

To that end, FLOW provides:

- ◆ A forum to meet paddlers of similar interests
- ◆ January Party
- ◆ Summer Picnic at the Salmon River
- ◆ Skill and Safety clinics
- ◆ FLOWLines Newsletter
- ◆ FLOW Website and message board www.flowpaddlers.org
- ◆ Flatwater, openwater, and whitewater trips (All trips are free for members.)
- ◆ Affiliation with American Whitewater and New York Rivers United, leading conservation organizations fighting to save our waterways.
- ◆ Annual Swap Meet
- ◆ Discounts at selected merchants



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FLOW is a member driven organization. All members are invited to steering committee meetings held the last Tuesday of the month. General membership meetings and programs are held on the second Thursday of the month. Meeting locations and times are published in the monthly newsletter and on the web site.

FLOW is an all-volunteer organization, and it needs the participation of its members to help provide the variety and quality of programs and services we aspire to offer.

If you are interested in helping the club, please indicate your interests on the membership form (see reverse side).

We greatly appreciate the financial support of our corporate sponsors who help defray the club's expenses.

Jack Ryan's Bar
825 Atlantic Ave. Rochester, NY
(585) 288-9709



The Finger Lakes Ontario Watershed Paddlers' Club was founded by a group of paddlers who wanted to provide a local club committed to serving the needs of a diverse paddling community, from those seeking the solitude of the back country to those craving the crashing of the waves. Our goal is to spread the rewards of paddling through educational programs and opportunities, provide interest specific services to paddlers and encourage paddlers to meet, learn and teach each other. FLOW members are also dedicated to improving local access and protecting the state of our aquatic environment.

www.flowpaddlers.org



2011 Finger Lakes Ontario Watershed Paddlers' Club Membership Application

Membership Type: A family membership consists of 1 or more adults and their children (under 18) who live at a single address. Children 18 and older must join as individuals.	<input type="checkbox"/> New Membership <input type="checkbox"/> Individual (\$20)	<input type="checkbox"/> Renewal <input type="checkbox"/> Family(\$25)	Make check payable to FLOW Paddlers' Club: Return completed application, signed waiver(s), FLOW Paddlers' Club C/O Alex Macur P.O. Box 309 Webster, NY 14580
Due to the rise in printing and distribution, the FLOW newsletter is distributed by email in PDF format. If you do not have email, check this box and we will send it to you via US Mail for an additional \$10.	<input type="checkbox"/> I Don't Have Email (Add \$10) <input type="checkbox"/> Send FLOWLines by US Mail		
Address:			
City:	State:	Zip:	
Home Phone:	Work Phone	Cell Phone	
FLOW memberships run from January 1 st through December 31 st . There are no pro-rated rates for mid-year renewals.			

Please fill out this section for each family member *and* attach a waiver or minor waiver for each family member

Name	Email Address	Paddling Interests Check if interested										Can you help out with...						
		W/W Kayak	Sea Kayak	W/W Solo Canoe	W/W Tandem Canoe	OW Solo Canoe	OW Tandem Canoe	C1	C2	W/W Slalom Racing	Flat Water Racing	W/W Rafting	Meeting Programs	Newsletter	Website	Instruction	Trip Coordinator	Steering Committee

Membership information is published in the FLOW newsletter (as the "paddlers list") and shared with our corporate sponsors to for validating membership when utilizing membership discounts. If you do not wish to have your information shared, check this box: Please note that if you do not share your information you may not be eligible to participate in corporate sponsor discounts.

**FLOW Paddlers Club
Adult Waiver And Release Of Liability**

In consideration of being permitted to participate in any way in the FLOW Paddlers Club and related ("Activities") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. **Acknowledge**, agree, and represent that I understand the nature of Paddlesports and related Activities and that I am qualified, in good health, in proper physical condition to participate in such Activity and willingly agree to comply with the stated and customary terms and conditions of participation. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity. If I decide to leave early and not complete the trip as planned, I assume all risks inherent in my decision to leave.
2. **Fully understand** that:
 - a. Paddlesports and related **activities involve risks and dangers of damage to personal property and serious bodily injury, including permanent disability, paralysis, and death ("RISKS")**;
 - b. these RISKS and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or **the negligence of the "RELEASEES" named below**;
 - c. there may be **other risks and social and economic losses** either not known to me or not readily foreseeable at this time; and **I fully accept and assume all such risks and all responsibility for losses, costs, and damages** I incur as a result of my participation in the Activity.
3. **Hereby release, discharge, and covenant not to sue** the FLOW Paddlers Club, affiliated clubs and organizational affiliates, their respective instructors, trainers, administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place.(each considered one of the "RELEASEES" herein) **from all liability, claims, demands, losses, injuries, damage to property, or other damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree** that if, despite this **release and waiver of liability, assumption of risk, and indemnity agreement I**, or anyone on my behalf, makes a claim against any of the releasees, **I will indemnify, save, and hold harmless each of the releasees** from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Name (print) _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____
(home/cell/work – circle one)

Signature _____ Date _____

Emergency Contact _____ Phone _____

FLOW Paddlers Club
Minor Waiver And Release Of Liability (under age 18 at time of registration)

In consideration of being permitted to participate in any way in the FLOW Paddlers Club and related ("Activities") I, for myself, my personal representatives, assigns, heirs, and next of kin:

- 1. Acknowledge, agree, and represent that I understand the nature of Paddlesports and related Activities and that I am qualified, in good health, in proper physical condition to participate in such Activity and willingly agree to comply with the stated and customary terms and conditions of participation.
2. Fully understand that:
a. Paddlesports and related activities involve risks and dangers of damage to personal property and serious bodily injury, including permanent disability, paralysis, and death ("RISKS");
b. these RISKS and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "RELEASEES" named below;
c. there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation or that of the minor in the Activity.
3. Hereby release, discharge, and covenant not to sue the FLOW Paddlers Club, affiliated clubs and organizational affiliates, their respective instructors, trainers, administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, injuries, damage to property, or other damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Minor Name (print) _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____
Circle: Home / Cell / Work

Signature _____ Date _____

And I, the minor's parent and/or legal guardian, understand the nature of paddlesports and related activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasee's from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees named above, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim.

Parent/Guardian Name (print) _____

Email _____ Phone _____
Circle: Home / Cell / Work

Parent/Guardian Signature _____ Date _____