



# FLOWlines



Finger Lakes-Ontario Watershed Paddlers'



Volume 10, Issue 3

March 2005

## Swap Meet

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 *cojones* to put your nose in. Find used gear that your wallet will be happy with. Boats, boating equipment, outdoor equipment, camping gear of all shapes and varieties are welcome. Bring anything you no longer use whether it functions the way it was intended or not. Shrunk, holy, circa 1976 gear? Might as well 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. 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 items must be clearly marked with a price and the seller's name.

Everyone is welcome: sellers, buyers, browsers, FLOW members, non-members. 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. Rumor has it that one or more of the local paddling stores will be present with lots of discounted merchandise! If you have any questions, please contact Ed Boggs at 585-721-5093 (days), 315-926-7890 (evenings) or

### SWAP MEET

**Date:** Friday, March 11, 2005

**Time:** 5-6 pm. Set up and seller check-in only  
6-9 pm. SWAP MEET/ late seller check in

**Place:** Genesee Waterways Boathouse (see map)



## Catch the Outlaw

Dennis Squires (aka the whitewater outlaw) will speak at FLOW's April general meeting. The author of *New York Exposed: The Whitewater State (Volumes 1 & 2)* is writing a book on whitewater runs in Western New York. He will talk about the rivers he has researched here and in the rest of the state. The program will include lots of photos and/or videos. Dennis would also love to sell you a book.



## FLOW Organization

President.....	Don Shaw.....	223-5077
Whitewater VP.....	Norm Deets.....	224-9349
Flatwater VP.....	George Scherer.....	381-2104
Secretary.....	Cathy Rague.....	721-5153
Treasurer.....	Jerry Koehler.....	(315) 986-4526
Membership.....	Simon Barnett.....	899-6803
Corporate Liaison.....	Rose Conley rosems@rochester.rr.com	
Newsletter.....	Andy Cook.....	747-8478
Instruction Advisor.....	Art Miller.....	377-1994

## Newsletter Submissions

Send trip reports, articles, letters to the editor, rants, photographs, additions, corrections, deletions or anything else that you would like to see in *FLOWlines* to [newsletter@flowpaddlers.org](mailto:newsletter@flowpaddlers.org) or

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 [www.flowpaddlers.org](http://www.flowpaddlers.org), fill it out and send it with \$35 (\$40 for 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. Please send any address changes to Simon as well.

## Upcoming Trips and Events

Whitewater trips.....	Norm Deets.....	224-9349
Flatwater trips.....	George Scherer.....	381-2104

## National Organizations

American Canoe Association.....[www.acanet.org](http://www.acanet.org)  
American Whitewater.....[www.americanwhitewater.org](http://www.americanwhitewater.org)

## Local River Gauges

Genesee River (Letchworth).....468-2303  
Cattaraugus Creek.....(716) 532-0626  
Black Creek at Churchville... (800) 452-1742 #361131  
Salmon River.....(800) 452-1742 #365123  
Waterline Site Codes.....[www.h2oline.com](http://www.h2oline.com)

## Padding Contacts

## FLOW Corporate Sponsors

*Oak Orchard Canoe and Kayak.....(800) 4-KAYAKS*  
Boats, car & truck racks, parts, repair, river tours  
10% off accessories; 22% off plastic WW boats in  
stock. [www.oakorchard.com](http://www.oakorchard.com)

**Whitewater Challengers.....(315) 369-6699**  
20% coupon off kayaks, canoes and gear and FLOW discount.

Wcmoose@captial.net or [www.wc-rafting.com](http://www.wc-rafting.com)

**Bay Creek Paddling Center.....288-2830**  
Boat/gear sales & rental, instruction, kids camp; 8%  
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**Jack Ryan's Bar.....288-2830**  
Offering nightly specials on fine liquor, wine, ales and lagers and a 10% discount to FLOW members.  
Located at 825 Atlantic Ave. and  
[www.jackrvansbar.com](http://www.jackrvansbar.com).

**Braddock Bay Paddlesports.....392-2628**  
Canoes, kayaks accessories, rentals, tours and instruction. 10% off accessories for FLOW members. Located at 416 Manitou Rd. in Hilton and [www.paddlingny.com](http://www.paddlingny.com).

## Businesses Offering FLOW Discounts

*Colorado Kayak Supply.....www.coloradokayak.com*  
15% off accessories (must supply ACA number)

**Get Out & Stay Out.....427-0960**  
10% off all hiking, camping and climbing gear  
getoutstayout@hotmail.com

Nantahala Outdoor Center.....www.noc.com  
10% off all goods

*Northern Outfitters.....www.noh20.com*  
10% off all retail items

<i>Paddle Hut</i> .....	www.paddlehut.com
10% off boats and equipment	

Zoar Outdoor.....[www.zoaroutdoor.com](http://www.zoaroutdoor.com)

## Local Businesses & Instruction

*Adventure Calls*.....(888) 270-2410  
Whitewater rafting and boat shuttle in Letchworth State Park.  
[www.adventure-calls.com](http://www.adventure-calls.com)

<p><b>Art Miller</b>.....377-1994</p> <p>ACA WW instruction &amp; USACK WW slalom instruction.          artm@rochester.rr.com or <a href="http://www.kayakracing.org">www.kayakracing.org</a></p>
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*Charles Feller*.....226-8505  
ACA & ARC canoeing, small craft safety & Basic Water  
Rescue Instruction. ChasFeller@alum.rit.edu

*Genesee Waterways Center & Lock 32.....328-3960*  
ACA Whitewater Kayak and rowing instruction.  
[www.geneseewaterways.org](http://www.geneseewaterways.org)

*George Scherer of Sea Kayak Rochester.....381-2104*  
ACA certified open water coastal kayak instructor  
Georg.scherer@kodak.com

*Hemlock Canoe Works.....367-3040*  
Hand crafted lightweight canoe manufacturer  
[www.hemlockcanoe.com](http://www.hemlockcanoe.com)

*Karen Bader*.....377-4326  
ACA certified flatwater instructor   kmbader@aol.com

<i>Pack, Paddle and Ski</i> .....	346-5597
Flatwater, whitewater, canoe, kayak & sea kayak instruction.	

**Seayaker Outfitters.....(315) 524-9295**  
ACA certified Coastal Sea Kayak instructor— courses & tours.  
[www.seayaker.com](http://www.seayaker.com)

**Talic Sport Hammocks.....381-5401**  
Wooden canoe and kayak stand manufacturer. [www.talic.com](http://www.talic.com)

**2005 FLOW Whitewater Trips**

Date	Level	Trip Description	Class	Coordinator	Contact #
March 19	Int	Flint Creek	III-IV	Steve Benedict	(315) 331-5198
March 26	Int	Loyalsock Creek (PA)	II-IV	Tom Congdon	(607) 698-4091
April 2	Int	Fish Creek	III	Paul Houndt	(585) 342-3055
April 3	Novice	Genesee River in Letchworth	II	Ron Turney	(315) 524-2723
April 9	Novice	Genesee River in Letchworth	II	Bill Kuipers	(585) 322-7742
April 9	Int/Adv	Millers River (MA)	III-IV	Andy Cook	(585) 461-9182
April 10	Int/Adv	Bulls Bridge--Housatonic R. (CT)	III-IV	Andy Cook/Mark	(585) 461-9182
April 16	Novice	Genesee River in Letchworth	II	Scott Conley	(585) 473-3193
April 22-4	Int/Adv	Stony Creek Rendezvous (PA)	II-IV	Tom Congdon	(607) 698-4091
April 30-May 1	Int/Adv	Park and Play on the Black River Inner City Wave or other feature	III/IV	Paul Twist	(585) 229-4454
May 8	Novice	Genesee River in Letchworth	II	Wade Bowman	
May 14	Adv	Hudson River Gorge	III-IV	Ben Bramlage	(518) 792-3277
May 15	Adv	Adk. River TBD by water level	III-IV	Ben Bramlage	(518) 792-3277
May 21	Novice	Genesee River in Letchworth	II	Dan Washburn	(607) 276-6655
May 20-22	Advanced	Ottawa River	IV	Paul Twist	(585) 229-4454
May 27-30	Intermediate	Intermediate Southern Trip— Slippery Rock, Lower Yough, Cheat or river TBD	III-IV	Tony Hernandez	(585) 820-6538
June 11	Novice	Lehigh River (PA)	II	Steve Kittelberger	(585) 442-6138
June 19	Int/Adv	Black River Gorge	III-IV		
June 25-6	Int/Adv	Zoar Demo Fest	II-IV	Norm Deets	(585)2249349
June 25	Novice	Salmon River (400 cfs)	III	Jerry Koehler	(315) 986-4526
July 10	Int	Salmon River, Pulaski (750 cfs)	III	Richard Mauser	(585) 473-2162
July 23	Int	Salmon River, Pulaski (750 cfs)	III	Don Shaw	(585) 223-5077
Aug. 7	Int	Salmon River, 2A to Black Hole FLOW picnic Sat. pm. (750 cfs)	III		
Aug. 7	Novice	Salmon River, Pineville section	II	Joe Ryan	(585) 749-6860
?	Int	Gatineau River, Maniwaki, Que.	III-IV	Steve Benedict	(315) 331-5198
Aug. 20-21	Adv	Ottawa River, Beachburg, Ont.	III-IV		
Sept. 3	Int/Adv	Beaver River, Taylorville section	III-IV	Tom Congdon	(607) 698-4091
Sept. 4	Adv	Beaver River, Moshier section	IV-V	Dave Meyer	(585) 937-9652
Sept. 4	Int	Salmon River, Pulaski (750 cfs)	III	Don Shaw	(585) 223-5077
Sept. 10	Int/Adv	Beaver River, Taylorville section	III-IV	Richard Mauser	(585) 473-2162
Sept. 17	Novice	Genesee River in Letchworth	II	Dan Washburn	(607) 276-6655
Sept. 24	Novice	Genesee River in Letchworth	II	Dave Meyer	(585) 937-9652
Sept. 24?	Int	West River, Vermont	III	Ben Bramlage	(518) 792-3277
Oct. 1	Novice	Genesee River in Letchworth	II	Andy Ball	(585) 374-6671
Oct. 8	Novice	Genesee River in Letchworth	II		
Oct. 7-10	Int	Intermed Southern Trip— Slippery Rock, Lower Yough, Cheat, or river TBD	III-IV	Tony Hernandez	(585) 328-9873
Oct. 15	Int	Middle Moose River from Singing Waters to McKeever (Moose Fest)	III		
Oct. 16	Int/Adv	Lower Moose River from to Fowlersville		Ben Bramlage	(518) 792-3277
Oct. 22	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Nov. 6 -7	Int	Tohickon Creek, PA-camp nearby	III-III+	Steve Kittelberger	(585) 442-6138

**Pool Practice**

FLOW has again secured pool time at MCC and Wheatland-Chili HS. The sessions at W-C will start on Monday February 28 and run from 7– 9 pm. The sessions at MCC will be on Friday night from 8:30– 10pm and will run from 2/25 until 4/15. The prices for members will be the same as last year, \$5 per session, \$35 for an individual season pass or \$45 for a family season pass. The price for non-members is \$15 (\$5 for pool practice and \$10 for the ACA's one day insurance coverage. That means if you go to 3.5 pool practices you've paid for a FLOW membership.



[Click on the picture captions to link to the full-size online version...](#)

**By Andy Cook**

No one technique can step up your creeking skills as much as the boof. It can mean the difference between a great line or spending some quality time in that hydraulic that haunts your dreams (see *Figure 1*). Essentially, a boof is a power stroke that lifts your bow higher out of the water or prevents gravity from dropping your bow below your stern.

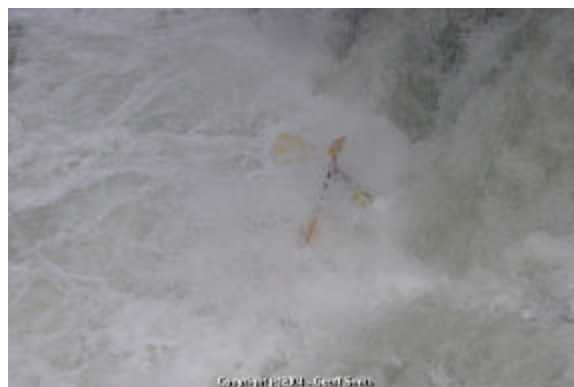
First it's really important to have a good efficient power stroke. Plant your paddle in at your toes, winding up your torso so that your shoulders are nearly parallel with your boat. Your paddle should be nearly vertical (the more vertical, the more power; the more horizontal, the more you'll turn). Unwind your torso as you take your stroke to generate power from the big muscles



**Figure 2: Keuka Outlet, Cascade Falls, Kurt Fisk**

of your stomach and back (instead of just your chicken wings). See *Figure 2*. In order to do a boof stroke, start with your normal power stroke. When your paddle reaches your knees, thrust your hips forward to separate you from the water (see *Figure 3.1*). Immediately after this, with your blade still in the water, pull your knees toward your nose (see *Figure 3.2*). The ideal of the boof, when you're going off a waterfall, is that you land flat. This can cause problems with larger drops. The general consensus is that on waterfalls over 12-15 ft. you want to land at more of an angle. Boofing waterfalls of 18 ft. and landing flat feels a lot like getting too much air at Cracked Yakers. In this case you want to relax your boof a bit and assume the crash position. Put your hand across your cockpit and put your cheek against your bicep. This reduces your chances of smacking your nose against your boat or paddle and also protects your spine from compression. You should factor in how aerated the pool is below the water fall. The more air in the water, the softer the landing (think about how much less hitting a big hole hurts than falling while waterskiing).

Another consideration is the angle at which you want to land. Most of the time this is perpendicular to the ledge. You need to take into account that your boof stroke will turn you to some degree. Thus, if your boof stroke is on the left side, you should approach the drop pointing slightly to the left (see *Figures 3.1* and *3.2*). You can control how much you turn by controlling the angle of your paddle shaft. The more vertical it is the less it will turn you. The main thing is that most of the time you don't



**Figure 1: Keuka Outlet, Cascade Falls, Dan**

want to land sideways.



**Figure 3.1: Flint Creek, Mill Falls, Paul Twist**



**Figure 3.2: Flint Creek, Mill Falls, Paul Twist**

**WARNING: Running waterfalls is dangerous (you knew that, didn't you?). It is your responsibility to research each drop you run and assess the consequences. Make sure that you're comfortable with the skills to run a drop before you run it. Make sure you practice these skills on small ledges with mild recirculation. There's no shame in walking.**

Another thing to take into consideration is the shape of the rock formation underneath your boof. Some waterfalls have rock formations that force you to boof even if you didn't intend to. In *Figure 4*, the lip of the waterfall is shaped like a ski-jump, causing an auto-boof.

It's essential preparation to know what you'll be landing on. It's possible to land on little more than wet rock (see *Figure 5*), but you want to know about it before you land



**Figure 5: Flint Creek, 1st Drop, Adrian VandenBout**

on it. In *Figures 3.1* and *3.2*, there are nasty rocks in the pool and only 4-6 ft. of clean water to land on. In this case it's essential that know about these obstacles, pick the correct line and execute it. When you're landing in shallow water, you also need to know about it and nail your boof so that you don't piton (ram your bow) against the rock.

In other places, you can boof up onto a rock in order to skirt the hole at the bottom. In this case, the trick is to have enough speed to get up on the rock and maintain that speed. You'll likely need a sweep stroke on the side away from the rock to propel you up onto the feature. You may also have to lean your boat so that it will slide up and over the edge of the rock rather than bouncing off of it (see *Figure 6*). Another good examples of a rapid where a rock boof is very handy is Froth Hole on the Lower Moose.

The key to any boof is timing. It's a good idea to visually locate the feature that you're boofing off of (if it's a waterfall, pick the cusp or the end of the ledge). When you get near the point where you'll boof, reach as far forward as you can by rotating your torso and plant your paddle just past that point. To put it more plainly, imagine that the water isn't there and you'll be pulling against the rock ledge. Wind your torso as far as you can and plant your paddle at that spot. Unwind in a powerful sweep stroke to drive your bow onto the rock.

So, the key is in the timing. How do you practice this without running waterfalls before you can boof? There are a few ways. One is to find a good round boulder (with no undercuts) in deep calm water and use a boof stroke to lift your bow onto the rock. Remember to adjust your angle so that

your boof stroke turns you boat where you want it to be (probably straight onto the rock). Just like a rock boof, you'll need to use a sweep stroke to get your bow up onto the rock. Especially if you're in a playboat, you can control how high your bow goes by adjusting your lean. As you take your sweep stroke, pull up on the knee that's away from your paddle. This will allow your stern to slice through the water, plane down and bring your bow into the air. Another way is to find a non-threatening ledge that you can practice on. Head out to the lock or brave the Toilet Bowl at the Salmon. You can also use your boof to get you up over holes and waves, just like you would to get your bow up and onto a rock. The point is to practice this technique as much as possible, improve your timing and explore its myriad applications.



**Figure 4: Bottom Moose, Ager's Falls, Andy Cook**



**Figure 6: Moshier Falls, Beaver River, Unknown**

	
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## Newsletter Distribution

Due to the exorbitant cost and time commitment of printing the newsletter, FLOW has decided to take action. As of May you will no longer receive US Mail distribution of the newsletter unless you notify us that you need to. You can respond to Andy Cook (see p. 2 for contact info.). Next year hard copies will cost \$10.



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