



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 9, Issue 4

June 2004

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? FLOW will be offering a knot tying clinic at 6:30 during the June 10th general meeting in Mendon Ponds. Which knot to use will be explained and how to tie them will be demonstrated. This will be a hands on clinic, and rope will be available so you'll have a chance to practice. Scott Conley will be running the clinic. He became interested in tying knots about three years ago when he figured out he had been tying his shoes wrong his whole life. And no, it was not his shifty knot that let the boats loose. We'll also put on the annual summer rolling clinic.

July General Meeting

June 10 th 7-dark	Canfieldwoods Shelter @ Mendon Ponds
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To get to the Canfieldwoods Shelter: Off of Rte. 65, turn east onto Canfield Road (north-most entrance to the park). Take the second left onto Douglas Road. Take the first right and the shelter is by the Hundred Acre Pond.

FLOW is finally getting together with ZOAR on July 10th @ Stony's. This will correspond with a 750 cfs. release. The party afterwards will be bring your own everything (except pallets). There is also a possibility that this could turn into an Upstate NY Paddling festival of epic proportions with chances to meet folks from many other clubs. Stay tuned.

FLOW Picnic at Stony's

Please join us for FLOW's eighth annual Summer Picnic on August 7th. Make sure you bring your WW boat for the weekend's 750 cfs. or a sea kayak for a trip on Lake Ontario on Saturday and a paddle on the Salmon River Reservoir. We'll have the traditional FLOW cook-out on Saturday night followed by a Stony-style bonfire. If you have any questions or would like to help organize the event, please contact Steve Kittelberger at 442-6138 or stevekit@frontiernet.com.

FLOW Goes to Hollywood: A Run Down the Kipawa

By Steve Baker

Thanks to some research (see www.kipawariver.ca) by Vaughn Skinner and other FLOW members, I decided to join him, Dave Meyer, Steve Benedict, and Marty Murphy on a trek to the headwaters of the Ottawa for the June 2002 Kipawa River Rally. A quick dinner in North Bay and eight hours found me in the small hamlet of Laniel, QC at the put-in campsite on Lake Kipawa. I took the 200yd jaunt to the first rapid at the dam spillway. Later, everyone would agree that this was one impressive introduction to the River. Standing on top of the dam, the line was pretty obvious since there was only one way to go...straight down! Sixteen feet straight down the tongue to get smacked by two of the bigger consecutive waves I'd seen! If this first damn drop is considered one of the easier rapids, what about the last rapid of the River?

With an hour and half before dusk I was off for Hollywood. Ah yes, the "road to Hollywood". To paraphrase Steve Martin's reply when asked about his sex life: "it's a painstaking, arduous, moil down a washboarded, bouncy single lane road, and just when you think something is going to happen-nothing does". The road to Hollywood finally does end at the top of a slope that descends to a beautiful grassy field. The field is bordered by a placid Lake Témiscamingue on one side, and a quarter mile of continuous Class IV water on the other side. After climbing the near "Letchworth-like" slope back up to the car, I decided there was still enough time to stop by on the way back to see Great Granddaddy, "Les Grande Chutes." After a half-mile trek down the trail, I could begin to hear a familiar rolling of deep thunder. What I saw below was one of the most monstrous maelstroms I can remember. Six hundred thousand pounds of water per second crashing down 40ft before smashing into a solid granite wall that sent a plume of water surging straight up, occasionally pulsing beyond the height from which it all started! I lost myself watching this spurting plume rise and fall while, once again, contemplating the true meaning of the works of such intellectual giants as Steve Martin.

--continued on page 5

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

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Zoar Outdoorwww.zoaroutdoor.com
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Local Businesses & Instruction

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www.adventure-calls.com
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 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
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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 FLOW Whitewater Trips

Date	Level	Trip Description	Class	Coordinator	Contact #
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) 394-3103
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 Watertown and gorge	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)	III	Norm Deets	(585) 224-9349
July 31- Aug. 1	Intermed/Adv	Gatineau River, Maniwaki, Que.	III-IV	Vaughn Skinner	(315) 683-5379
Aug. 7	Intermediate	Salmon River, Pulaski, NY FLOW picnic Sat. pm. (750 cfs)	III	Bill Kuipers	(585) 322-7742
Aug. 21- 22	Intermed/Adv	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



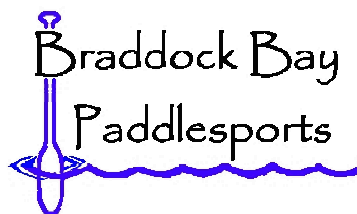
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2004 FLOW Flatwater Trip

Date	Time	Trip Description	Coordinator	Contact
TBA	TBA	When Surfs Up @ Durand Beach, Ironduquoit Bay or Long Pond	TBA	Message Board
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 dsnnow@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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FLOW Paddlers' Trip Roles and Responsibilities

The following is a set of guidelines created by the steering committee in order to clarify the roles and responsibilities of participants and coordinators of FLOW trips. It is important that we all follow these guidelines in order to maintain our ACA liability coverage. Your due diligence will keep FLOW trips running smoothly for years to come.

Participant

- 1) Only paid-up FLOW members can participate in FLOW trips.
- 2) The participant is responsible for producing an ACA membership that reflects current FLOW membership.
- 3) The individual participant must sign a waiver form provided by the trip coordinator before FLOW trip starts.
- 4) The individual participants are solely responsible their own safety and for staying together as a group during the FLOW trip.
- 5) The individual participants are responsible for determining whether or not they are ready to participate in a FLOW trip.
- 6) New or inexperienced boaters who have no paddling experience should obtain training from an accredited ACA instructor before participating in FLOW trips.
- 7) The individual participants are solely responsible for providing their own safety equipment appropriate for river / open water difficulty, season, and weather.
- 8) The participant is responsible for calling the trip coordinator prior to the trip and getting information on the put in, take out, and associated times - put in / take out times and places will not be published in *FLOWlines*.
- 9) No one will participate in a FLOW trip unless they have contacted the trip coordinator prior to the start time of the trip.

Trip Coordinator

- 1) The trip coordinator is also subject to participant's responsibilities 1 through 7.
- 2) The trip coordinator will only allow current FLOW members to participate in a FLOW trip (applies to river and open water trips; pool practices not included).
- 3) The trip coordinator will verify the participant's current FLOW membership (via ACA card) and obtain participant's signature on member roster / waiver form-before the trip starts.
- 4) The trip coordinator will allow individuals to participate in a FLOW trip only if they have the minimum personal safety equipment appropriate for the trip: PFD (white water and flat water), helmet (white water), other.
- 5) The trip coordinator is responsible for identifying the meeting places and times for the trip.
- 6) The trip coordinator is responsible for canceling a scheduled trip if the conditions of the river /open water or weather are undesirable.
- 7) The trip coordinator will entertain phone calls from participants inquiring about the trip.
- 8) The trip coordinator will set up necessary shuttles.
- 9) The trip coordinator is not responsible for training any of the participants.
- 10) The trip coordinator is not responsible for the personal safety of any trip participants.
- 11) At the completion of the trip, the coordinator will:
 - i) Transfer information from the member roster / waiver form (s) to the final report and insert member addresses on the final report form
 - ii) Send the member roster / waiver form(s) and the final report to ACA in the pre-addressed / postage paid envelop within 7 days of the trip
- 12) In the case where an accident occurred, the trip coordinator will:
 - i) Complete the actions in step 11) i)
 - ii) Complete the incident report
 - iii) Send the incident report, member roster / waiver form(s) and the final report to the ACA in the pre-addressed / postage paid envelop within 24 hours of the trip

The above guidelines are consistent with the contents of the waiver form that all trip participants must sign prior to putting in. If you have any questions, please contact Ivan Rezanka (381-7475) for whitewater or James Hopkins (621-2721) for flatwater. FLOW Paddlers is a social organization whose primary goal is to provide opportunities for members of the club to get together to enjoy each other's company while paddling.

Pictures of the Month



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The Return of Freakshow, Part I: Irondoquoit Creek, 575 cfs., May 25, by Norman R. Deets II.



Freakshow on the Huge Secret Wave, some high level, somewhere near Roch., by Wade Bowman.

FLOW Roll Clinic #1 at Mendon Ponds Boat Launch

Had any good swims lately? Is your C-to-C roll not reliable in your new planing hull boat? Is your new "EZ"/Booster/I-3 not as easy to roll as the old RPM? So you were scared of by a few raindrops and missed last summer's Roll/Rescue clinics? Heck you are going to get your head wet anyway so come on out this time rain or shine.

Come to the Roll Clinic at Mendon Ponds Boat Launch Thursday July 15th 6:30 PM till dusk to:

1. Learn new Sea/Touring Kayak Rescues/Re-entries.
2. Polish up your old roll.
3. Learn a new roll.
4. Learn the difference between a bar of soap and a brick (cross section of displacement hull and planing hull cockpit).
5. Demo a boat. Contact Wade at Oak Orchard (288-5550) or Steve at Bay Creek (288-2830) to arrange a demo. They can only bring a few boats from each store and will only bring what is requested. Hoppy will have part of his collection Chronic/Mission/Sniper/Forplay/Delirious.
6. Socialize on the beach.

Special Feature: The Sweep-to-C hybrid roll, aka Screw roll, Combo roll, and Kent Ford roll that will reliably roll your playboat. Don't forget the bug spray! Mosquitoes are voracious at dusk while you are trying to load your boat. Clinic # 2 will be August 12th at Lock 32 Widewaters.

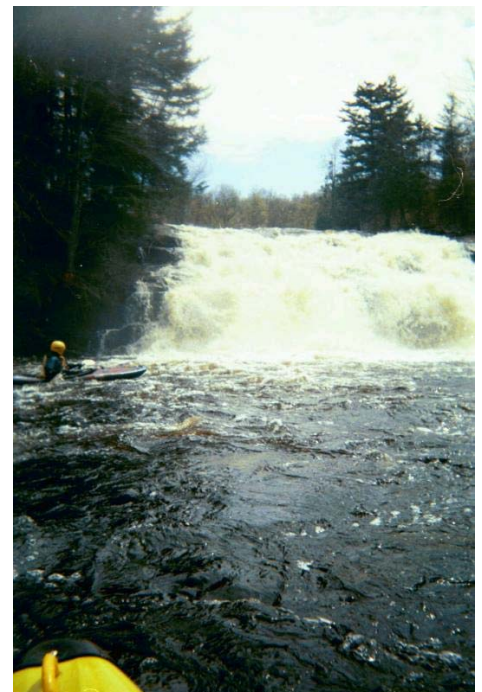


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The Inner Gorge, Letchworth: April 25, 103 ft., by Jim Covington.



FLOW's Trip Through Lock 32, May General Meeting.



Twin Falls, Grass River: part of the 2004 Adirondack trip, by David L. Myers.

FLOW Goes to Hollywood: A Run Down the Kipawa

It was while stuck in the profound conundrum of his treatise that yet another revelation hit. Yep, right below me was perhaps one of the best examples of a strong Darwinian selection against paddlers that were just a “bubble off” enough to run it! And exactly what did that mean, a “bubble off”? My head was beginning to hurt, real bad.

I didn't sleep too well that night. Thoughts of the Damn Drop, Hollywood, Steve Martin, Granddaddy and Darwinian selection all blurred into a dark confusion. The morning came and due to heavy rains, we were told the release (250-300 cms or 9,250-11,100cfs) might be double typical levels. At least one purported veteran Kipawa boater had climbed back out of the damn drop after swimming and exchanged his playboat for a creekboat. I slid off the tongue into the reactionary wave and rolled up before the trough. Looking down into this trough I know that I had one of those jawdropping, dumbfounded looks on my face because my first dose of Kipawa water was good 8oz power chug that was forced down my throat as I smacked into the exploding crest of the first wave! Quickly clearing the crest, my eyes, nasal passages, esophagus, and river shorts, I gaze down, way down, into the trough of the second wave. I realize I'm getting some tremendous speed sliding down the back of this wave. It was while being torpedoed straight to the bottom of the river that yet another revelation hit: “Aha!, this must be why I never saw Steve & Vaughn again...no, they couldn't really still be down there somewhere...could they?”. After another forced power chug I slosh to the surface and catch a blurry-eyed sight of everyone in the eddy, just in time to watch Marty come down.

It was at the second rapids that we all became a little concerned. At Rock & Roll we still had not met up with any Kipawa veterans so we got out to scout and watch others run the rapids. There were a couple lines but no one felt entirely comfortable. We had been told that this is one of the rapids that should be taken seriously since there were a lot of hidden rocks that are particularly hazardous in the fast, shallow, rolling current. Two separate groups boat scouted from river left and ran a line that we could not see from the opposite bank. What we did see though, is that each one of them (half a dozen or so total) appeared to be getting pummeled in a deep hole before struggling more than once to climb out of it into an adjacent eddy. After watching this most of us were wondering “if these guys were in playboats and were willing to take such a beating to avoid the center lines, there must be something really bad out there”. Finally, after running out of patience our Probe decided to run it and goes down a tongue left of center & through a few holes in pretty much the ‘relaxed mode’. Seeing this, we all follow without incident.

In retrospect, the trepidation we experienced is a little comical. I'm willing to bet the guys that got pummeled read the same description of the rapid we did, it's just that they probably forgot the “low water line” descriptor. I'm sure there's a lesson here somewhere? (...painstaking, arduous moil....?)

And so it was, down the many rapids of the River during the first day. Some great surfing on Tumbling Dice and a long flat-water section before Dave's nemesis, Buttonhook. Ask Mr. Poseidon, what lies beyond that sparkling horizon line at the bottom of Buttonhook? Another, shorter flat-water stretch, lunch at Island wave and off for Zipper, a big, long, fun wave train toward the outside of a slight right bend with one of the biggest waves on the River. A few hundred yards after slipping past the near river wide hole at next rapid called Picnic, a plume of water could be seen rising above the horizon line. We begin to hear that low rumbling thunder sound and immediately make a unanimous decision to disqualify ourselves as candidates for the 2002 Darwin Awards by making a direct line for the portage trail. At bottom of Les Grande Chutes the water was still pretty confused, surging and all full of air. This makes for an interesting put-in and ferry to make the line through Elbow (ClassIV), which lies immediately below. After one last portage around the Class V(+++) Pete's Dragon, we put in for the final rapid, Hollywood. Just as the Dam drop is a spectacular introduction to the Kipawa, Hollywood is befitting a Grand Finale. As the River makes a wide bend to the left, most of the water is going river right through some deep sticky ledge holes referred to as ~~Dave Meyer's~~ (oops!) Davey Jones' Locker. As we discovered, if you miss your line & still make it through the river right ledge holes, the crowd standing above thinks you meant to run the “hero line” and the end of your run is meet with cheers.

Even after a couple of days on the River there was a consensus that the description of the River being suitable for intermediate paddlers should be changed to advanced intermediate. At least at this level, the Kipawa was a bit more difficult than the Ottawa or Gatineau. Reportedly, however, even the longer rapids can be walked. Admittedly, the price of admission included a long drive, a couple miles of flat water, and numerous blackfly bites. However, these pale in comparison to the thrill of crashing into and over uncounted big waves and as many holes while trying to keep your line through the continuous and extended rapids. If you feel ‘reasonably comfortable’ on big pushy Class III & IV water, you will probably love this River. Barring Hydro Quebec's efforts, I know I will make every effort to get back next year, the next, and the next... I'm willing to bet I won't be alone.

Caring for Creeks Workshops

Irondequoit Creek Canoe Trip - June 3, 4 to 7pm

Learn more about wetlands and efforts to protect the Creek and Bay while canoeing down Irondequoit Creek. We will meet Bay Creek Paddling Center at 1099 Empire Blvd. Please bring your own picnic supper and light refreshments will be provided. Kids welcome! \$10 per person fee.

Community Water Watch Training Session - June 5, 9am to 12pm

Attend a FREE workshop to learn about how you can test local streams and creeks for water pollution. This session will be held at Parkland Elementary School, 1010 English Road in Greece. Please enter from the south entrance of the school. Coffee and light refreshments will be provided.

For more information on these and other programs call the Monroe County Soil & Water Conservation District at (585) 473-2120, ext.3 or visit the Water Education Collaborative web site at:

<http://www.thewec.org/> or the MCSWCD web site at: <http://www.monroecountyswcd.org/>.

Conesus Lake paddle - June 6

The Conesus Lake trip will be open water paddling on the northern half of the lake. We'll put in at the DEC boat launch at the north end of the lake on Pebble Beach Rd. There's a small dock to launch from and plenty of parking. We'll be on the water at 9am and return around 1pm.

We'll head south for about 4 miles along the west shore of the lake to Long Point Park and take a break there (bring some snacks and beverages). For the return paddle, we will cross the lake and return along the east shore. We may encounter waterfowl or catch a glimpse of a fish or two, but this trip is really about getting out and relaxing on the water.

Prevailing winds are normally from the southwest and waves up to a foot or more are possible if the wind really kicks up. Normally however, waves are not a concern.

Contact Dave Ross at (585) 346-2145 if you have questions.

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