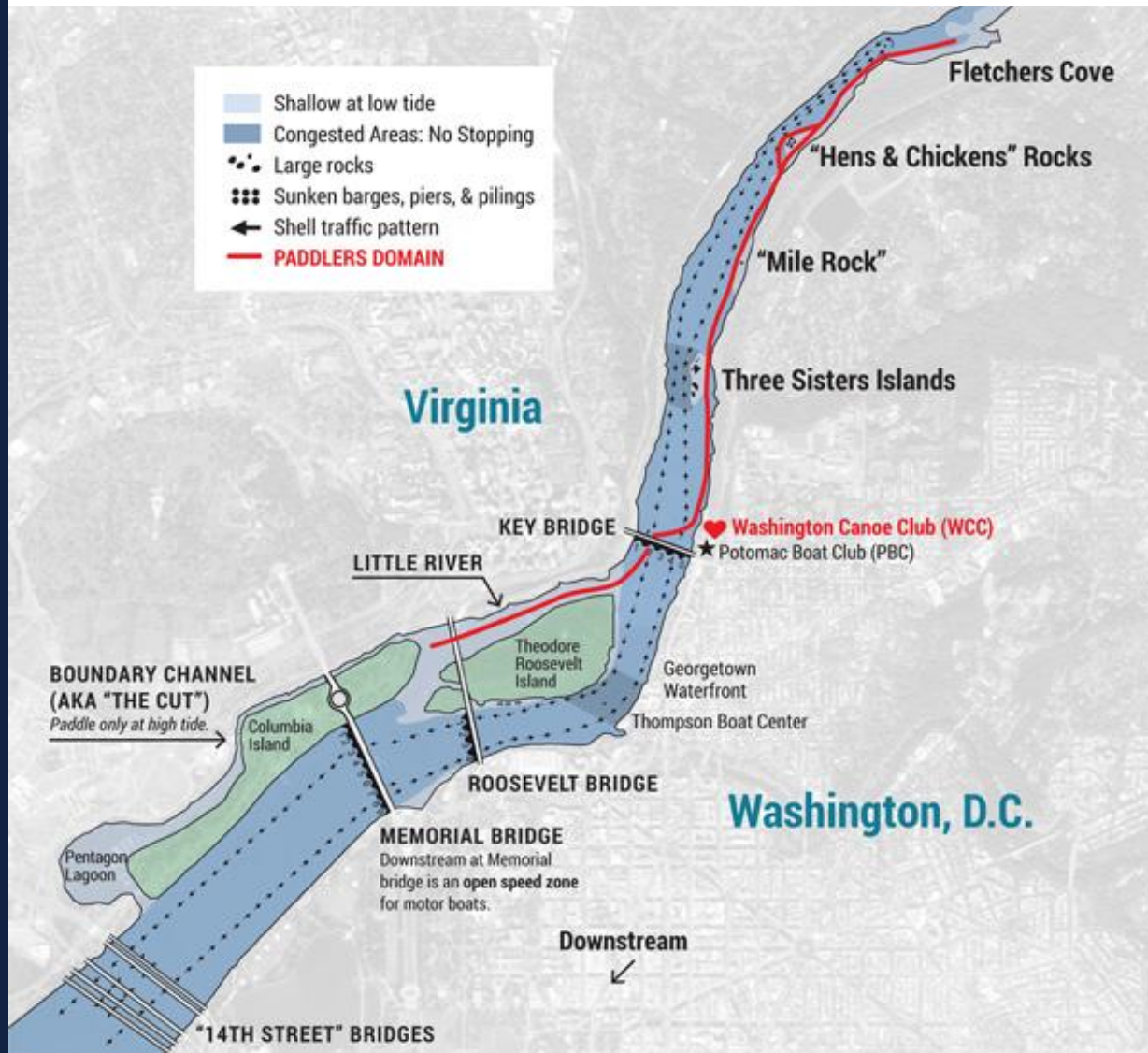
New WCC members and recreational paddlers should familiarize themselves with the water traffic patterns and guidelines established by the [Potomac River Safety Committee](#) (PRSC). The PRSC is in the process of updating these guidelines and the paddling community is fortunate to have WCC members **Peter Swiek** and **Emilia Rastrick** joining WCC President **Andrew Soles** on the Potomac River Safety Committee to build better paddler representation. The Committee's goal is to have updated rules of the river in place by the time Spring paddling season is here. Stay tuned for updates on the Committee's



## Basic Guidelines Today

Since people on rowing shells are facing backwards, their awareness of others on the water and the maneuverability of their craft are limited. As paddlers facing forward, we can see where we are going and can easily avoid a collision. Simply put, move out of the way and give the shells plenty of room. It should go without saying that rude or improper conduct on the water is unacceptable.

The map below outlines the established rowing shell traffic area and the “paddlers’ domain,” as well as high traffic areas, shallow spots, rocks and hazards. Shells should follow the traffic pattern noted by the black arrows. Paddlers should keep the shell traffic lanes clear and be aware of shells on the water. Remember, it’s easier for us to avoid them than the other way around. The red line shows the safest areas for recreational paddlers.



## The Traffic Pattern

Heading upstream from WCC, the paddlers' domain is the DC side of the river, along the shore, from WCC to the “Hens & Chickens” rocks. At low tide, paddlers should pass the Hens rocks on the Virginia side with the rowers heading towards Fletcher’s Cove, as there is no easy or clear path through on the DC side. At high tide paddlers can pass the Hens rocks on the DC side and be on the lookout for rocks. Note that passing Hens is a high traffic area for all craft, so keep moving through the area and be aware of other craft.

Heading downstream from WCC, paddlers should cross the river (watching out for rowers launching from the Potomac Boat Club (PBC)), and then follow the established pattern or

head over to Little River or the Boundary Channel (aka “The Cut”), which is passable only during high tide. Experienced paddlers will do their own thing. Follow the traffic patterns even if you think you might be the only one on the water.

Note: Past conflicts have occurred at the corner headed upstream around Roosevelt Island. Do not cut this corner in an upstream direction. Stay wide, at least to the right of the buoy (if it’s still there) near Thompson’s Boat Center.

### **Power Boat Wakes and their Danger to Sprint Canoes and Kayaks**

A large wake from a distant power boat can capsize a sprint canoe and kayak. Power boat operators may not even be aware of canoes and kayaks paddling along the DC shore or that their wake has capsized a boat. In cold weather, a capsized canoe or kayak is a life-threatening situation. In warmer weather, even moderate wakes can seriously disrupt a practice or capsize beginning to intermediate paddlers. Larger wakes from fast boats at close range can capsize even experienced paddlers. Those venturing downstream from Memorial Bridge should know there is no speed restriction on power boats and large wakes are common.

Always have your pfd in your craft – or better yet, on your person – as they are required by law and DC Harbor Patrol are on the lookout, and do ticket.

Now let’s get out there and paddle!

Weather – 936-1212 (no area code needed)  
DC Harbor Police – 202-727-4582  
U.S. Park Police – 202-619-7310

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## **New to Paddling in the Area? Suggestions for Quick Trips from the Club**

From Washingtonian Magazine

- [20 Great Ways to Get Out on the Water on the Potomac River](#)
- [A Guide to the Potomac River](#)

From Medium.com

- [Pentagon Potomac Cut](#)

*I go to nature to be soothed and healed, and to have my senses put in order.*

—Naturalist John Burroughs

## **Gearing up for Cold Water Paddling? Nine Tips for Doing it Safely**

By Cheryl Zook and Jim Ross

Although the Club does not have an official list of cold water paddling rules, seasoned members **Cheryl Zook** and **Jim Ross** shared the following basic guidelines to help

safeguard paddlers in the months ahead. Members are encouraged to follow these rules from Fallback 2020 (Sunday, November 1, 2020) to 2021 Daylight Savings 2021 (March 7, 2021).

1. Members are always encouraged to wear a life jacket/PFD, especially if the air or water temperature is below 40° F. Members and guests paddling club boats are required to wear a PFD.
2. Paddle with a buddy. If you're heading out alone, please let someone know you're out, where you're heading, and when you expect to return.
3. All paddle craft must have a light on board if you're out before sunrise or after sunset.
4. Take a cellphone or other form of communication with you, especially if you're on your own.
5. If the water is cold and the weather looks bad (high winds or storms), stay safe by remaining on land.
6. Paddle near shore, know yourself and your skills. Don't go out just because "other people are out there."
7. Always dress for the water temperature—no exceptions.
8. Field-test your gear.
9. Imagine the worst that can happen and plan for it.

For further guidance on cold weather paddling, members are encouraged to consult these resources:

- [National Center for Cold Water Safety](#)
- [Safe Cold Water Paddling from Paddling.com](#)
- [Potomac River Safety Committee](#)
- [Paddling Tips for Cold Water](#)

Also check out [this video](#) from the U.S. Coast Guard's Cold Water Boot Camp USA featuring Professor Popsicle.



## It's Your Turn!

### ***Tell us about Your Most Memorable Paddle...***

Members: we want to hear from you! Tell us about one of your most "memorable" paddling experiences (< 250 words) -- whether memorable good or memorable not so good! Submit your entry to the editor [here](#). The newsletter team will select contributions to publish in upcoming issues of *Currents*. Selected contributors will receive an official Washington Canoe Club cooler!

## Welcome New Members

WCC welcomed over 15 new members in August and September!

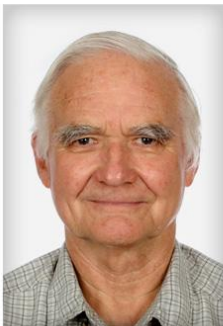


**Meet Juanita Duggan!**

Juanita is a “kayak enthusiast for 20 years on the Potomac, Argentina, the Mediterranean, Mexico, and the Caribbean.” Welcome, Juanita!

**Meet Justine Harrison!**

Justine “grew up mainly in Southern California, and enjoyed surfing, kayaking and more over the years.” She notes that “after 20 years of living in the desert (in Las Vegas), [she] recently moved to the DMV and [is] excited to reconnect with life on the water.” She is interested in Building Maintenance/Grounds, Community Outreach, and Membership. Welcome, Justine!



**Meet Cyrus John Pott and Sharon Helen Pott!**

Cyrus has enjoyed “many years of Potomac paddling” and is interested in Fundraising, while Sharon is interested in Family Membership. Welcome, Cyrus and Sharon!

**Meet Ed Reno!** Ed has “enjoyed paddling for years in Southern California both for the workout but also to ‘clear the mind’” and notes that “there is nothing like being near or on the water to reinvigorate the body, mind and soul.” He is interested in Building Restoration. Welcome, Ed!

**Meet James Shinn!**

James notes that his paddling experience includes “a few brief months on the Princeton crew -- followed by several decades of paddling and surfing in Hawaii” and that he has “rediscovered the joys of kayaking on the Potomac and over on the Eastern Shore.” He is interested in Building Restoration. Welcome, James!





Meet the **Stevens Family** – Elizabeth, Mitch, Lachlan, Griffin and Clare Stevens!

The Stevens Family “like[s] to canoe, kayak, and SUP for fun” and they are interested in Building Restoration. Welcome, Elizabeth, Mitch, Lachlan, Griffin, and Clare!

Meet **Janelle and Joel Rynes**! Joel likes to kayak and Janelle likes to SUP. They note that they “did not have an opportunity to enjoy these sports until joining WCC” and that they are “really happy to be part of this community.” They are interested in Building Maintenance/Grounds and Building Restoration. Welcome, Janelle and Joel!

Meet **Brian Turmail**!

Brian notes that he “rowed crew in high school and then got into kayaking and canoeing with [his] son while he was a Scout.” He also notes that they “have a few ocean kayaks at the family’s beach house in the Outer Banks [that they] use to catch waves.” Brian is interested in Building Maintenance/Grounds, Building Restoration, and Communications. Welcome, Brian!



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## Thefts at the Club

Most of you received the email regarding multiple recent thefts of personal belongings from the club. The items stolen include several wallets taken during normal club use hours with people around. These were taken from a picnic table, a parked car, and from a bag inside the boathouse. A locked bicycle was also stolen this summer (in the middle of the night).

We do have security cameras, but so far we have not been able to identify the thieves. We are preparing to add more cameras, but these will not necessarily prevent any thefts.

While the Board reviews our security procedures, we ask that members do the following:

- **LOCK THE GATE!** And spin the numbers when you lock it! Please do this even



when members are using the boathouse.

- **Leave valuables inside locked cars** (if this is an option for you).
- **Use the day lockers** (bring your own lock).
- **Don't leave anything of value sitting out in the open.**

Also, if you see people at the club whom you do not recognize, please feel empowered to ask them if they are members. In certain circumstances, you might even ask a suspicious person what the gate combo is, if they have a key, or who else they know in the club. To our new members: We regret that this may result in you getting asked if you are a member, on more than one occasion. Please be patient with us as we work our way through this problem.

## Club Operations and Maintenance

### An Update on the Grounds:

By Jim Ross

#### New Real Estate

In accordance with the new 60 year lease, WCC was finally able to fence in the area on the upstream side of the club. This new land – "the back 40" – is 40' of new-to-WCC land that the National Park Service is allowing us to use for storage of boats and other equipment. Once we have the new area settled, we will be moving the fence/gate at the entrance (downstream) side of the clubhouse in towards the building (and giving up land on that side).



#### Shout Out to Worker-Volunteers

While the job of putting in the fence was finished by professionals, the work to clear the site of debris/brush/bamboo and a dozen or so trees was finished up by WCC volunteers. Special thanks go out to WCC Prez **Andrew Soles** – who procured a chipper to make wood chipping from the trees and worked with us all weekend – and to **Tim Manning** – who felled most of the trees without injury to person or property! (Because of the pandemic and the need to keep the work party small, we did not send out an "all-call for a work party." But see below!)



### Next Steps and Opportunities to “Chip” In

We plan to have three truckloads of additional wood chips dumped on site. This will serve to level and make uniform the entire new area. **Once the chips have been dumped, we will need volunteers to evenly spread and level the chips all around the new site.** This will take many hours to do and you can do an hour here or a half hour there on your own schedule. **Please help! Rakes will be back there. We will not call a work party – this IS the work party call. Simply check out back – if the chips are there, start spreading them around.** We will need many hands to get this done. Thank you!

### Team River Runner Partnership and Annual DC Biathlon

As you may know, the WCC is the longest (and best!) partner of [Team River Runner](#) (TRR), a not-for-profit organization whose sole purpose is to get disabled American vets from Walter Reed National Military Medical Center out on the Potomac River in kayaks. Together, we have hosted their annual DC Biathlon at the WCC every autumn. In light of the pandemic, this year TRR will host a national weeklong virtual Biathlon. However, TRR really wanted to also have a small group of athletes do an actual Biathlon at WCC this year. We worked hard to find a way to make this happen and are happy to share that on **Tuesday October 6th from 10am - 4pm, a small group from TRR will be doing the Biathlon from WCC.** If you see them, give a cheer. If you want to help them, [sign up for the race](#). If you are new to WCC, check them out here: [Team River Runner](#).



*As always, the WCC extends our heartfelt thanks to Jim Ross for all he has done and continues to do for the Club. **Thank you, Jim!***

## Volunteer Needed for the Audit Committee: WCC Board of Governors

In our continuing quest to improve the club's governance, the Washington Canoe Club Board of Governors are seeking a candidate for the following role: Audit Committee Member

The Washington Canoe Club seeks an individual with bookkeeping/auditing experience and/or board service on a finance/audit committee to join the organization as a Board of Governors (BoG) Member. The Member position is a volunteer position and the Member advises the BoG on audit and financial control related matters.



The Member makes recommendations to the BoG regarding matters of financial stewardship for the organization. The BoG seeks an experienced volunteer to serve on an ad-hoc basis for a newly created role on the BoG. This individual will serve to assist with ongoing advice to the committee on financial activities that include: review of financial statements, creation of audit reports, review of investment reports, and review of policies relating to club governance. The BoG typically meets monthly. The initial appointment is for one year, with annual reappointment possible.

### **Position Summary**

The Audit Committee Member will support the work of the WCC BoG by providing mission-based leadership and service as an advisor to the BoG. The Audit Committee Member duties center on its monitoring role. While the day-to-day financial operations are led by the Treasurer and Investment Committee, the Audit Committee Member relationship is a partnership, and the appropriate involvement of the BoG Audit Committee Member is both critical and expected. Specific Audit Committee Member responsibilities include:

#### **Duties - Governance and Oversight**

- Serve on BoG as a trusted advisor to assist the Treasurer and President in carrying out their financial responsibilities
- Serve on the BoG or other task forces as the governance / control expert and take on special assignments as needed
- Stay informed and up to date regarding organizational and regulatory developments relating to the organization's financial responsibilities

### **Requirements for the Position**

This is an extraordinary opportunity for an individual who is passionate about participation in the mission of the Washington Canoe Club and who has a record of accomplishment in audit leadership, preferably in a non-profit organization. Additionally, the Audit Committee Member is required to actively maintain current knowledge of the organization, its programs, and bylaws. Ideally, all the Audit Committee Member will also have knowledge of fiscal record-keeping.

Ideal candidates for this position will also have the following attributes and qualifications:

- Extensive professional programmatic experience working with nonprofit organizations with memberships, publications, meetings, teleconferences, and other programs
- Significant experience reviewing financial statements
- A commitment to understanding the Washington Canoe Club's mission, constituents and community
- Savvy diplomatic interpersonal skills; and a natural affinity for cultivating relationships and persuading, convening, facilitating, and building consensus among diverse individuals
- Personal qualities of integrity, credibility, and a passion for improving the club's governance

Candidates should contact [treasurer@washingtoncanoeclub.org](mailto:treasurer@washingtoncanoeclub.org)

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## **Benefit WCC When You Shop on Amazon**



As a reminder, the WCC is a member of Amazon's Smile program, which means that by choosing the WCC, a portion of the proceeds go to the club. When shopping on Amazon, click on Amazon Smile and select **Friends of the Washington Canoe Club** as your charity, and Amazon will donate 0.5% of your eligible purchases to WCC.

### **Participating is Easy!**

Amazon shoppers, go to [smile.amazon.com](https://smile.amazon.com), click on "Pick your own charitable organization," and search for "Friends of the Washington Canoe Club" and select it when it

displays. Then, whenever you want to buy something on Amazon, go to [smile.amazon.com](https://smile.amazon.com) (and not just [amazon.com](https://amazon.com)) and proceed with your purchase as usual.

AmazonSmile is an excellent way for club members to contribute to our fundraising efforts without having to give up any extra time or money.

Happy Shopping, and thank you for your support!

## Team Announcements

**WCC Coaches:** Kelly Rhodes (Women's Outrigger), Nate Day (Men's Outrigger), JoeCafferata (Novice Outrigger), Kathleen McNamee (Junior's), TBD (Master's Kayak) and Kathy Summers (SUP)

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## 21st Annual Broadkill River Canoe and Kayak Race

By Stephen Weiss

With paddling events cancelled from coast to coast this pandemic year, The Irish Eyes Pub and Restaurant of Milton, Delaware – the long-term sponsors of the Broadkill River race – took the bold step of putting on a live competition. Hungry to test their speed outside of Monday night Wolfpack throwdowns, several members of the Washington Canoe Club loaded up their boats and jumped at this opportunity. The race this year was run as an out-and-back course with the start and finish of the race literally off the back deck of The Irish Eyes Pub. The Broadkill racecourse is 10 miles in length and follows some beautiful marshlands and wildlife viewing.



Sent off in two waves, the racers lined up for a mass start with their motors running. Once the Star-Spangled Banner was played, the





starter's airhorn let loose the racers with a roar and a splash. Prominent in the first wave were the WCC C4 with **Bill Woodruff** steering, **Will Rhodes** at Stroke and **Tom Cooney** (3) and **Lisa Man** (2) filling out the engine room. **Andrew Soles** was given permission to ditch his family beach vacation in Lewes and newborn child to take on the course with **Nathan Day** in the two-man outrigger canoe. Also, in the first wave was **Gloria Vestal**, who was determined to defend her title from the previous year. In the

second wave was Stephen Weiss racing in a K1 sprint boat and **Jay Gopal** and **Mike McErlean** in a two-man canoe pro-boat. On the riverbank was our beloved cheerleader **Ursula Rhodes**.

After the race was run and the First-place beer mugs were collected for the WCC clean sweep of the podium finishes, the crew headed over to a table at the pub and savored the experience.



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## Darby Creek Valley Association Annual Fall Race 2020

Congratulations to **Lisa Ramm** for taking 1st place Women's Open and 2nd place mixed.

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## 8th Annual Smith Mountain Lake SUP Race 2020

It was cool temps and quite breezy but **Lisa Ramm** and **Bill Woodruff** rocked it representing WCC on surfskis! Congratulations to **Lisa Ramm** for taking 2nd place mixed! The race organizers provided some amazing [drone photography of the race](#) by Jayson and Angela Firebaugh Owners, [Star City SkyCams](#).



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## The Results for the Lack-Burn Challenge!

Thanks to everyone who participated in the latest Lack-Burn Challenge. [Here are the results!](#)

Congratulations to **Martin Lowenfish**, **Nate Day**, and **Paul Flack** for their first, second, and third places in the solo men's overall sweepstakes; to **Troy Pham** and **Deon Vu** on their win in the men's tandem sweepstakes; to **David and Phan Winter** for their first place in the mixed tandem sweepstakes and **Michael Johnson** and **Pam Guevara-Johnson** for their second place; to **Kim Stewart** and **Liz Wissner** on their win in the women's tandem sweepstakes; and **Dawn Nunziato**, **Gloria Vestal**, and **Monica Monteon** for their first, second, and third places in the solo women's overall sweepstakes.

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### NEW VIRTUAL RACE

## Can't-alina Crossing

By Nate Day

Back in February, I thought I would spend this weekend jealously watching online while teammates crossed the finish line of the Queen Lili'uokalani Canoe Race on the leeward side of the Big Island of Hawai'i, while making final preparations for travel to California and the Washington Canoe Club's first entries in the unlimited division at the Catalina Crossing the following weekend. That's not where we are.

While the thought of buying a six-pack of Ballast Point Sculpin and watching Tahitian V6 races on YouTube while wallowing in self-pity did have its appeals, I decided to organize another virtual race instead. So, here's an official announcement for the first and hopefully only ever

### Can't-alina Crossing\*

A virtual race for any human-powered means of transport, completed over any of three distances:

1. **Short course** -- a single 12-mile race
2. **Stage race** -- three legs, broken into three 10-mile (or thereabouts) pieces that are all completed between Sept. 5 and Sept. 20 (total distance must equal at least 30 miles)
3. **Long course** -- a single 30(+) mile race (Woo-hoo!)

I am planning to opt for #3, and will circumnavigate Kent Island in the Chesapeake Bay on Saturday, September 12 on an OC1. ~~It'll be fun~~ you'll be proud of yourself once you've done it!

Here's how you enter and compete:

1. Do your race, as fast as you can via the human-powered means of transport of your choice.
2. If you wish, make a donation to Jose Andres' [World Central Kitchen](#), the [Capital](#)

[Area Food Bank](#), or a similar charity of your choice, or convince others to do the same in your name -- this in lieu of a race entry fee (see "Adjusted Time" below for an added incentive to give and recruit others to donate in your name).

3. Submit your name, gender affiliation (open, women's, or mixed), age class (junior, open, masters, senior masters, golden masters, platinum masters), division (see above), donation amount (if any), and time via [this Google form](#). Note: if you are in a 2-person craft, please select the age group for which both members of your crew are eligible.

**In this time of crisis, many families are food insecure. Please consider racing, making a donation, and soliciting donations from friends on your behalf. This series of virtual races (so far, Kumu'Nohu, Non-umental, Lack-burn) has generated nearly \$5,000 for charity already. Let's see if we can get beyond \$7,500 total with the addition of Can't-alina!**

Hit hard and stay safe (you participate at your own risk). If you're doing the long course, bring fluids, calories, a pfd, and a phone or gps or both, and leave a float plan with someone on land. I look forward to receiving race information and times over the course of the next three weekends, and to seeing all of you on the water in the hopefully not-too-distant future. See below for added competitive wrinkles.

Cheers, and good-on-ya to those who've been able to continue training thus far this season,  
Nate

*(who may or may not be able to get household labor to construct trophies for Lack-burn now that school has re-started)*

"This all sounds simple enough -- isn't there some way we could complicate this to make it more fun and confusing?" -- *But of course!* There are three ways race times will be evaluated:

1. Course time against other competitors in the same distance, division, age, etc.
  2. Adjusted time against other competitors in the same distance, division, age, etc.
  3. Grand Sweepstakes against all other competitors across all divisions within the same gender affiliation and distance.
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1. **Course time** -- how long it took the competitor to complete the course
  2. **Adjusted time** -- one minute will be subtracted from your time for every \$10 you donate or raise for Jose Andres' [World Central Kitchen](#), the [Capital Area Food Bank](#), or a similar charity -- again, this is instead of a race entry fee. Proof of donation not required, just truthfully attest to your fundraising amount when submitting your name, time, and other info when you submit your other registration info to the Google form (see above)
  3. **Grand Sweepstakes** -- adjusted times from all distances, divisions, age classes, etc. will be stacked up against each other using the conversion chart (see below) to produce Grand Sweepstakes Lack-burn first, second, and third place winners

Grand Sweepstakes Time Conversions (this is FYI; please submit your course time only; I will perform the conversion calculations -- *conversion calculations are somewhat arbitrary and capricious and may not be completely fair -- not unlike life*)

If you are racing:

- OC1, standard/marathon C2, sea kayak: no time adjustment made
- sprint C1, paddle erg: 0:34 minutes per mile will be *added* to your time
- OC2, sprint kayak, sprint C2, solo surf ski, running: 1:40 per mile *added*
- K2 (sprint or ski), rowing erg: 2:45 per mile *added*
- mountain bike: 5:32 per mile *added*
- road bike, stationary bike: 7:12 per mile *added*
- SUP, rec kayak: 3:20 per mile will be *subtracted* from your time
- marathon C1: 1:07 per mile *subtracted*
- other: make me an offer

*\*Whether you actually cross anything is up to you*

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## Registration for the 2020 NCA Minimental Small Boat Race is Open!

While it's not quite the format we were hoping for, we're of the mind that a virtual race is better than no race. We've made some changes this year to keep things interesting from the usual virtual race grind. Highlights include:

- **Multiple race distances:** this year, Minimental will consist of several race distances to provide options for paddlers of all crafts, skill levels, and fitness levels. We will have a 10-mile and 5-mile loop options, as well as a 2-mile point to point sprint with "Anything Goes" rules.
- **Prizes for women paddlers:** in the spirit of the mission of our club, the National Capital Area Women's Paddling Association (NCAWPA), Minimental is proud to promote participation and competition among women paddlers. This year, we are trying out offering prizes to top women outrigger finishers: free entry to Minimental 2021. This prize will be provided to all women first place finishers in the women's OC1 category as well as the women's OC-2 and mixed OC-2 category (across all age groups).
- **Guts and Glory Challenge:** looking to finish your paddling season with a bang? We are offering an extra challenge for paddlers that enter all three race distances. See the "Course Map" tab on PaddleGuru for more information
- **Donations to a local non-profit:** instead of a registration fee, we are asking racers to donate to a local non-profit of our identification -- details coming soon who we're teaming up with! We're suggesting a \$20 baseline donation for your first race, and \$5 for each additional race. For now, just register on PaddleGuru and we will update you later.
- **Social media presence:** Minimental now has a [Facebook page](#) and Instagram account, @ncaminimental. Our hashtag is #ncaminimental2020. Additional updates will be provided through social media. Help us spread the word!

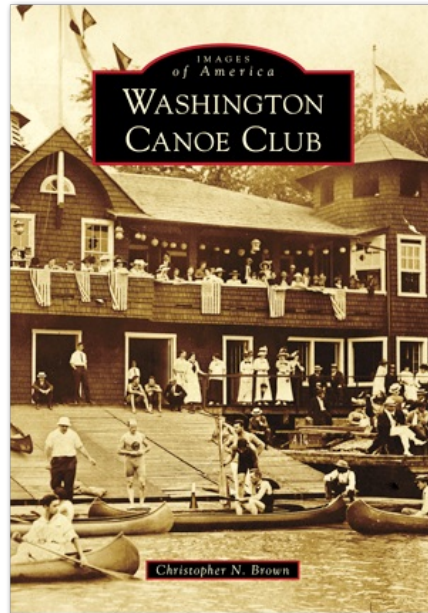
Racers may submit times beginning Friday, October 16 through midnight on Sunday, October 25. Results will be updated on a rolling basis - check back during the submission window for updates!

Register and get more details at [PaddleGuru](#).



# Chris Brown's Book "Washington Canoe Club" Release Date!

Our resident chronicler of WCC history, Chris Brown's long-awaited book -- **Washington Canoe Club**, part of the Images of America series -- will be released Oct. 26 and available on that date [from the publisher here](#), in local bookstores, and other outlets. We hope the book will be available for WCC members directly from the Club soon thereafter on special terms. And Chris will hold a virtual book signing/book talk for club members in November, details TBA. Chris will donate all proceeds from the book's sale to restore the WCC boathouse -- so we encourage you to get a copy for yourself and your friends! An excerpt from the book jacket follows:



*The Washington Canoe Club has been a landmark on the Georgetown waterfront of the Nation's capital for over a century. Its iconic Victorian boathouse (listed in the National Register of Historic Places) has survived floods and fires as well as changing land uses along the Potomac shoreline. The canoe club is best known for its prowess and as a pioneer in national and international paddling competition, from introducing canoeing as an Olympic sport in 1924 to bringing women fully into competitive paddling. But the story is also one of the coming-of-age of outdoor recreation and social clubs in America's cities, where, post-Civil War, people enjoyed new leisure time and "physical culture" in a wide variety of outdoor activities.*

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**Reminder:** If and when you visit the Club, please be mindful of the rules currently in place during the COVID-19 emergency. The rules (and related updates) are available on the [website](#).

## THANK YOU to all club volunteers

If you have an idea for a contribution to the next issue of *Currents*, please reach out to one of your newsletter team members:

[Catherine Melquist](#), [Dawn Nunziato](#), or [Gloria Vestal](#)

