



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 9, Issue 4

May 2004

Genesee Riverway Trail Days

Friends of the Genesee Riverway Trail (FGRT), The Genesee Waterways Center (GWC), the Monroe Regional Canalway Trail Group (MRCTG), and the City of Rochester will jointly sponsor an event in observance of:

National Trails Day, Saturday,
June 5, 2004
9 a.m.-3 p.m.
Genesee Valley Park (west side)
and Genesee Waterways Center

A full schedule of activities is planned (many are family-oriented) on the 'green' and 'blue' trails

converging at Genesee Valley Park (GVP). Within GVP, the 'green' trails of the Erie Canal, Genesee Riverway Trail and the Genesee Valley Greenway, and the 'blue' trails of the Erie Canal and the Genesee River meet.

Outside activities include Bike Tours, a guided Bird Watching walk, a guided Tree Tour at U of R, and Canoe, Kayak and Outrigger Tours (pre-register at GWC). Live bluegrass and folk music will provide a great family atmosphere. A food vendor will be available. The GWC will host indoor talks covering the history of the Erie Canal and the Genesee River, and future plans for the Genesee riverfront. Contact Richard DeSarra at 585.266.6088 or msbike@rochester.rr.com

Liquid Fit Wetsuits Join FLOW

Liquid Fit, of Key Largo, Fl, is pleased to announce that now we are catering to the needs of kayakers. If you are unfamiliar with Liquid Fit, we are a unique wetsuit company whose main focus in the past has been providing wetsuits for divers who simply could not fit into a rack suit or who required special features. Paddlers will be impressed with our top of the line stretch neoprene, which is perfectly suited to meet their needs. We offer many features that are unique to paddlers, such as the optional relief zipper.

We know that you will be thrilled with our suits. For a review of our wetsuits for kayakers, please go to <http://www.kayakplace.com>. Please do not hesitate to contact us at 1-800-785-8362 with any questions.

Non-Whitewater Trips

Check out the new FLOW posting board for Open-Flat/Sea-Touring/Canoe trips. FLOW trips will be posted, plus post your own trip if you're looking for company or a place to go.

Trip coordinators needed for Thursday evening paddles now through August, weekend days (now through October) and overnights. Contact Carol or Rich, 585-367-3673 (r1224c@yahoo.com) or Hoppy, 607-281-2337 (hoppyski@yahoo.com).

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 canal works and how it effects the course. Afterwards, you are invited to paddle for free and check out the newly redesigned holes. Refreshments will be served and may include post-paddling-parch-prohibiting-pilsners. Thanks to GWC for use of their site. For a map or more info go to www.geneseewaterways.org.

June General Meeting @ Mendon

FLOW will offer Rolling, Knot-Tying and Open Water Rescue clinics at the June 10 general meeting at Mendon Ponds. Does your boat do more rodeo tricks on I-90 than in the hole? We won't mention any names, but we will give you a remedy. These rope skills can also come in handy in many other situations. We'll also put on the annual summer rolling clinic. More details forthcoming.

Trip Leader Responsibilities

In order to comply with ACA insurance guidelines, FLOW trip leaders need to fill out a trip roster and a trip report. The forms are available on the Trips & Events page. These forms need to be mailed to the ACA at 7432 Alban Station Blvd., Suite B232 Springfield, VA 22150. A copy should be retained for your records. The Steering Committee would like to simplify this process by printing copies of the forms and mailing them to trip leaders with stamped, addressed envelopes and retaining copies of all trip reports in a centralized location. To do this we need your help. To volunteer, please email info@flowpaddlers.org.

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
 MembershipSimon Barnett.....899-6803
 Corporate Liaison.....Rose Conley
rosems@rochester.rr.com
 Trips & EventsIvan Rezanka.....381-7475
 Newsletter.....Andy Cook.....461-9182
Miriam O'Donnell.....235-3194
 Education/Instruction..Ardie Shaffer.....334-4487
 Conservation/Access .Jerry Hargrave.....k1c1c2@aol.com
 FLOW Librarian.....Scott Conley.....473-3193

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 \$35 (\$40 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.

National Organizations

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

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.h2online.com

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

Padding Contacts

FLOW Corporate Sponsors

Oak Orchard Canoe & Kayak (800)-4-KAYAKS
 1000 Boats, car & truck racks, parts, repair, ½ day river tours
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www.oakorchardcanoe.com
Whitewater Challengers.....(315) 369-6699
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Wcmoose@capital.net or www.wc-rafting.com
BayCreek Paddling Center..... 288-2830
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www.baycreek.com
Jack Ryan's Bar.....288-9709
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Braddock Bay Paddlesports.....392-2628
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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
Charles Feller.....226-8505
 ACA certified canoeing and ARC certified canoeing, small craft
 safety &
 Basic Water Rescue Instruction ChasFeller@alum.rit.edu
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

2004 F.L.O.W. Whitewater Trips

Date	Level	Trip Description	Class	Coordinator	Contact #
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. 9-10	Intermed/Adv	Hudson River Gorge. River accessed camping on the 9 th . Newcomb (on Rt. 28N) to North River, or if the water is low, we'll start on the Indian R. Terry will carry gear on a raft.	III-IV	Terry Mcnamarra	(315) 339-1447
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

2004 FLOW Flatwater Trips

Date	Time	Trip Description	Coordinator	Contact
TBA	TBA	When Surfs Up @ Durand Beach, Ironduquoit Bay or Long Pond	TBA	Message Board
May 2	11 am.	Mud Creek (Ganargua Creek)	Ellen Prill	(585) 244-1062 carpediem@rochester.rr.com
May 2	TBA	Iroquois National Wildlife Refuge Oak Orchard Creek between Knowlesville Rd. and Rt. 63	Sheila Wagoner	(585) 224-0672 sheila.wagoner@kodak.com
May 29-31	All Weekend	Pine Creek, PA: put-in Blackwell, PA; take-out Jersey Shore, PA	Ellen Prill	(585) 244-1062 carpediem@rochester.rr.com
June 3	6:30	Braddock Bay; put-in at DEC launch near Marina	Sheila Wagoner	(585) 224-0672 sheila.wagoner@kodak.com
June 6	9 am.	Conesus Lake	Dave Ross	(585) 346-2145 dsnow@frontiernet.net
June 10	6 pm.- sunset	June FLOW Meeting at Mendon Ponds	TBA	Message Board
June 17	7:30 pm.	Erie Canal west from Lock 32, park at WW Park; see www.geneseewaterways.org for map	Jim Hopkins	(607) 281-2337 hoppyski@yahoo.com
June 25-27	All weekend	GLASKA Rendezvous 2004—Parry Island-Georgian Bay	Rich and Carol Joki	(585) 367-3673 www.geocities.com/glaska/trip.html
July 15	6:30 pm.	Roll & OW Rescue Clinic @ Mendon Ponds Boat Launch	Jim Hopkins	(607) 281-2337 hoppyski@yahoo.com
August 7-8	FLOW Summer Picnic @ Salmon River	Sat--OW paddle on Lake Ontario Sat pm--FLOW Picnic and camping @ Stoney's Sun--Salmon River Reservoir	TBA	Message Board
August 12	6:30 pm.	Roll & OW Rescue Clinic; Erie Canal Widewaters @ Lock 32. Park at Canal Park or WW course	Jim Hopkins	(607) 281-2337 hoppyski@yahoo.com
Sept. 17-20	TBA	St. Regis area of Adirondacks; primitive inland camping; minimal portaging	Sheila Wagoner	(585) 224-0672 sheila.wagoner@kodak.com
Sept. 16	6:30 pm.	Farewell to Summer Surf Classic @ Durand Beach	TBA	Message Board




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GWC Instructional Programs

Learn to Kayak: Held at Lock 32 in Pittsford, starting mid-May to early October, every Saturday from 10:00 a.m. to 5 p.m. with a one hour lunch break. This course offers a foundation on the basic skills of kayaking and water safety, including instruction on wet exits, forward and reverse strokes, eddy turns and river reading. The morning session is on flatwater and the afternoon session is on whitewater. Minimum age is 10 years old. Must be able to swim 25 yards. You will need a bathing suit, closed toe water shoes, a change of clothing, a towel and, depending on weather, warm clothing made of synthetic material or wool (no cotton). Bring lunch and water. Certified ACA Instructors. **Cost:** \$60 for flatwater session or \$99 for entire day of flatwater and whitewater. Includes all equipment. Minimum class size is 5 students. Please contact GWC at 328-3960 or

www.geneseewaterways.org for more information.

Youth Summer Camp: Held at Lock 32 in Pittsford, for youth 10 to 18 years old, this four day program runs Monday through Thursday with a choice of either morning or afternoon sessions. This program is an extended Learn to Kayak program, covering the same skills. Must be able to swim 25 yards and must provide own closed toe water shoes. Morning session run from 9 am. to noon and afternoon sessions are from 1 to 4 pm. Classes start the week of June 28 and continue until the week of August 23. ACA Certified Instructors. We also offer Level II of the Youth Kayak Camp, which is designed as the next step for alumni of a Level I camp or the Intro. To Kayak class. **Cost:** \$175 and includes all equipment except water shoes and lunch. Minimum class size is 5 participants. Please contact GWC at 328-3960 or www.geneseewaterways.org for more information.

Roll Clinic: Learn to roll or bomb-proof your roll. Expand your bag of tricks to include another rolling technique or work on your hand roll. These clinics are offered every Wednesday night (we can

also arrange a clinic for another day or night) and include individual attention from instructional guru Tony Hernandez. We can format a curriculum to fit your needs, including rolling or any other topic from creek-boating techniques to getting through that eddy wall at 3 wave. Learn and practice it before you need it in the gnar. **Cost:** \$35 per clinic. Contact Tony at 820-6538.

Forthcoming

Adult Club: For \$75 you'll get one night of instruction per week for a month. This club is designed as a comprehensive advanced class and will include a variety of topics such as playboating, practice with slalom gates, advanced paddle strokes, and surfing. The abilities and interests of the group will determine what topics are covered.

Youth Club: Same structure as the Adult Club. This program is designed to get Youth Camp Alumni back out on the water. Cost is \$75 per month for three hours per week. We provide the boat, gear and ACA instructor.

GWC Instruction on FLOW River Trips: This program is aimed at people who have taken the Intro. To Kayak class and want additional instruction on a river trip. This trip will expose you to bigger water and give you the chance to practice, get feedback and learn new techniques that will help you become comfortable on Class II-III water. GWC will provide the instructors and equipment and FLOW will provide their world-renowned sociability. The class will accompany a FLOW beginner trip and will provide the opportunity to meet other local paddlers.

FLOW-Sponsored River Safety Clinic
If you're like most of us, it's been a while since you practiced throwing your bag. This course we'll introduce and practice standard rescue philosophies and practices. We'll include swimming, rope assistance, Hand of God and basic boat recovery.

ADK & FLOW members get 10% (Non Sale Items) 20% off poly w/w playboats

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Whitewater Challengers Safety Tips

As a new season begins, Whitewater Challengers would like to remind you of some basic safety tips:

- **Safety Essentials:**
 - Whistle, Knife, Throw Bag**
A kayaker should always carry these basic pieces of safety equipment when on the river.
- **Safety in Numbers**
Always Paddle with at least two other people. Let them know where you are going.
- **Setting Safety**
Always coordinate with everyone in your group on what they want to scout and where people would like a throw bag on shore.
- **Get Your Priorities Straight**
1. People 2. Boat 3. Paddle
#1 means No More Victims!
- **Dress Ready for a Swim**
This applies most to cold-water, springtime paddling. Layer up with synthetics. Hypothermia will ruin any paddling trip.
- **Walk If Your Gut Says "No"**

If you don't feel comfortable running a section of whitewater, walk it. If you're too scared to spit, you'll probably miss your line.

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FLOW library

FLOW is now the best place in upstate NY to get your hands on paddling books and videos. We now have a library of books and videos for members to check out, visit the website for the full list. The library is still small and currently made up of donations. To help the library grow, please donate any paddling videos and books you don't use any more. If you do not want to donate, but you want to let others know you have a great book or video, we can list it as a resource. To check-out books or videos see the website.

Very soon we will be deciding what new videos or books to buy. If you have any suggestions please let Scott Conley know.



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This coupon may not be used with Flow membership discount, other coupons, or store sales. You must be a current member of Flow to use this coupon. You must present proof of identification and this coupon at the time of purchase. Only redeemable at Whitewater Challengers in Old Forge, NY. Expires October 1, 2004.

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