



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 6, Issue 11

November 2001

November General Meeting

Date: Thursday, November 8
Time: 7:00 pm
Place: Brighton Town Hall
2300 Elmwood Ave.

Knot Tying Clinic

Leave your cam straps at home. Forget the duct tape. Come and watch some master knot tiers demonstrate their craft. Learn some new knots. Practice an old skill. We'll give away a copy of The Klutz Book of Knots by John Cassidy. Refreshments will be served.

Thank You FLOW

The following note was sent to Jerry Hargrave regarding FLOW's participation at the Salmon River Hatchery Open House and Family Days. The purpose for asking us to attend this event is to demonstrate the various uses of the Salmon River and to help the fishermen understand our sport.

Jerry,

The Open House went fine. Estimated attendance was 3,100. Thanks for the help. Two FLOW members, Steve and Zach Baker, were able to attend mid morning.

I met them at one of the earlier releases. They set up a small display outside and were planning to do demo's if asked. I did have one person specifically want to know if demos were going to be done. I didn't get to speak to them after they set up as I am in a leg cast with a broken fibula and it was hard for me to get around.

I was extremely grateful for these two gentlemen from Rochester coming out to help.

We will plan to have FLOW attend next year if you do not have a conflict with other events. I will use you for the contact. The open house is always the 4th Saturday in September.

Thanks for your help.
Sincerely,
Fran Verdoliva
NYD DEC Altmar, NY

Nov. Steering Committee Mtg.

Date: Thursday, November 1
Time: 7:00 pm
Place: Daily Perks Coffee House, 389 Gregory St.

Steering committee meetings are open to all members. **Feel free to just show up - your input is welcome.** If you are not available but have an idea, contact Mike Shafer at 227-9291 or mshafer@rochester.rr.com

FLOW Constitution Drafted

After operating on tradition for 5 years (like the British government), it's time for an upgrade. Under the auspices of the Steering Committee, Steve Kittelberger has drafted a proposed Constitution. After circulating within the Steering Committee, it is ready for general Membership comment. You can read and comment on the current draft by following the "constitution" link on the FLOW website, www.flowpaddlers.org.

Please take the time to read and comment. Once your suggestions have been incorporated, it will be presented for approval vote by the Membership.

Congratulations Paul Twist



FLOW member Paul Twist placed fourth in the 2001 AWA Ohiopyle Falls Race & Freestyle event on September 30. Paul is on the Riot paddling team.

FLOW Organization

President.....	Mike Shafer	227-9291
Vice Presidents.....	Cathy Rague . (315) 926-7890	
James Hopkins	621-2721
Secretary.....	Dorothy Caine.....	544-9725
Treasurer	Ed Boggs	(315) 926-7890
Facilities Development	Rick Williams.....	381-3418
Membership	James Hopkins	621-2721
Trips & Events	Ivan Rezanka	381-7475
Newsletter	Simon Barnett	899-6803
Education/Instruction	Ardie Shaffer.....	334-4487
Public Relations	Steve Kittelberger...	442-6138
Conservation/Access.	Jerry Hargrave.....	663-3888

Newsletter Submissions

Send us trip reports, articles, letters to the editor, rants, photographs, ads for our classified section, or anything else that you would like to see in FLOWlines. Send items to barnett@bluefrognet.net. If you do not have e-mail, send items to:

Simon Barnett
72 Maple Park Heights
Rochester, NY 14625

Membership / Address Changes

To join FLOW, download the membership form from the "How To Join" page on www.flowpaddlers.org, fill it out and send it with \$30 (\$35 family rate) to:

FLOW Paddlers' Club C/O James "Hoppy" Hopkins
43 Whelehan Drive
Rochester, NY 14616

If you don't have access to the web, contact Hoppy at the above address, hoppyski@yahoo.com or 621-2721. Send address changes to Hoppy too.

FLOW Hot Line: 234-3893

To access the FLOW Hot Line:

1. Dial 234-3893 from a touch-tone phone.
2. To listen to messages left by other paddlers, press the remote access code any time during the greeting. After entering the remote access code, listen to instructions for how to access messages.
3. To leave a message for other paddlers, listen to the greeting and leave a brief message after the tone.

The FLOW hotline is sponsored by FLOW Paddlers' Club for FLOW members. The FLOW hotline is hosted by Bay Creek Paddling Center.

Upcoming trips/events

Whitewater Trips: Contact Ivan Rezanka 381-7475.
Flatwater Trips: Contact James Hopkins 621-2721.

Paddling Contacts

FLOW Corporate Sponsors

<i>BayCreek Paddling Center</i>	288-2830
Boat/gear sales & rental, instruction, kids camp 8% off stocked accessories www.BayCreek.com	
<i>G.R.I.P.</i>	381-3418
ACA Certified whitewater instruction	
<i>Oak Orchard Canoe & Kayak</i>	(800)-4-KAYAKS
1000 Boats, car & truck racks, parts, repair, ½ day river tours 10% off accessories; 22% off plastic WW boats (in stock only) www.oakorchardcanoe.com	
<i>Snow Country</i>	586-6460
10% off paddling gear and accessories www.snowcountriesports.com	

Businesses Offering FLOW Discounts

<i>Colorado Kayak Supply</i> (www.coloradokayak.com)	15% off accessories (Must Supply AWA Number)
<i>Nantahala Outdoor Center</i> (www.noc.com)	10% off all goods
<i>Northern Outfitters</i> (www.noh20.com)	10% off all retail items
<i>Zoar Outdoor</i> (www.zoaroutdoor.com)	10% off accessories and \$50 off boat prices

Local Businesses & Instruction

<i>Adventure Calls</i>	(888) 270-2410
Whitewater rafting and boat shuttle in Letchworth State Park www.adventure-calls.com	
<i>Ardie Shaffer</i>	334-4487
ACA certified whitewater instruction & instructor training ardie@rochester.rr.com	
<i>Art Miller</i>	377-1994
ACA WW instruction & USACK certified WW slalom instruction ArtMiller@worldnet.att.net	
<i>Hemlock Canoe Works</i>	367-3040
Hand crafted lightweight canoe manufacturer www.hemlockcanoe.com	
<i>Lock 32 Whitewater Park</i>	328-3960
Flat and moving water ACA certified instruction	
<i>Pack, Paddle, Ski</i>	346-5597
Flatwater, whitewater, canoe, kayak, & sea kayak instruction www.packpaddleski.com	
<i>Seayaker Outfitters</i>	(315) 524-9295
ACA certified Coastal Sea Kayak instructor / courses & tours www.seayaker.com	
<i>Talic Sport Hammocks</i>	271-3150
Wooden canoe and kayak stand manufacturer www.talic.com	

Regional & National Organizations

<i>American Canoe Association</i>	www.acanet.org
<i>American Whitewater</i>	www.americanwhitewater.org
<i>Adirondack Mountain Club</i>	www.adk.org
<i>Genesee Waterways Center</i> .	www.geneseewaterways.com

River Gauges

<i>Genesee River (Letchworth)</i>	468-2303
<i>Catteragus Creek</i>	532-0626
<i>Black Cr. at Churchville</i>	(800) 452-1742 #361131
<i>Salmon River</i>	(800) 452-1742 #365123
<i>Waterline Site Codes</i>	www.h2oline.com

All phone numbers are in the 716 area code unless otherwise noted.

But Where's the boat?

News from the (Non-paddling) North Carolina Correspondent, aka Heather Mummery

(I haven't had much time to go paddling lately, and hence I've resorted to writing about the activities I do instead - naturally, they are a poor substitute, not only for me, but especially as fare for a paddling newsletter.)

Recently, my paddling partner and I loaded up our wet suits, fuzzy rubber, river booties, and assorted gear and headed off for a large body of water early on a hot summer day. Everything seemed right - it was a weekend, so we weren't missing work. The truck was loaded with many familiar looking (and smelling) objects. We were even running a little late, as usual. But something was subtly, persistently wrong

We had forgotten the boats.

Then I remembered - we weren't going kayaking. For that matter, we weren't even going to a river.

We were on our way to "Fantasy Lake," also known as the Rolesville, NC quarry, so I could do the checkout dives for my SCUBA certification class.

I was instantly depressed. Why load up all this heavy, funny-looking gear, if you can't use it with a paddle? What fun could that possibly be? I was, needless to say, a little skeptical.

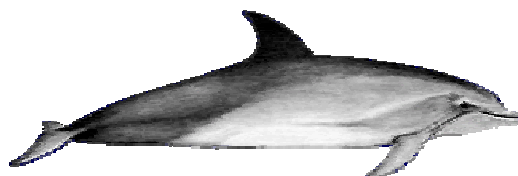
We met some other folks in the class and dropped off a car, the closest thing to a shuttle that we could manage. We drove another hour to the "put-in," where we had to sign a form releasing anyone in a 100 mile radius of any liability for our own stupidity, and paid \$15. (We were already out \$100 for the rental of the SCUBA equipment: this adventure was distinctly un-paddling-like already, and only getting worse.)

As we pulled into the parking area, things started looking up - picnic tables loaded with coolers of food awaited us. Maybe this whole diving thing wasn't actually a bad idea! My feelings wavered back and forth, as I struggled to put on TWO layers of neoprene (you thought one was tight?) and a hood. (Unlike paddling, with diving you have the luxury of dressing exclusively for the water

temperature.) We geared up for our first dive, and I was acutely missing the lack of a boat until I realized that the trip to the water's edge with 50 pounds of gear is a whole lot easier when you can strap it on your back. And then, we were in the water. And shortly thereafter, we were under it.

After that, I gave up trying to compare diving to kayaking - not that I haven't logged a significant number of hours under the river, with or without my boat, but I sure wasn't breathing at the same time. It stopped feeling weird after a couple breaths, and after a couple minutes I was so used to breathing under water that it's a good thing I don't have time to go paddling any time soon, lest I gulp in a mouthful the next time I'm stuck upside-down in Swimmers Hole. The biggest thing to get over was a lifetime of conditioning that associates underwater, murky scenes with scary movies and aliens.

All in all, not a bad way to spend time in the water . . . if you have to do it without a boat.



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Help Wanted

The USGS recently overhauled their web site, and I'm in the process of updating the FLOW "Northeast Gauge Map" web page - but I don't have the USGS station numbers for the following rivers:

Big Sandy, Cheat, Dead, Delaware (Start), Gauley, New, Potomac, Potomac (N. Branch), Potomac (S. Branch), Potomac (Shenandoah), Rouge, Scudder's Falls, Skinner's Falls, Tygart, Wing Dam, Yough (Lower), Yough (Upper)

If you know what they are, please let me know! I can be reached at barnett@bluefrognet.net.

Rob Blake
716-315-3000

Rick Williams
716-381-3418

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2002 FLOW Whitewater Trip Wish List

We are getting an early start on the 2002 whitewater trip list. While all the fun and great places we have been this year is still fresh in our minds, now is the best time to put those memories into next year's trip planning.

Or perhaps we did not reach a particular destination, but heard a great story from someone who did — and feel we just have to get there ourselves!

All we need is a few volunteers. Being a trip coordinator is not difficult, and you do not need to be the most experienced paddler to do this — beginner and novice trips are the club's greatest need. Almost anybody can put together a trip from what the Northeast has to offer. It doesn't take

much more than handling a few phone calls, organizing a meeting place, and making sure we all get on the same river together. The paddlers make the rest happen! We can have a great 2002 triplist if only we all say, "I can organize one". We're all going to be at the runs anyway, so why not make this be the year you coordinate a trip?

The following is a healthy wish-list of trips we would like to see happen in 2002. If you have an idea that is not listed, we will be happy to add it to the list!

So peruse the list, decide which trip you want to coordinate, and contact Ivan Rezanka at 381-7475 or irezanka@rochester.rr.

Date	Level	Trip Description
April	Intermediate	Fish Creek. Class III
April	Beginner	Genesee River in Letchworth. Opportunity to try out the paddle skills on FLOW's own "home" course. Class II
April	Beginner	Oatka Creek, Class II
April	Intermediate	Salmon river – the annual Good Friday icebreaker.
April 27- May 5	Intermediate/ Advanced	Southern trip. Rivers will be selected during the trip. Class III & IV.
May	Advanced	Hudson River Gorge, Lower Moose River (if water level suitable, other river may be selected). Class IV.
May	Beginner	Genesee River in Letchworth. Class II
May	Beginner	Oatka Creek, Class II
May	Intermediate	Cattaraugus Creek, Class III
June	Beginner	Genesee River in Letchworth. Class II
June	Intermediate	Cattaraugus Creek, Class III
June	Beginner	Lehigh River, PA; with camping in nearby state park.
June	Beginner	Genesee River in Letchworth. Class II
June	Intermediate	Salmon River, Pulaski, NY. A scheduled 450 cfs release. Class III
June	Beginner	Genesee River in Letchworth. Class II
June	Intermediate/ Advanced	Deerfield River, MA Fife Brook section Class II-III Dryway section Class III - IV
July	Intermediate/ Advanced	Ottawa River, Beachburg, Ontario. The annual gathering of FLOW paddlers to celebrate July 4 and Canada day. The river and paddlers are warm, wet, and wild. Class III - IV
July	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III
July	Advanced	Black River, Watertown, NY. Class III - IV
July	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III
July	Beginner	Genesee River in Letchworth. Class II
July	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III
Aug.	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III Saturday and Sunday trip hopeful – this is our Annual FLOW Picnic weekend!
Aug.	Advanced	Gatineau River Festival, Maniwaki, Quebec. Class IV. Preregistration is required.
Sept.	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III
Oct.	Intermediate	Hudson River Gorge, Class III/ IV.
Oct.	Intermediate	Upper Moose River (from Singing Waters to Tannery) Class III
Oct.	Advanced	Lower Moose River (Moose Fest weekend). Class IV
Oct.	Beginner	Lehigh River, PA; with camping in nearby state park.
Oct.	Beginner	Genesee River in Letchworth. Class II
Nov.	Intermediate	Tohickon Creek, PA Class III to III+. Camp nearby.



Ivan Rezanka - Black River, Watertown, NY



Paul Houndt begs for food at Angel Kiss on the Ottawa



Dan Bogaard - Ottawa River, Ontario, Canada

The Correct Route to The Black

By Simon Barnett

Since I don't like to drive my car outside of a safe towing distance from Rochester, I always mooch a ride from someone else when I paddle the Black. As a passenger I never pay attention to where we are going, and I have some vague notion that you take the Thru-Way to Syracuse and hang a left on Rt. 81.

So last time I went up I was a little surprised to find myself beaming along some tiny country road. Suspicious that this might be some kind of paddling joke (lets see how far we can drive him before he notices we're going nowhere) I nonchalantly asked if I could take a look at a map.

This is when I learned that there is a *right* way and a *wrong* way to go to the Black. After hundreds (or maybe thousands) of trips, it has been determined that the following is the correct route to the Black:

- 104 East to Hanniball
- 3 East, almost to Fulton
- Take a left on to Hanniball St. (bypass Fulton)
- Take a right onto 48
- Left onto Oneida St. across Oswego River until it joins Rt. 3 (Don't miss this coming home)
- Continue on Rt. 3 to Mexico
- Rt. 104 West
- Route 81 North to Watertown
- Route 3 east about 1.5 mi
- Left on Rt. 11
- First left on Newell St, aka *Whitewater Way*

So next time you're going paddling, don't mess around with the thru-way. Take the **correct** route to the Black.



Tohickon Release In Doubt

Jerry Hargrave forwarded the following information from Gary K. Smith, Chief, Park Operations and Maintenance Division. The upcoming dam release from Nockamixon State Park may not occur due to problems with some dam machinery. New parts are on order but unless they arrive in time and are installed, the release for November 2001 is in serious doubt.

A Trip South...Again

Article and Pictures by Mike Shafer

Once a year is just not enough anymore. The spring trip is a blast, but it does not come up again soon enough. There is one week every year when the Ocoee Dam #2 runs for an entire week for maintenance. And this means a whole bunch of paddling days on the Ocoee. Bill's idea...easy for us to agree on. So on September 7, Bill Kuipers, Vaughn Skinner, and I headed south.

The first stop was the Gauley river. Mostly because it was along the way and it was running — we didn't need a better excuse. We (Bill) drove until we just had to sleep. Park, sleep, wake-up, back in the van. Conveniently, we were only 45 minutes to the Lower Gauley put-in. A sunny day, seventy degrees...a great way to start. The beginning of the autumn paddling season! It was the first release of Gauley season — while not the full-blown crowd of Gauley Fest, there were a lot of boaters. I counted 35 in line at diagonal ledges. The Gauley was as good as always, and everybody knew it.

While paddling we discussed the next day. Word was that the Nolichucky was running, so we agreed to spend a day there next. When we got to Irwin Tennessee, we were surprised to find no other boaters around. At the NOC outpost we were told that all the guides and all the boaters had gone up to the Gauley. OK by us...we had already done that, and could have this gem to ourselves! And we did. On a Sunday — another sunny, seventy degree day, with nothin' to do but paddle. I could live like this!

Well, our real mission was to go to the Ocoee, so on Monday we did just that. The Ocoee is never without a crowd. But by Ocoee standards, there were very few. It was Monday, and summer was over. So with a full release, we had as much of the river as we wanted, with little need to share. It was a standard release — 1200 cfs — just plain fun.

Paddle and play. Play and paddle. If you were on the Southern trip this spring, you may remember a

character we affectionately named "Crazy-John" (if you were not on the trip you can rest assured you are fine without the encounter). Crazy John was there, on the approach to Hell Hole, and recognized us immediately. In a manner similar to our first meeting at the Chatooga, John adopted us and decided he would paddle with us once again. But he asked to put conversation on hold for a bit, as he was in a new boat (an open, roto-molded canoe) and a bit nervous about the rapid ahead. He solved the case of nerves easily though as he dropped himself straight into the Hell hole. His familiar laughing and banter to himself ensued, and we found him to be just as we knew him from our day at the Chatooga.

Tuesday's run of the Ocoee was as good as the day before (ever hear of a bad day on the Ocoee?). Late in the run, our approach to Hell Hole, Bill noticed a C-1 paddler, in a glass race boat, with a broken paddle. He asked one of his companions about it, and the boater answered. I didn't hear what the other boater said, but Bill turned to Vaughn and I and said "Hey- that was not English. It sounded like German". When we got to Hell Hole we learned, this was the German national team. They were in town preparing for the 2001 ICF Slalom World Championships, scheduled to take place on the Olympic course upstream. It was amazing watching them play. They played better than any rodeo boater there, their performances amplified by the size of the boats, their enders and pirouettes



Bill Kuipers on the Ocoee

reaching up to the sky.

Knowing now there was good talent in town, we planned to paddle, then go to the Olympic course to watch the world teams. The water added to the race course upstream meant for more water on the Lower Ocoee too, so we paddled on 1800 cfs Wednesday instead of the standard 1200. Half again as much water made for half again the opportunity and I provided the entertainment for Bill and Vaughn while trying to get used to

the new little EZ I was in. When I can make that boat do the things that it did to me that day on my own, the little thing will be a hoot. But for that day it was the river and the boat that were in control, not me. It was fun to me...I think more so for Bill and Vaughn.

Later, at the racecourse we watched teams from Great Britain, Finland, and Canada. Seeing them work on the class IV racecourse re-defined for us what good paddling is. There is a reason they are called the World Teams. Seeing them live and in person is as good as it gets. Feeling we had experienced the best of what the area could offer, we headed back north.

The route home entailed two more stops. The first was another paddle of the Lower Gauley. By then we found ourselves tired and finished for the week, knowing we had had our happy fill of paddling. Great rivers every day - some good laughs and classic moments to remember. The last stop was a visit to the new home of Harry Marinakis, M.D. Harry greeted us at the door, and brought us in for the only other honorable thing to do in West Virginia besides paddle - a fine evening of drinking beer, whitewater videos, and talking about past and future paddling plans. That wrapped up our trip, till we go again!



Vaughn Skinner on the Ocoee



Mike and Bill Go For Gold at the 2001 ICF Slalom World Championships

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Classified Ads / Lost & Found

I need four Y-30 clips to attach a Yakima rack to a gutterless, aero-style roof on a 4-door 1992 Honda Accord LX. If you have some, please call Emily at (716) 346-5597 or email her at epleger@hotmail.com

Need a large Float Bag? - will trade an EPIÖ 21"x37" for a smaller bag (but not bow bag), or I'll even sell it to you. Call Richard (716) 473-2162

Wanted: Large spray skirt. Willing to pay squat. Call me, we'll do business. Richard (716) 473-2162

Found at the Salmon River cleanup: left hand **Glacier Glove**, large size. Contact Richard Mauser at rmauser@sprintmail.com if it is yours.

Sunburst orange **Riot Glide** for sale - \$400. Email Dan Bogaard at dsbpph@rit.edu for more info. If you live around Rochester, I will gladly let you try it before you buy it!

Purple and white **New Wave Cruise Control** for sale \$250 OBO. Contact Simon at (716) 899-6803 or barnett@bluefrognet.net.

Perception Mr. Clean play boat and **RIOT KIX** creek boat 450.00 each. Contact Jim at (716) 436-9902 or (716) 370-9585 cell.

Orange **Wavesport Forplay** \$550. Well outfitted and bumped out for big feet and comfort. Call Rick Williams at (716) 381-341

Violet **Perception Dancer-XS** for persons 120 lbs. or less. Great for kids! Includes airbags and sprayskirt \$350. Yellow **Perception Dancer**, includes airbags, sprayskirt and paddle \$350. Call Pam (716) 785-0515.

White Perception mirage with flotation, medium ExtraSport pfd., skirt, and Mohawk paddle. Very retro. \$300 Don Valerio donval@frontiernet.net (716) 526-5561

For sale: Mountain bike, 18 speed, Huffy. Great condition, recent tune-up. \$175 OBO includes helmet (nearly new), cyclometer, and bike lock. Contact Amy Hargrave at (607) 277-5755 or ath10@cornell.edu if interested.

Yellow **Extra Fast Multisport Kayak**: 19' kevlar/carbon fiber, 18" beam, 32 lbs., rear hatch, bulkhead, deck webbing in stern. Boat is in perfect shape and has an air seat and a Smart Track foil rudder, neophrine skirt, front float bag and boat cover. \$1500 plus shipping. Will email pictures and deliver within realistic driving distance (PA, Mich, NY). Contact Bill Salmon at (440) 286-8241 or wesalmon@compuserve.com

Only One More Trip in 2001

(Get Ready For Pool Practice)

Date	Trip Description	Coordinator
11/3-4	Tohickon Creek, PA Class III to III+. Camp nearby. (Intermediate) Note: Release may not happen - see article on page 5.	Steve Kittelberger 716-442-6138

Whitewater paddling, like all adventure sports, entails an element of risk. FLOW members assume this risk, and share the risk and responsibility for assisting others in need, as a condition of joining any of the listed trips below. Each participant will be asked to sign a release to this effect before putting onto the water.

We CANNOT take non ACA/FLOW members on the trips. The one-day membership which we used for pool practices does not work for trips.



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