



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 9, Issue 1

February 2004

Meet the StreamMaster!

Date: Thursday, February 12
Time: 7:00 PM
Place: Community Meeting Room,
Brighton Town Hall Lower Level
2300 Elmwood Ave.

FLOW is proud to welcome Matt "Ratt" Muir, the man responsible for all that wonderful gauge information and river descriptions to be found on the American Whitewater site. This event promises to be enjoyable and informative, including a slideshow and videos.

Matt "Ratt" Muir has been running whitewater since 1992, when he bought his *Dancer* and began paddling with Ohio's Keel-haulers Canoe Club. During those twelve years, he has been recording and creating carnage on rivers from Maine to Georgia. A transplant to Upstate NY since one year ago, he appreciates the shorter drive to the Adirondacks, where he has had memorable screwups on the Moose, Black, Beaver, and Raquette Rivers. Some of the other streams where he has created *carnage* that his buds will long remember include WV's Gauley and Big Sandy Creek; GA's Chattooga; MD's Upper Yough; PA's Lower Yough and Slippery Rock Creek; WA's the Skykomish; and Ohio's Tinker's Creek and Cuyahoga River. He's caused untold trouble with the Ratt Hole, at

<http://members.aol.com/rivieraratt/ratthole.html>.

Since 2000, Ratt has been an active volunteer with American Whitewater, helping to organize its website (www.americanwhitewater.org) via the StreamKeeper Project. He's always on the lookout for paddlers who'll add their river info, photos, video, and...

whatever to the AW website. His talk, video and slideshow, "American Whitewater in Your Backyard...and Beyond!", will focus on AW's member-driven mission, and how members can use the AW website to their--and the paddling community's--advantage.



American Whitewater's Streammaster Matt Muir performing in West Virginia's annual Big Sandy Attainment Race.

Pool Practice

Wheatland- Chili

W-C Pool practice will take place on Monday nights from 7 to 9pm. on Feb. 23, March 1, 8, 15, 22, 29, & April 5.

To get to W-C—From Rochester, take Rt. 383 South to Scottsville. Turn right on North Rd. From the east, take Rte. 253 West to Scottsville, continue straight on North Rd. From the west, get off of the Thruway at LeRoy, turn south on Rt. 19, turn east on Rt. 383 to Scottsville. Turn left onto North Rd.

Monroe Community College (MCC)

FLOW and MCC Maverick Aquatic Club will have the pool practice in MCC swimming pool in Brighton. The times (in the pool) will be from 8:30 to 10:00 PM on Wednesdays. The participants, however, may enter the pool area already at 8:00 to change into work clothes and clean the boats, which must be free of leaves and other debris. The dates will be 2/25/04, 3/3/04, 3/10/04, 3/17/04, 3/24/04, 3/31/04, 4/7/04, and 4/14/04 (make-up date). The use fees will be \$5.00 for members (including family) and \$7.00 for non-members and include the services of a lifeguard.

To get to MCC-- Take the E Henrietta Rd.(RT-15A) exit (#16B). Turn south on E Henrietta Rd. and go 0.4 miles. Turn left into the campus and follow the loop around to Building 10 on the east side of the campus.

FLOW Organization

President.....Don Shaw 223-5077
Vice Presidents.....Steve Kittelberger .. 442-6138
.....James Hopkins 621-2721
Secretary.....Cathy Rague. (315) 926-7890
TreasurerJoel Chastek 768-4651
MembershipWade Bowman 394-3103
Corporate Liaison.....Rose Conley
.....rosems@rochester.rr.com
Trips & EventsIvan Rezanka..... 381-7475
NewsletterSimon Barnett..... 899-6803
.....Andy Cook.....461-9182
Education/Instruction Ardie Shaffer 334-4487
Conservation/Access .Jerry Hargrave. k1c1c2@aol.com

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 newsletter@flowpaddlers.org. If you do not have e-mail, send items to:
Andy Cook
515 Meigs St.
Rochester, NY 14607
The newsletter deadline is the next-to-last Thursday of the month.

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 Simon Barnett
72 Maple Park Hts.
Rochester, NY 14625
If you don't have access to the web, contact Simon at the above address or membership@flowpaddlers.org. Please send any address changes to Simon as well.

Upcoming trips/events

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

Local River Gauges

Genesee River (Letchworth) 468-2303
Catteragus Creek 532-0626
Black Cr. at Churchville (800) 452-1742 #361131
Salmon River (800) 452-1742 #365123
Waterline Site Codes www.h20line.com

Paddling Contacts

FLOW Corporate Sponsors

BayCreek Paddling Center..... 288-2830
Boat/gear sales & rental, instruction, kids camp
8% off stocked accessories
www.BayCreek.com
Oak Orchard Canoe & Kayak (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

Businesses Offering FLOW Discounts

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

Local Businesses & Instruction

Adventure Calls..... (888) 270-2410
Whitewater rafting and boat shuttle in Letchworth State Park
www.adventure-calls.com
Ardie Shaffer..... 334-4487
ACA certified whitewater instruction & instructor training
ardie@rochester.rr.com
Art Miller 377-1994
ACA WW instruction & USACK certified WW slalom instruction
artm@rochester.rr.com
Genesee Waterways Center & Lock 32..... 328-3960
Promoting the use of human powered watercraft
www.geneseewaterways.com
George Scherer of Sea Kayak Rochester.... 381-2104
ACA certified open water coastal kayak instructor
george.scherer@kodak.com
Hemlock Canoe Works..... 367-3040
Hand crafted lightweight canoe manufacturer
www.hemlockcanoe.com
Karen Bader..... 377-4326
ACA certified flatwater instructor
kmbader@aol.com
Pack, Paddle, Ski..... 346-5597
Flatwater, whitewater, canoe, kayak, & sea kayak instruction
www.packpaddleski.com
Seayaker Outfitters (315) 524-9295
ACA certified Coastal Sea Kayak instructor / courses & tours
www.seayaker.com
Talic Sport Hammocks 381-5401
Wooden canoe and kayak stand manufacturer
www.talic.com

National Organizations

American Canoe Association..... www.acanet.org
American Whitewater www.americanwhitewater.org
Adirondack Mountain Club www.adk.org

Please send any additions, corrections, or deletions to
newsletter@flowpaddlers.org



FLOW Swap Meet

Date	March 11, 2004
Time	5-6 pm. Set up and seller check-in only 6-9 pm. SWAP MEET/ late seller check in 9-9:30 pm. Count your cash and clean up
Locale	Carmen Clark Lodge, Brighton Town Park 777 Westfall Road (see map) between E Henrietta Rd. and S Clinton Ave.

The best place to buy and sell used paddling junk in Rochester! Come on out to get rid of all that vintage paddling gear that you no longer have the *cozones* to put your nose in. Find used gear that your wallet will be happy with. Boats and boating equipment of all shapes and varieties are welcome—canoes, kayaks, paddles, PFD's, spray skirts, hip pads, bilge pumps, rescue gear, helmets, wet suits, dry suits, dry tops,

paddle pants, dry bags, flotation bags, cam straps, car racks, booties, books, videos and camping gear. Anything you no longer use whether it functions the way it was intended or not. Shrunken, holy, circa 1978 gear? Might as well bring it along and try to get a few bucks out of it.

Bring it all to sell at the FLOW swap meet. A small donation of \$10.00 to FLOW by sellers is required for registration. (OK, if you only have a couple of tidbits to sell, we'll let you slide for a measly \$5.00). You can sell your junk yourself, or have FLOW sell it on consignment for you. If you choose the consignment option, 10% of the selling price will be donated to FLOW, and all items must be clearly marked with a price and the seller's name.

Rumor has it that one or more of the local paddling stores will be present with lots of discounted merchandise! Everyone is welcome: sellers, buyers, browsers, FLOW members, non-members. There will be a fire, good company, tall tales and lots of new and used equipment to buy! Come and start the season off right! No credit cards, but cash and good checks (with two forms of ID) will be accepted. We'll have coffee and hot chocolate available at a nominal cost during the Swap Meet.

If you have any questions, please contact Ed Boggs at 585-721-5093 (days), 315-926-7890 (evenings) or edncathy@rochester.rr.com.



FLOW members get 10% every day Plus 20% off W/W playouts!

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 2133 Wyo rd. Watertown, NY 14571 585-682-4849

2003*closeouts/discont. Sale. Scratch-n-dents 25-50% off.

**Jack
Ryan's**
 825 Atlantic Ave.
 Rochester, NY
www.jackryan'sbar.com
 10% off for FLOW members

Winter Courses

SEA KAYAK ROCHESTER

608 MADISON ST, EAST ROCHESTER, NY 14445 - 585.381.2104

info@seakayakrochester.com

www.seakayakrochester.com

Date	Event	Time	Location
Jan 25 th	2 hr Rescue class \$35.00 Open pool practice \$8.00	Sunday evening 6-8pm	MCC Pool (Monroe Community College)
Feb 8 th	2 hr Advanced Paddle techniques class \$35.00 Open pool practice \$8.00	Sunday evening 6-8pm	MCC Pool (Monroe Community College)
March 7 th , 14 th , 21 st , 28 th	Winter Rolling Course \$125.00	Sunday evenings 6-8pm	MCC Pool (Monroe Community College)
Apr 4 th	Video Review "Stokes and Rolls" \$35.00	Sunday evening 6-8pm	MCC Pool (Monroe Community College)
Apr 18 th	2 hr. Rescue class \$35.00 Open pool practice \$8.00	Sunday evening 6-8pm	MCC Pool (Monroe Community College)
Apr 25 th	Open workshop \$8.00 Instructors on hand to assist.	Sunday evening 6-8pm	MCC Pool (Monroe Community College)

GENESEE WATERWAYS CENTER (GWC)

328-3960

wolfoftheriver@hotmail.com

www.geneseewaterways.org

Date	Event	Time	Location
March 6 th and 13 th	6 hr. Introduction to Kayaking \$99	Saturday afternoons 1-4 pm.	MCC Pool (Monroe Community College)
March 7 th , 13 th , 27 th , April 3 rd plus testing days TBA	Instructor Certification for Introduction to Kayaking and Basic River Kayaking (see previous <i>FLOWlines</i> for more information)	Saturday mornings 9 am.-12 pm. (Sunday morning, 10-12 for first meeting)	MCC Pool (Monroe Community College), GWC Boathouse and Lock 32

CASCADE FALLS KAYAK ADVENTURES

Art Miller- (585) 377-1194.

artm@rochester.rr.com

www.kayakracing.org

Date	Event	Time	Location
Feb 7 th , 21 st , Mar 13 th , 27 th , Apr 17 th , 24 th	Extended Introduction to Kayaking \$125 (an optional river trip will be offered for a small fee)	Saturday evenings 5-7pm (5-9 for the last session)	MCC Pool (Monroe Community College)
Jan 10 th , 24 th , Feb 28 th , Mar 6 th , 20 th , Apr 3, 24 th	Novice/Intermediate Kayak Camp \$125	Saturday evenings 5-7pm	MCC Pool (Monroe Community College)
Jan 10 th , 17 th , 24 th , Feb 7 th , 21 st , 28 th , Mar 6 th , 13 th , 20 th , 27 th , Apr 3 rd , 17 th , 24 th	Advanced Kayak Camp \$155 or \$25 per session	Saturday evenings 5-7pm (open pool), 7-9 pm instruction	MCC Pool (Monroe Community College)

Cracked Yakers II: Return to the Hard Water



That's right, the kayak sledding is on again! High speeds, technical tricks, mania and mayhem are in store for all who attend. This year our charity donation will be split between the Ronald McDonald House of Rochester and American Whitwater SAFETY programs. Prizes will include donated swag from Oak Orchard, and possibly a session with a masseuse, one with a chiropractor. Free paddling calendars for all who attend. Uncracked kayakers and non-paddlers are highly encouraged to spectate and participate. Those of you who value your spinal column can enjoy a leisurely trip down the hill or participate in a drag race. If you're more adventurous and choose to hit ramps, the reigning champion advises that you land leaning forward and allow your head to "scissor" down toward your legs, absorbing any shock. Small refreshments will be available and Jack Ryan's will provide a toasty atmosphere to warm you extremities after you're done. You'll want to bring your boat, paddle, helmet, a pillow to cushion your landing, and a rope or strap to help drag your boat up the hill. Even if you don't plan on competing, bring your boat anyway—you may wish you did. Check the message board for more information. Please come out and help us make this charitable fundraiser a success.

Ellison Park, on the corner Landing Rd. and Park Rd. (just off of Browncroft)
February 28, 1 pm.
A \$5 donation is required to compete (additional donations gratefully accepted).



Adrian, Kevin and Andy at Ellison park in January. Photos courtesy of Wade Bowman

FLOW Approves Voting Slate

A quorum was reached at the Winter Party and approved all three items on the ballot. An updated version of the Constitution will soon be posted on the website. Thank you for coming out and participating in our democratic experiment.

	For	Against	Abstain
Constitutional Amendments	86%	0%	14%
2004 Budget	90%	0%	10%
Dues Increase	97%	3%	0%

Have You Renewed?

Hey, I know it's cold out there and no one is really thinking of paddling, but so far only 35% of you have renewed your membership! If you have not renewed there will be a note to this effect under your address (if you get your newsletter by US Mail) or in the email cover memo (if you get your newsletter by email). And even though no one is paddling, FLOW still needs to pay our bills (for the web site, distributing the newsletter, awesome winter party, etc.)

If you think that there has been a mistake or if you have any questions about membership, send an email to membership@flowpaddlers.org or call Simon at 899-6803.



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FLOW Paddlers' Club C/O
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72 Maple Park Hts.
Rochester, NY 14625