



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

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April 2004

FLOW and GWC Joint Programs

FLOW has reached an agreement with GWC to provide whitewater instruction at a discounted rate. GWC will offer a six-hour Intro. To Kayak class once a month for new FLOW members or members who are new to whitewater. Following this class, GWC will provide on-river instruction on FLOW trips to Letchworth on May 22, June 19, July 31, and September 18. Also, GWC will offer a clinic for intermediate paddlers at Lock 32. This program will be offered once a week for a month and will focus on a variety of topics, possibly including form refinement, bomb-proofing your roll, advanced strokes, squirts, surfing and side-surfing. Finally, GWC will set up a basic river safety clinic for FLOW at Lock 32 this summer. For FLOW, this addresses a fundamental need of our club by providing a safe and effective learning environment to our new members. It also gives us a venue to improve our technical skills and thereby learn to have more fun on every river we paddle. Finally, this agreement will help to grow our sport by providing a simple and cost-effective method to learn to paddle.

GWC Slashes Prices

The Genesee Waterways Center now has one membership for everyone who becomes a member of GWC, whether you are a rower or kayaker. GWC dropped the price of a season pass for Lock 32 from \$265 to \$150. In addition, it is now possible to rent a kayak for the season for \$125.

Another change in membership rules means that a member can take \$25 off any course offered at GWC. This one time savings can apply to kayaking, rowing or any other activity that GWC offers. For more information contact Dennis Money at 328-3960 or wolfoftheriver@hotmail.com.

In addition, volunteers are working with the GWC to rebuild the two holes at the Lock. The goal is to make them less likely to blow out and less pour-overish. This work is scheduled to take place in early to mid-April. It should be completed by the Lock's opening during early May (depending on water levels). If you have any suggestions or would like to help, please call Andy at 747-8478 or send email to aco0802@brockport.edu.

May General Meeting @ Lock 32

Join us at Lock 32 on Thursday May 13 from 6- dark. Tony Hernandez will give a presentation on how the Lock works and how it effects the course. Afterwards, you are invited to paddle for free and check out the newly redesigned holes. Watch for more details in next month's *FLOWlines*. To get to Lock 32, get off of 590 at the Monroe Ave. exit going east. Take a right on Clover (rt. 65 South), go over the canal and spillway and take a right into the WW course.

Parched and Charitable Kayakers

Cracked Yakers II went off without a hitch. We had more community support this year, and thanks to Soma Massage (you can make an appointment at www.massagerochester.com or 383-0730), we had better prizes than ever. Jack Ryan's bar and Oak Orchard Canoe also contributed to the cause. A newcomer to the sport of snow kayaking won the drag race, and Paul Twist took home first in freestyle for his "almost a donkey flip," a.k.a. an airborne back deck roll (we're sure Paul has at least 4 other names for the move). Thanks to Joe of Jack Ryan's for the after party, and the biggest thanks go to Adrian, whose work with the D&C helped us raise over \$200 for Ronald McDonald House and American Whitewater. Almost everyone that competed went home with some kind of prize! Keep watching *FLOWlines* for a summer-drought version of Cracked Yakers! Hopefully, it'll be a while!
--submitted by organizer extraordinaire Wade Bowman

EMS Club Days

Eastern Mountain Sports Club Days for this Spring are Friday, April 23rd & Saturday, April 24th from 10AM - 9:30 PM @ Marketplace Mall. As you may know, EMS offers a 20% discount on everything in the store for members of any outdoor not-for-profit club. We are also offering an opportunity for clubs to set up a table (provided by EMS) in the Mall for community outreach and recruiting on Sat. 24th from 12 Noon - 4PM. This will be a great opportunity to recruit new FLOW members. Please email Rose Conley at rosems@rochester.rr.com if you would like to volunteer to share your pictures, stories, etc. with potential FLOW members.

Your Guide to Creek Week

Creek Week is a celebration of Adirondack whitewater that is hosted in Old Forge, NY and is sponsored by the Central Adirondack Association (CAA) and American Whitewater (AW). Creek Week is scheduled for the final week of April 23-25 when Adirondack rivers and creeks are historically filled with snow-melt. During periods of optimal run-off, boaters can choose from over 30 runs within a 10-90 minute radius of Old Forge, including seldom run Class IV-V creeks like Johns Brook, Boquet River, the Branch, Boreas River, Otter Creek, Independence River, Roaring Brook, Mill Creek, Cincinatti Creek, 13th Lake Brook. Boaters can also choose from Class IV-V runs on the Oswegatchie system as well as the Grass, Cedar, Sacandaga, Racquette Rivers and Class V boating on Fish Creek and Lower Moose River. Even during the driest springs there is still Class IV-V boating to be found close to Old Forge on the Bottom Moose and plenty of playboating on the Hudson and Black Rivers.

Old Forge was chosen as the base camp for Creek Week not only because of its proximity to a large variety whitewater runs, but also for its boater-friendly amenities that are available at off-season rates. The CAA has prepared a list of local campgrounds and hotels offering special discounts for paddlers during Creek

Week. For information, call the Old Forge Visitor Information Center at (315) 369-6983 or access its web site at www.oldforgeren.com.

Unlike the fall Moose Festival weekend, Creek Week will not feature a large Saturday night gathering. Instead, a series of boater-friendly events have been scheduled throughout the week including special "paddler nights" at local bars and restaurants. The TOW Bar (TOW stands for Town of Web) is slated to welcome boaters on Thursday for an informal after-the-river gathering. The TOW Bar doesn't feature much of a food menu, but it does boast the cheapest draughts in town and four televisions with non-stop sports. Slickers, the Old Forge restaurant/ tavern that has become a traditional gathering spot for boaters to eat and drink, will welcome boaters for a Happy Hour celebration on Friday afternoon into the evening. The Film Festival will be staged on Saturday at the Strand Theater in downtown Old Forge (admission will be charged). Slickers will schedule entertainment for a party after the movie.

For additional information regarding Creek Week and Adirondack Rivers, contact Chris Koll at ckoll1234@aol.com or call evenings at (315) 652-8397.

The Menu



Above: Glen Wave, a good park and play spot between Riparius and the Glen (photo by Steve Hnhhs)

Hudson River

Hudson Gorge (Indian River to North River)
Class III-IV—14 miles

Upside: The Class III Indian River builds to nearly continuous III-IV action.

Downside: It's at least 3 miles up out of the gorge. There's a 3 mi. stretch of flatwater in the middle.

North River to Riparius

Class II-III—13 miles

Upside: On the easy side of intermediate. Rapids are generally straightforward. The last is the longest and most difficult.

Downside: Still a long walkout at times.

Riparius to the Glen

Class III—8 miles

Upside: Couple of good surf waves. Many of the rapids resemble the easier rapids found in the Gorge.

Downside: Couple of hungry holes.



Fish Creek

Class II-IV—9.4 miles—48 fpm avg. grad.
 Upside: Often called one of the best play rivers in the Northeast. So many play waves and holes you might not want to leave.
 Downside: Hotel California might not let you.

Left: Orgasmo; the first of three waves right above the takeout (photo by Steve Graley).

Otter Creek

III-IV (V+)—10.4 miles—61 fpm average gradient/ 110 fpm maximum gradient
 Upside: Mostly Class III-IV; the one Class V+ (Eagle's Talon's) is easily portaged and marked by a sign warning of a dam.
 Downside: Rebar warning in the initial 8 ft. drop of Crumbly Dam (Class IV+, mile 10.0). Be wary of lumber.

Left: First Rapid (photo by Matt Muir).



Independence River

Class II-V+—2.6 miles—85 fpm average gradient (gets much higher at the end)
 Upside: Paul "Riot Air" Twist calls it his favorite creek in New York. The Indy is a site to be seen. The upper stretch is a lovely eddy strewn boulder garden that is a wonderful warm up. The river gains momentum through an easier Class III slide-hole, a Class IV nearly vertical boof and then plunges into the Class V rapid that includes three channels.
 Downside: Mr. Twist has been seen on the Indy sans playboat.



Left: Jim Sullivan running Large Marge (Rainbow Falls) (photo by Andrew Jillings) Grass, S. Branch).

Grass, South Branch

IV-V—6.5 miles—60 fpm avg./ 150 max
 Upside: Eight spectacular drops separated by pools and Class III+ rapids.
 Downside: Reoccurring nightmares

2004 F.L.O.W. Whitewater Trips

Date	Level	Trip Description	Class	Coordinator	Contact #
April 10	Beginner	Genesee River in Letchworth	II	Eric Smith	(585) 576-1421
April 17	Intermediate	Fish Creek	III	Paul Houndt	(585) 342-3055
April 24	Beginner	Genesee River in Letchworth	II	Eric Smith	(585) 576-1421
May 1	Intermediate	Cattaraugus Creek	III	Ed Keidel	(716) 741-3914
May 8	Beginner	Genesee River in Letchworth	II	Richard Mauser	(585) 473-2162
May 15	Intermediate	Cattaraugus Creek	III	Tom Congdon	(607) 698-4091
May 16	Beginner	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
May 22	Beginner	Genesee River in Letchworth	II	Andy Ball	(585) 374-6671
May 29	Beginner	Keuka Outlet	II	Jerry Koehler	(315) 986-4526
June 5	Intermed/Adv	Hudson River Gorge	III-IV	Ben Bramlage	(518) 792-3277
June 5	Beginner	Genesee River in Letchworth	II	Andy Ball	(585) 374-6671
June 11-13	Beginner	Lehigh River, PA (camping in nearby state park)	II	Steve Kittelberger	(585) 442-6138
June 12	Beginner	Genesee River in Letchworth	II	Bill Kuipers	(585) 322-7742
June 19	Beginner	Genesee River in Letchworth	II	Norm Deets	(585) 224-9349
June 25-27	Advanced	Kipawa River Festival in Quebec (lots of bugs)	IV +	Vaughn Skinner	(315) 683-5379
June 26	Intermediate	Salmon River, Pulaski (400 cfs)	III	Wade Bowman	(585) 507-6198
July 3-4	Intermed/Adv	Ottawa River, Beachburg, Ont. (Annual gathering of FLOW paddlers to celebrate July 4 and Canada day)	III-IV	Steve Benedict	(315) 331-5198
July 10	Intermediate	Salmon River, Pulaski (750 cfs)	III	Richard Mauser	(585) 473-2162
July 17	Advanced	Black River Gorge, Watertown	IV	Paul Houndt	(585) 342-3055
July 24	Intermediate	Salmon River, Pulaski (750 cfs)	III	Norm Deets	(585) 224-9349
July 31	Beginner	Genesee River in Letchworth	II	Don Shaw	(585) 223-5077
July 31- Aug. 1	Intermediate	Deerfield River, MA (Deerfield River Festival)	II-IV	Norm Deets	(585) 224-9349
Aug. 7	Intermediate	Salmon River, Pulaski, NY FLOW picnic Sat. pm. (750 cfs)	III	Bill Kuipers	(585) 322-7742
Aug. 7-8	Intermediate+	Gatineau River, Maniwaki, Que.	III-IV	Vaughn Skinner	(315) 683-5379
Aug. 21-22	Advanced	Ottawa River, Beachburg, Ont.	III-IV	Steve Benedict	(315) 331-5198
August 21	Beginner	Genesee River in Letchworth	II	Don Shaw	(585) 223-5077
Sept. 4	Intermediate	Salmon River, Pulaski (750 cfs)	III	Don Shaw	(585) 223-5077
Sept. 4	Intermed/Adv	Beaver River, Taylorville section	III-IV	Richard Mauser	(585) 473-2162
Sept. 12	Intermed/Adv	Beaver River, Taylorville section	III-IV	Ben Bramlage	(518) 792-3277
Sept. 18	Beginner	Genesee River in Letchworth	II	Andrew Cook	(585) 461-9182
Sept. 25	Beginner	Genesee River in Letchworth	II	Ed Keidel	(716) 741-3914
Sept. 25	Intermediate	West River, Vermont	III	Ben Bramlage	(518) 792-3277
Oct. 2	Beginner	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Oct. 9	Beginner	Genesee River in Letchworth	II	Andrew Cook	(585) 461-9182
Oct. 16	Intermediate	Moose River from Singing Waters to McKeever (Moose Fest)	III	Ed Keidel	(716) 741-3914
Nov. 6 -7	Intermediate	Tohickon Creek, PA-camp nearby	III-III+	Steve Kittelberger	(585) 442-6138

Flatwater Paddling Meeting and Planning Session

Ready for the season? Looking for new places to paddle? Interested in a weekend paddle? Could you use some tips, techniques, and practice time (or share tips and techniques)? Come to the Flatwater Paddling meeting on April 15 from 7:00-9:00 p.m. at the Brighton Town Hall. Rich and Carol Joki will share their trip to Georgian Bay, Manitoulin Island, and the French River. Then, we'll plan trips and weeknight floats for the season. Rich and Carol will coordinate a weekend

trip to Georgian Bay. We'll schedule three weekday "Tips, Techniques, and Practice" sessions at the top of Canandaigua Lake. Bring your suggestions and innermost desires on where you want to explore or favorites you'd like to share with others. We want to book a variety of flatwater options. Questions? Need directions? Can't make the meeting, yet have ideas or want to coordinate at float? Call Rich and Carol at 585-367-3673 or e-mail r1224c@yahoo.com.

Second Annual Gulf of Maine Sea Kayak Symposium

Please come join us for the Second Annual Gulf of Maine Sea Kayak Symposium. Following on the success of last year's Symposium, this event will be held once again at the Maine Maritime Academy in Castine, Maine, on July 9th-11th. We will have equipment demonstrations, classroom and on-the-water presentations, and plenty of opportunities to meet other paddlers of all levels.

We will also be offering programs related to the Symposium's environmental theme "The History of Maine's Islands." We plan to have several speakers to present programs related to this theme, and we are sure that everyone will come away from the weekend with a deeper understanding of the unique nature of the Gulf of Maine.

beach or in the classroom. Demonstrations of various skills and techniques will be held on the lagoon adjacent to the beach. We will have well-known experts including Nigel Foster, Wayne Horodowich, and Doug Van Doren demonstrating rescue and towing techniques, paddle strokes and Greenland paddling and rolling skills. Small group instruction will be available for paddlers with their own equipment. For more information, contact GOMSKS at (207) 751-8998, info@kayaksymposium.org or visit their web site at www.kayaksymposium.org.

One of the big draws of this symposium is the opportunity to try out some of the boats and equipment available for demo at the beach. For a look at who will be there, see the exhibitor list on our web page. More boats, equipment, and accessories will be on display in the Field House, which will be open into the evening hours for those who have spent the day at the



Left— Doug VanDoren - Rolling and Greenland Paddle Strokes. Here Doug demonstrates an ancient form of Inuit juggling while standing up in his kayak.

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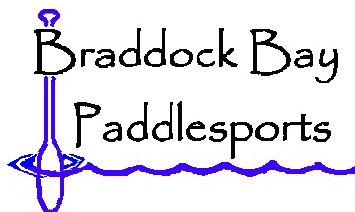
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“Life by the Drop:” Personal Decisions and Keeping Rescue Attempts Safe

Running difficult whitewater is based on personal decisions, and I hope it never becomes one regulated by “mother hens.” With personal decisions come personal responsibility to have the skills and experience necessary to make those decisions. When we make a decision to paddle something we are not only exposing ourselves to risks, but also those who will try to rescue us. Could you and your group keep this type of rescue attempt “safe”? Consider the following points:

- **Rescue Whistle:** Even in a very narrow creek the noise of rapids can make good rescue whistles essential. Do you carry one?
- **Carabiner to Clip Large Grab Loops:** Make sure the 'biner used to attach the rope to the boat's grab loop is big enough. Many of today's boats have hard plastic grab loops that are relatively thick. They are strong and easy to clip, but only with large "parabiners" or similar designs.
- **Dress for a Swim or Rescue:** Rescue attempts often require prolonged exposure in cold water. Do you dress warm enough to stand in snowmelt for 20 minutes attempting to save your friend's life? If you get hot paddling, it is certainly easy enough to cool off. Dress for a swim or rescue, rather than for the comfort of a clean run.
- **Proper Footwear:** Good river shoes make scaling cliffs, belaying and searching down river possible. Simple booties don't cut it.
- **Waist Throwbags:** Waist throwbags are a great asset to rescuers who need to scale cliffs and search down river from the banks. Do you have one?
- **PFD Rescue Harness:** Do you and the people you paddle with have the skill and equipment to “live-bait” someone into the “maw” of the kind of rapids you run? Have you ever practiced using your rescue vest?
- **Safety Boater below the drop:** Having a safety boater in the water below the rapid to catch either the victim or a rescuer that may get into trouble is something you should always consider.
- **Efficient Organization:** Making full use of all “witnesses,” greatly increases the rescue attempt's efficiency. Be sure everyone involved in a rescue wears appropriate safety gear.

- **Volunteer Rescue Squads:** Many rescue squads are not experienced in dealing with whitewater. Kayakers should make sure the rescue squads remain safe. It is too often reported how inexperienced rescue squads have tragically killed their own doing swiftwater body recoveries. It is worthwhile to make contact and work with your local rescue squads before such accidents happen in order to improve relations before exposing both sides to the stress of a swiftwater rescue.

Make sure you can do everything possible to rescue a friend “safely” if a similar situation occurs in your group. Remember the first rule in a rescue: No More Victims. Control the situation and never let emotions dictate unsafe decisions or acts. Realize when a rescue becomes a body recovery. Realize how your personal decision to run a drop can risk the lives of others.

--Based on an article by Tim Kelley, AW Safety Chairman (full text available at <http://www.americanwhitewater.org/archive/article/518/>)

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2004 ACA/L.L. Bean Club Fostered Stewardship Program

Two years ago, the ACA joined forces with L.L. Bean to launch the Club Fostered Stewardship (CFS) Program. The purpose of the *CFS Program* is to foster and support volunteer stewardship activity by local paddling clubs. Canoe and kayak clubs have a tremendous reservoir of individuals who care about the nation's waterways and want to help protect and improve the places they enjoy paddling. Through this program the ACA and L.L. Bean hope to encourage and empower clubs to take on projects that address the many stewardship needs of local waterways.

The CFS Program offers grants of up to \$1000 to provide paddling clubs with simple and quick access to funding for a wide range of club initiated stewardship activities. Grant monies can be awarded to support efforts that include (but are not limited to): waterway clean-ups, work projects to address in-stream safety hazards such as debris buildup, maintenance of access areas, safety or access related signage, establishment and care of paddle trails, acquisition of threatened access points, and provision of sanitary facilities.

Grant money is available for projects to be completed in 2004. If you are interested, please submit a proposal to the steering committee and we will help you fill out the necessary forms. Steering committee meetings are usually held on the last Tuesday of each month, but check the "events" link on the FLOW web site (www.flowpaddlers.org) for meeting details. Projects are evaluated three times a year: April 1, June 1, and August 1. If you want to find out more about the program, you can email info@flowpaddlers.org



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Boat Smart, Boat Safe, Wear It!

This year, we celebrate National Safe Boating Week, May 22 – 28 2004, with an even greater commitment to making America's waterways safe and enjoyable. This year's theme, "Boat Smart. Boat Safe. Wear it!" is designed to emphasize to boaters that wearing their life jackets and enjoying boating in a safe and responsible manner will decrease the need for safety officials to respond to boaters who find themselves in need of assistance. Unfortunately, recent Coast Guard statistics reveal that fatalities were up from 681 in 2001 to 750 in 2002, reversing a downward trend. Nearly 70 percent of the boating accident victims drowned, and nearly 85 percent of those drowning victims were not wearing a life jacket. For more information about what you can do to promote safe boating, visit www.SafeBoatingCampaign.com.

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