

JOE 2018 Leader Packet for **Title of Activity**

Day: Sunday	Start Time: 9:00 am	End Time: 3:00 pm
Co-Leader:	Co-Leader:	Limit: xx people
Transportation: Boat from Camp	Driver: n/a	Bus Captain: n/a
Fees: none	Travel Distance: 8 miles	Travel Time: n/a



Paddle 8-mile roundtrip from Emma Kaufmann Camp to Sunset Beach Marina and back.

Enjoy a day paddle along the Cheat Lake / River to the Sunset Beach Marina. We will have lunch and then head back to camp. Enjoy the views of Cheat Lake Park and large estates along the way. There will be little current to start, but the current does slightly increase as we paddle upriver towards Sunset Beach Marina which will make an easier paddle on the way back.

- Cost included in the base price
- Approx. 9:00 am ~ 3:00 pm

Camp Staff will meet you at the cove to give out equipment and make sure you are set up. Whatever the camp staff asks of you must be followed.

PFD are REQUIRED to be worn AT ALL TIMES while on the water. All buckles must be clipped /snapped on. There are NO exceptions. It is grounds for immediate expulsion from the event for anyone caught without a PFD properly fitted on them while on the water.

Paddle Directions:

1. Paddle out of the cove of camp and then turn right going upstream and southwest.
2. You will paddle around point of a river point and then head east and a little north
3. Sunset Beach Marina is set within a peninsula on the northern (left) side of the river about 4 miles from camp. If you go under a bridge (Rt. 68) you went 1/5 mile to far.

Note:

- [Edgewater Marina](#) is 1.2-mile upstream Sunset Beach Marina and ½ mile upstream from the bridge of Rt. 68
- There is another Marina about 1.5 miles upstream Sunset Beach Mariana as well.

There are bathrooms and a snack bar at Sunset Beach Marina. Once refreshed go back the way you came to camp.

Clothing

Ever try to change clothes while floating in a kayak? After you capsize? It's what you put on before you get in the boat that counts. And the strategy is the same whether it's your maiden or your millionth voyage: Dress for submersion, not a success. When deciding what to wear kayaking, start with these tips:

- Dress for the water temperature, not the air temperature.
- Dress in layers, especially on top.
- Dress for sun protection.
- NO cotton (retains water); seek quick-drying fabrics instead. COTTON KILLS in wet, cold conditions
- Wear clothes that will be comfortable for long periods of sitting.
- Wear clothes that let you move comfortably

Clothing for kayaking/canoeing has similar requirements to other outdoor activities like hiking: You're looking for versatility, durability, comfort while you move and protection for cold and wet conditions (really wet conditions).

Quick-drying fabrics: For any clothing layer that touches your skin, go with wicking, quick-drying nylon or polyester (or another synthetic fabric). Wool dries less quickly but insulates when wet, so is also a fine choice. Avoid cotton in all layers, because it absorbs water and stays wet.

Sun protection: Regardless of cloud cover, a day on the water is a day of sun exposure. So, wearing clothing with UPF rated fabrics is a wise choice (plus sunscreen for reflected UV radiation).

Clothing Accessories

Footwear: Footwear can range from old sneakers with wool socks, to river sandals, to neoprene wetsuit booties, to "wellies," to dedicated paddling shoes. Kayakers, whether touring or whitewater, need to consider seated comfort, how well their shoes brace against bulkheads and foot pegs, and how their heels will rest. Canoeists need to consider kneeling comfort and make sure that the shoe they choose has plenty of flex. Avoid anything without a back strap, like flip-flops, because they come off your feet too easily.

Hats: Look for hats with wide brims or capes. Consider a cap leash, too, if you don't have a chin strap or other reliable way to secure your hat.

Gloves: Paddling gloves are nice because they protect against both blisters and blustery days.

Sun Protection

There is zero protection out on the water, and as the sunlight bounces off the surface of the water, there isn't much you can do to escape it. Because of the increased radiation of the sun's rays on the water make sure you apply sunscreen more often than you'd normally do!

Wear sunscreen: There are, however, a few precautions that you should remember if you intend to be in the sun for a prolonged period. This precaution because extreme exposure to the sun's rays can lead to heatstroke and painful sunburn.

Sunglasses: These will shield your eyes from the scorching sun. Consider a pair of polarized sunglasses as the help a great deal when it comes to seeing clearly through the water during kayak fishing.

Long sleeves: While a t-shirt may be cooler, a long-sleeved shirt provides complete protection against the sunlight. With a light, breathable fabric, you will hardly remember you are wearing a long-sleeved shirt.

Sun hat: Wearing a wide-brimmed hat will shield your face, eyes, head, and shoulders from the sun.

Other Items to bring on your paddle

- Paddle (at least one extra paddle should be along per group)
- Bilge Pump
- A whistle for emergency signaling
- Lunch and snack food
- Water bottles (bring one for easy access and a backup packed away)
- Suitable water clothes and shoes (see above)
- Dry bag with spare clothes (expect anything in a dry bag to get wet as they may leak. No electronics without extra protection)
- Any emergency gear you have—e.g., spare paddle, tow belt, cell phone, first aid
- Duct Tape
- Rope for tying up the boats

Avenza PDF Map App for your waterproof phone

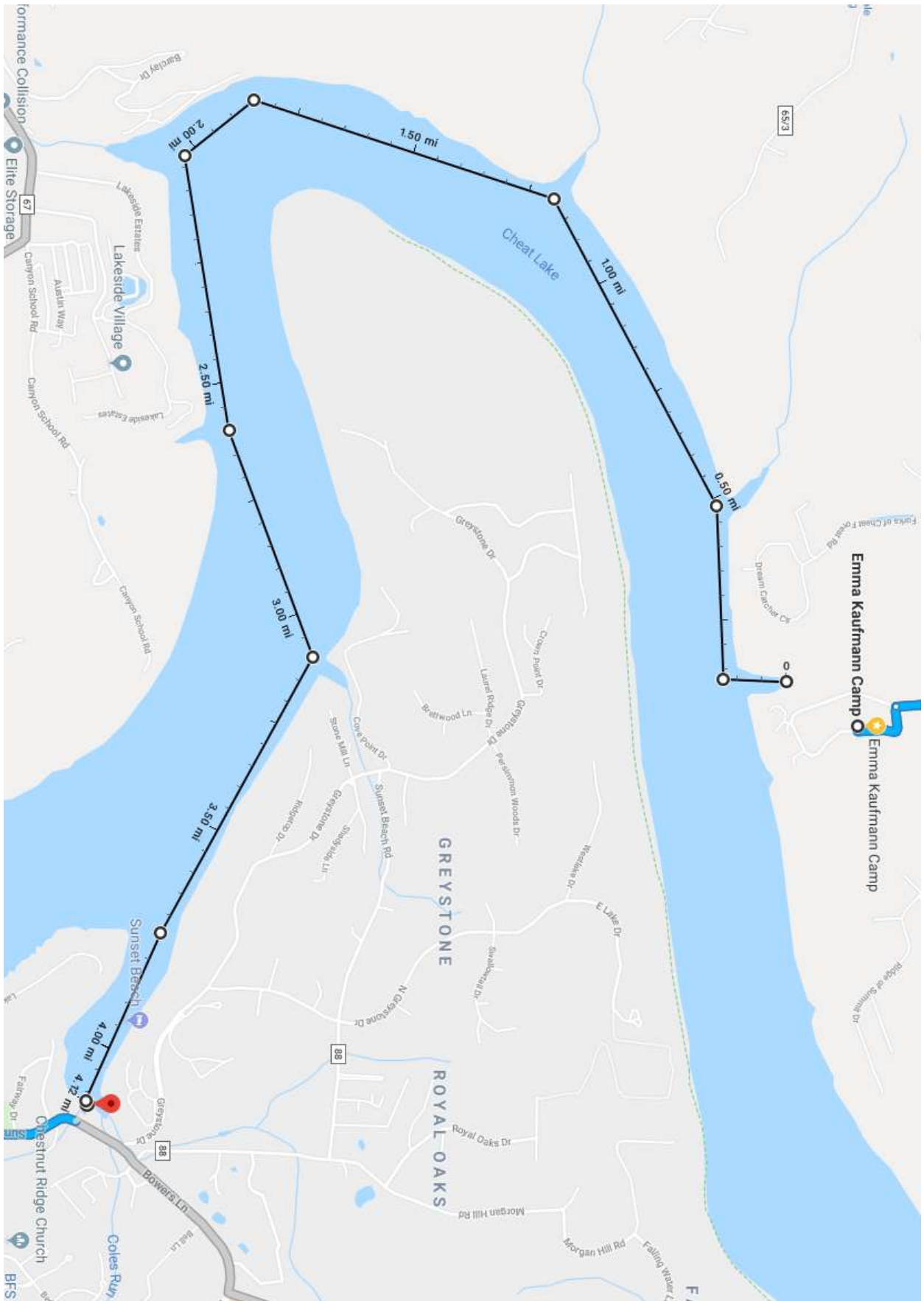
Recommend installing this app on your phone to track your location during the paddle (assuming your phone is waterproof or have taken necessary precautions). Avenza Maps® is a mobile map app that allows you to download maps for offline use on iOS or Android smartphone or tablet as well as on Windows 10 devices. Use your device's built-in GPS to track your location on any map, plot locations and photos, measure distance and area, and more. Easily browse and purchase maps from all over the world through the Avenza Map Store—online or in-app.

<https://www.avenza.com/avenza-maps/>

Recommended Map to download into the app:
[\(39079e1\) Page 071 Morgantown](#) (for Paddle on Cheat Lake)

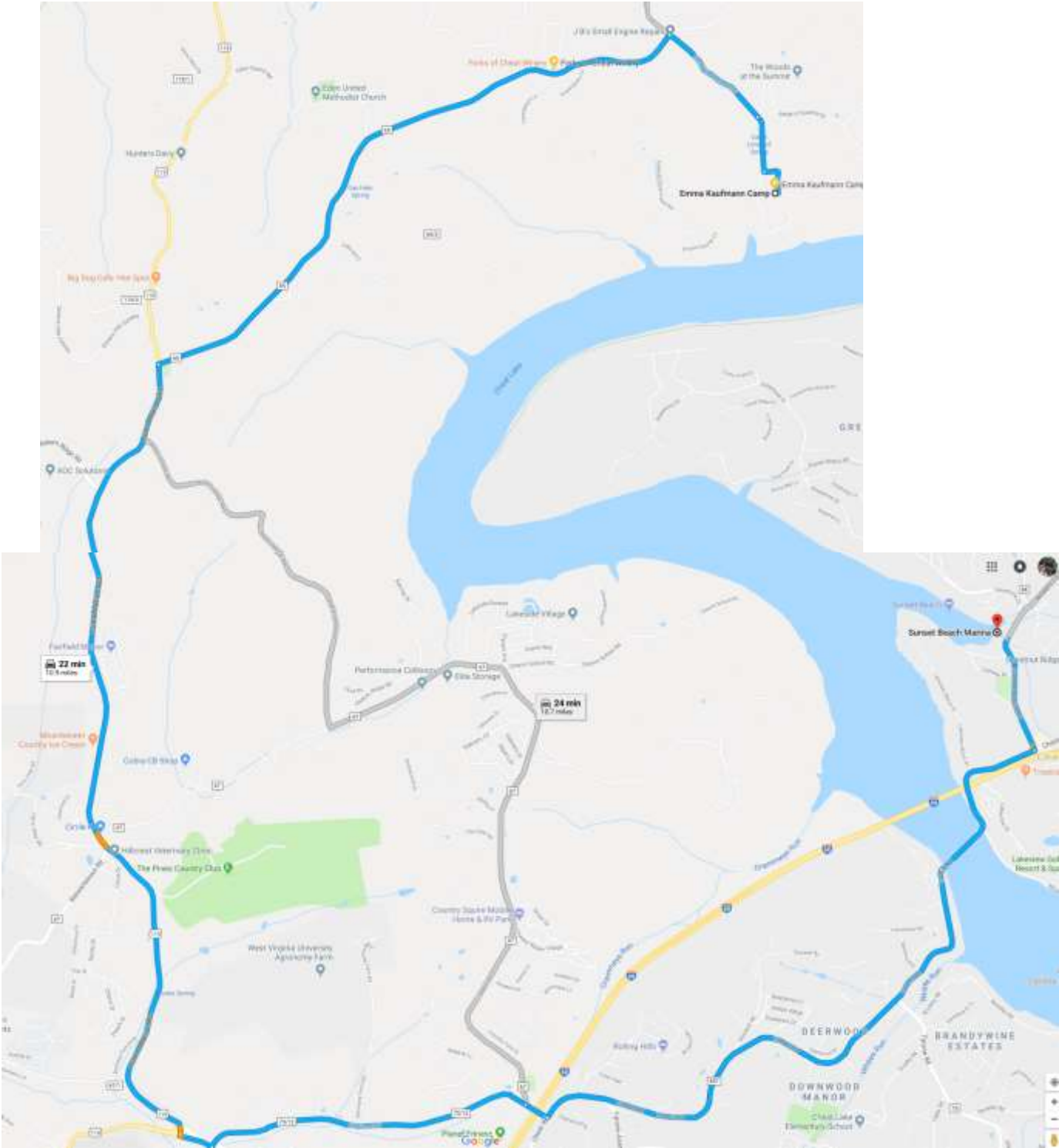
Sunset Beach Marina

- Phone: 304-594-0050
- Address: 177 Sunset Beach Road, Morgantown, WV 26508
- Email: info@sunsetbeach-marina.com
- Website: <http://sunsetbeach-marina.com/>
- Office Hours: Monday – Friday / 9:00am - 5:00pm





<https://goo.gl/maps/XriaUmr2NyT2>



Emma Kaufman to Sunset Beach Marina (22MIN / 10.9MI / Est. fuel cost: \$1.15 in 12 passenger Van)

1. Start out going **northwest** on Emma Kaufman Camp Rd/County Hwy-65/2 toward Summit Dr.
 - a. Then 0.83 miles 0.83 total miles
2. Take the 1st **left** onto Stewartstown Rd/County Hwy-65.
 - a. *Stewartstown Rd is 0.4 miles past Summit Dr*
 - b. *If you are on Camp Run Rd and reach Mountain Vista Dr you've gone about 0.4 miles too far*
 - c. Then 2.38 miles 3.22 total miles
3. Turn **left** onto Point Marion Rd/US-119 S.
 - a. Then 3.07 miles 6.29 total miles
4. Turn **left** onto Cheat Rd/County Hwy-857.
 - a. *Cheat Rd is 0.2 miles past W Run Rd*
 - b. *If you are on Easton Mill Rd and reach Discovery Pl you've gone about 0.2 miles too far*
 - c. Then 0.13 miles 6.41 total miles
5. Turn **left** onto Old Cheat Rd/County Hwy-12.
 - a. *Old Cheat Rd is just past Cheat Rd*
 - b. *If you reach Venture Dr you've gone about 0.5 miles too far*
 - c. Then 1.29 miles 7.70 total miles
6. Turn **left** onto Cheat Rd/County Hwy-857. Continue to follow County Hwy-857.
 - a. Then 2.80 miles 10.50 total miles
7. Turn **left** onto Sunset Beach Rd/County Hwy-88.
 - a. *Sunset Beach Rd is 0.1 miles past Lakeview Manor Dr*
 - b. *If you reach Lakewood Ctr you've gone a little too far*
 - c. Then 0.45 miles 10.95 total miles
8. Sunset Beach Marina, 177 SUNSET BEACH RD.
 - a. *Your destination is just past Mariner Vlg*
 - b. *If you are on Sunset Beach Rd and reach Greystone Dr you've gone a little too far*

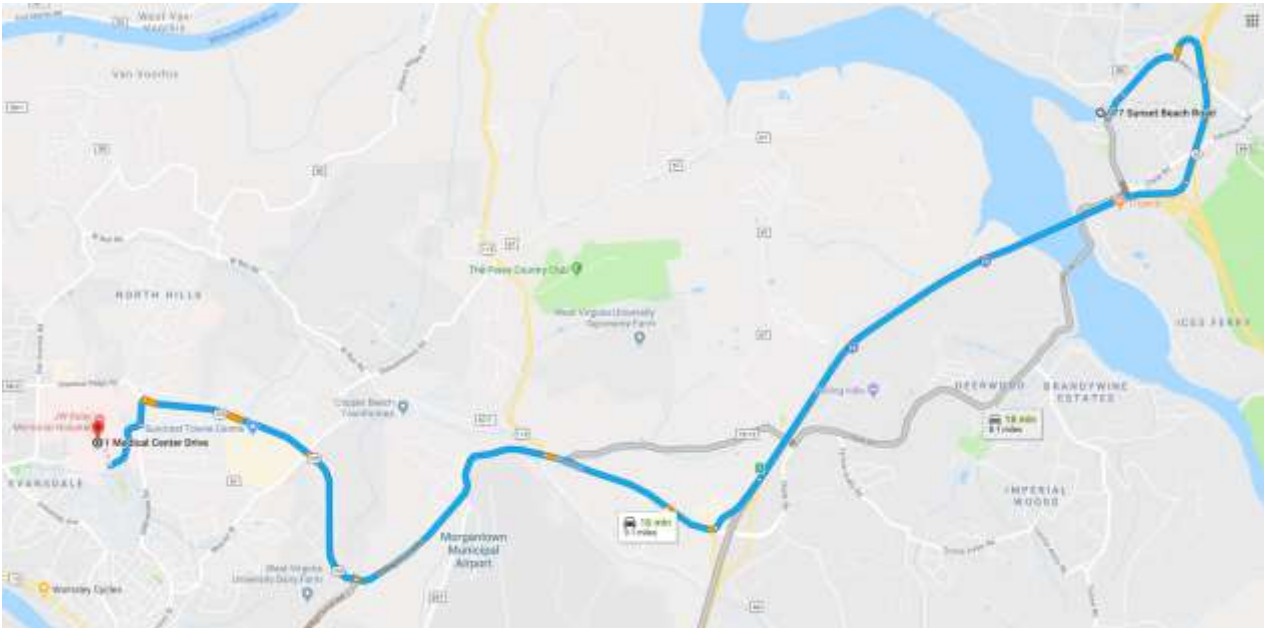
Sunset Beach Marina to Emma Kaufman Camp (20MIN / 11.9MI / Est. fuel cost: \$1.25 in 12 passenger Van)

1. Start out going **northeast** on County Hwy-88/Sunset Beach Rd toward Greystone Dr.
 - a. **Then 0.09 miles** 0.09 total miles
2. Stay **straight** to go onto Bowers Ln/County Hwy-88/1.
 - a. **Then 0.39 miles** 0.48 total miles
3. Merge onto WV-43 S/Mon-Fayette Expy S via the ramp on the **left** toward **I-68**.
 - a. **Then 0.94 miles** 1.42 total miles
4. Merge onto I-68 W toward **I-79/Morgantown**.
 - a. **Then 2.83 miles** 4.25 total miles
5. Take EXIT 7 toward **WV-705/Airport/Pierpont Rd**.
 - a. **Then 0.36 miles** 4.62 total miles
6. Turn **right** onto Cheat Rd/County Hwy-857.
 - a. *If you reach I-68 W you've gone about 0.3 miles too far*
 - b. **Then 0.91 miles** 5.53 total miles
7. Turn **slight right** onto Point Marion Rd/US-119 N.
 - a. *Point Marion Rd is just past Cheat Rd*
 - b. **Then 3.13 miles** 8.66 total miles
8. Turn **right** onto Stewartstown Rd/County Hwy-65.
 - a. *Stewartstown Rd is 0.2 miles past Warm Hollow Rd*
 - b. *If you reach Hoard Rd you've gone about 0.2 miles too far*
 - c. **Then 2.38 miles** 11.05 total miles
9. Turn **right** onto Emma Kaufman Camp Rd/County Hwy-65/2.
 - a. *Emma Kaufman Camp Rd is 0.1 miles past Forks of Cheat Forest Rd*
 - b. *If you reach Old School Rd you've gone about 0.5 miles too far*
 - c. **Then 0.83 miles** 11.88 total miles
10. Emma Kaufmann Camp, 297 EMMA KAUFMAN CAMP RD is on the **right**.
 - a. *Your destination is 0.3 miles past Summit Dr*

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Nearest hospital is [J.W. Ruby Memorial Hospital](#) at 1 Medical Center Dr, Morgantown, WV 26505

Directions from Sunset Beach Marina to J.W. ruby Memorial Hospital: <https://goo.gl/maps/LjiFpmQEaqE2>



20 MIN / 9.1MI

1. Start out going **northeast** on County Hwy-88/Sunset Beach Rd toward Greystone Dr.
2. Then 0.09 miles0.09 total miles
3. Stay **straight** to go onto Bowers Ln/County Hwy-88/1.
 - a. Then 0.39 miles0.48 total miles
4. Merge onto WV-43 S/Mon-Fayette Expy S via the ramp on the **left** toward **I-68**.
 - a. Then 0.94 miles1.42 total miles
5. Merge onto I-68 W toward **I-79/Morgantown**.
 - a. Then 2.83 miles4.25 total miles
6. Take EXIT 7 toward **WV-705/Airport/Pierpont Rd**.
 - a. Then 0.36 miles4.62 total miles
7. Turn **right** onto Cheat Rd/County Hwy-857. Continue to follow County Hwy-857.
 - a. *If you reach I-68 W you've gone about 0.3 miles too far*
 - b. Then 1.62 miles6.23 total miles
8. Stay **straight** to go onto Mileground Rd/US-119 S.
 - a. Then 0.72 miles6.96 total miles
9. Enter next roundabout and take the 2nd exit onto WV-705.
 - a. Then 1.71 miles8.67 total miles
10. Turn **left** onto Willowdale Rd.
 - a. *If you are on Chestnut Ridge Rd and reach Maple Dr you've gone a little too far*
 - b. Then 0.14 miles8.81 total miles
11. Take the 1st **right** onto Stadium Dr.
 - a. *If you reach Willow Ln you've gone a little too far*
 - b. Then 0.20 miles9.01 total miles
12. 1 Medical Center Dr, Morgantown, WV 26505, 1 MEDICAL CENTER DR.