

Trip Start	Trip End	Date	Level	Description	Class
3/21/09			#VALUE! Int	Flint Creek	III-IV
4/4/09			#VALUE! Int	Fish Creek	III
4/5/09			#VALUE! Int	Flint Creek	III-IV
4/12/09			#VALUE! Adv	Park and Play on the Black River Inner City Wave or other feature	IV
4/13/09			#VALUE! Adv	Bottom Moose River	V
4/11/09			#VALUE! Novice	Genesee River in Letchworth	II
4/18/09			#VALUE! Int	Cattaraugus Creek	III
4/25/2009			#VALUE! Nov/Int	Owasco Outlet	II-III
4/25/09	4/26/08		#VALUE! Nov	Whitewater Derby on the Canandaigua Outlet	II-III
4/26/09			#VALUE! Nov	Letchworth Women's Trip	II
5/2/09			#VALUE! Nov	Letchworth	II-III
5/3/09			#VALUE! Int	Cattaraugus Creek	III
5/9/09			#VALUE! Nov	Genesee River in Letchworth	II
5/16/09			#VALUE! Adv	Hudson River Gorge	III-IV
5/16/09			#VALUE! Nov/Int	Keuka Outlet	III
5/17/09			#VALUE! Nov	Genesee River in Letchworth	II
5/22/09	5/25/08		#VALUE! Int	Intermediate Southern Trip Slippery Rock, Lower Yough, Tygart, Cheat, Upper Yough or river TBD	III-IV
5/30/09			#VALUE! Novice	Genesee River in Letchworth	II
5/30/09	5/31/08		#VALUE! Adv	Bottom Moose River	V
6/1/09	6/1/09		#VALUE! Int	Jerry's Great Adventure	III-IV
6/6/09	6/7/08	May 28 - May 31	Nov	Lehigh River	II
6/13/09			#VALUE! Int/Adv	Black River Gorge	III-IV
6/19/09	6/21/08		#VALUE! Int/Adv	Zoar Demo Fest	II-IV
6/20/09			#VALUE! Novice	Salmon River (400 cfs)	II+
6/21/09			#VALUE! Int/Adv	Black River Gorge	III-IV
7/3/09	7/5/08		#VALUE! Adv	Ottawa River	IV
7/4/09			#VALUE! Int	Salmon River, Pulaski (750 cfs)	III
7/11/09	7/14/07	Jul 10 - Jul 11	Nov	Sacandaga River	II-III
7/18/09			#VALUE! Adv	Stone Valley section of the Raquette	V
7/18/09			#VALUE! Novice	Salmon River, Pineville section	II
7/18/09		Jul 24	Nov/Int	Salmon River Women's Paddle (750 cfs)	III
7/18/09			#VALUE! Int	Salmon River, Pulaski (750 cfs)	III
7/19/09			#VALUE! Int	Salmon River, Pulaski (750 cfs)	III
7/19/09			#VALUE! Int/Adv	Black River Gorge	III-IV
8/1/09		Jul 30 - Aug 1	Int	Salmon River, Pulaski (750 cfs)	III
8/2/09			#VALUE! Novice	Salmon River, Pineville section	II
8/7/09	8/9/08		#VALUE! Adv	Gatineau and Rouge	III-IV
8/15/09	8/15/07		#VALUE! Nov	Sacandaga River	II-III
9/5/09		Sep 4	Int/Adv	Beaver River, Taylorville section	III-IV
9/6/09			#VALUE! Adv	Beaver River, Moshier section	IV-V
9/7/09			#VALUE! Int/Adv	Beaver River, Taylorville section	III-IV
9/12/09			#VALUE! Int/Adv	Beaver River, Taylorville section	III-IV
9/12/09			#VALUE! Novice	Genesee River in Letchworth	II
9/19/09			#VALUE! Novice	Genesee River in Letchworth	II

9/20/09		#VALUE!	Nov/Int	Keuka Outlet	II-III	
9/26/09		#VALUE!	Int	Fish Creek	III	
9/27/09		#VALUE!	Novice	Letchworth Women's Trip	II	
10/1/09	10/1/09		October	Int	Rushford Outlet	III
10/3/09		#VALUE!	Novice	Genesee River in Letchworth	II	
10/9/09	10/12/09	#VALUE!	Novice	Lehigh River	II	
10/17/09	Oct 16			Int	Middle Moose River (Moose Fest) from Singing Waters to McKeever	III
10/17/09		#VALUE!	Int/Adv	Lower Moose River (Moose Fest) from to Fowlersville	IV	
10/18/09	Oct 16			Adv	Bottom Moose River	V
10/24/09		#VALUE!	Novice	Genesee River in Letchworth	II	
11/7/09	11/8/08	#VALUE!	Int	Tohickon Creek, PA-camp nearby	III- III+	



2009 Coordinator

Andy Cook

Jerry Koehler

Andy Cook, Jim Dobbins

Jerry Koehler

Jerry Koehler

Jerry Koehler

Jerry Koehler

Jerry Koehler  
Jerry Koehler  
Jim Dobbins  
Alex Macur

Jerry Koehler  
Andy Cook

Jerry Koehler  
Jerry Koehler

Jerry Koehler, Ed Keidel

Andy Cook, Jim Dobbins



<b>2010 FLOW Trip List</b>			<b>Dates have been updated with 2010 dates</b>			
Trip Start	Trip End	Date	Level	Description	Class	2010 Coordinator
5/28/10	5/31/10	May 28 - May 31	Int	Intermediate Southern Trip Slippery Rock, Lower Yough, Tygart, Cheat, Upper Yough or river TBD	III-IV	Andy Cook, Dave Fulle
6/13/10		Jun 13	Int	Black River Gorge	III-IV	Jim Dobbins
6/26/10		Jun 26	Novice	Salmon River (400 cfs)	II+	Jerry Koehler
6/25/10	6/27/10	Jun 25 - Jun 27	Int/Adv	Zoar Demo Fest -- Deerfield River	II-IV	Norm Deets
7/10/10	7/11/10	Jul 10 - Jul 11	Int	Middle Moose/ Nelson's Falls Park and Play	III	Jerry Koehler, Alex Macur
7/10/10	7/11/10	Jul 10 - Jul 11	Int	Salmon River, Pulaski (750 cfs)	III	Jerry Koehler, Alex Macur
7/24/10		Jul 24	Nov/Int	Salmon River (750 cfs)	III	Joe Ryan/Alex Macur
7/30/10	8/1/10	Jul 30 - Aug 1	Int/Adv	Deerfield River Festival	II-IV	Norm Deets
8/7/10		Aug 7	Int	Salmon River, Pulaski (750 cfs)	III	Jerry Koehler, Alex Macur
8/8/10		Aug 8	Int/Adv	Black River Gorge	III-IV	Jim Dobbins
9/4/10		Sep 4	Int/Adv	Beaver River, Taylorville section	III-IV	Dave Fulle
10/3/10		Oct 3	Adv	Bottom Moose River	V	Jim Dobbins
10/9/10		Oct 9	Nov	Genesee River in Letchworth	II	Jerry Koehler
10/21/10		October	Int	Rushford Outlet	III	Jerry Koehler
10/16/10		Oct 16	Int	Middle Moose River (Moose Fest) from Singing Waters to McKeever	III	
10/16/10		Oct 16	Adv	Bottom Moose River	V	Andy Cook
10/23/10		Oct 23	Nov	Genesee River in Letchworth	II	Jerry Koehler





Date	Level	Description - one line	Class	Coordinator - one line	Contact - one line
#REF!	#REF!	#REF!	#REF!	#REF!	#REF!

Message Board Post

Event Calendar

#REF!



Table Header: [table][tr][td][b>Date[/b][[/td][td][b>Level[/b][[/td][td][b>Description[/b][[/td]

[td][b]Class[/b][b]/td][td][b]Coordinator[/b][b]/td][td][b]Contact[/b][b]/td][b]/tr]