



FLOWlines



Finger Lakes-Ontario Watershed Paddlers'



Volume 10, Issue 6

August 2005

FLOW Picnic at Stoney's

Please join us for FLOW's ninth annual Summer Picnic on August 6th. Make sure you bring your WW boat for the weekend's 750 cfs. We'll have the traditional FLOW cook-out on Saturday night followed by a Stoney-style bonfire. The steering committee would like to request your help in preparing the evening's festivities. If you could contribute anything, please email <mailto://steering@flowpaddlers.org>

Vote on Insurance

At this year's summer picnic, we'll vote on increasing club dues in order to cover the increase in the cost of ACA insurance. ACA's insurance price for FLOW increased by \$5 per member. FLOW will vote to increase FLOW dues by \$5 per member to cover this cost without sacrificing other expenditures (such as the summer picnic). For more information on this proposal, please see "Dear FLOW Members" in *FLOWlines*, May 2005.



Paul Twist surfing Big Joe. Les Rapides du Lachines, St. Lawrence River. Photo by Andrew Cook

Wild, Wild West

—By Andrew Cook

I had an awesome time that weekend. It rained a lot on Thursday, so I got to paddle Fish Creek on Friday. It's a really fun creek with cool waves that's near Rome. The three waves at the takeout are worth the drive by themselves. Then I met Paul Twist in Watertown and we drove to Montreal and met C1 Glen from New Jersey. Chatted a bit and didn't get to bed until 3ish. We were up at 8, got a chocolate croissant from a gas station (and it was good!), and were at Lachines by 9.

Okay, so it's not west of here, but Montreal sometimes seems like the OK Corral. What rules there are generally get broken. It feels like a completely different world and it's only six hours away. You try to speak French, fail and then realize that you should have been paying more attention in class. You buy delicious croissants in gas stations. You drive fast and paddle faster. You camp in the middle of a city in a vacant lot and feel like you're at Stoney's. Half the boaters you run into are sponsored. Corran lends you a boat for half a day. And then you get on the river and realize that world class waves are so close to home. Why haven't I been here before?

Les Rapides du Lachines are simply amazing. The waves are in the middle of a channel in the St. Lawrence River. To get there you put in on the river left and paddle down the river while working your way to the middle of the channel (the water funnels towards the middle). The run down to the waves was the biggest water I've ever paddled. The whole channel must be close to a mile wide at the rapids. You need to go with someone who knows what they're doing to avoid the man-eating hole (not a tough move, but highly necessary). The hole is a bad place that's a hundred feet wide. You go through a big water S-Turn and catch an eddy on the left. Just to your left is a wooden platform built on rocks next to an eddy. Just downstream and to the right are enormous waves; the biggest one is probably 10-12 ft. tall. You can surf five or so waves, each one varying in size and character. The smallest one is bigger than the waves on Fish Creek that I had been so thrilled with the day before.

(continued on page 5)

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 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, 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
American Whitewater.....	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

Paddling 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

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

Wcmoose@captial.net or www.wc-rafting.com

Bay Creek Paddling Center.....288-2830
Boat/gear sales & rental, instruction, kids camp; 8% off stocked accessories. www.baycreek.com

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.jackryansbar.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.

Businesses Offering FLOW Discounts

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

Local Businesses & Instruction

Adventure Calls.....(888) 270-2410
Whitewater rafting and boat shuttle in Letchworth State Park.
www.adventure-calls.com

Art Miller.....377-1994
ACA WW instruction & USACK WW slalom instruction.
artm@rochester.rr.com or www.kayakracing.org

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

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

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

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

Talic Sport Hammocks.....381-5401
Wooden canoe and kayak stand manufacturer. www.talic.com

2005 FLOW Whitewater Trips

Date	Level	Trip Description	Class	Coordinator	Contact #
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. 6	Int	Salmon River, 2A to Black Hole FLOW picnic Sat. pm. (750 cfs)	III	Kurt Fisk	(585) 313-1136
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

FLOW Flatwater / Open Water Trip Schedule

Date	Time	Where	Coordinator	Email
7/12	TBD	Black Creek West from Churchville	Melissa Hofer	Mellissa.A.Hofer@usa.xerox.com
7/21- 7/24	TBD	Adirondack Adventure	Sheila Wagoner/Steve Kittleberger	sheila.wagoner@kodak.com
8/4	TBD	Keuka Lake East, Penn Yan	George Scherer	george.scherer@kodak.com
8/20-22	TBD	Keuka Lake paddle Fest	George Scherer	george.scherer@kodak.com

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Congrats Joe and Karen!



Jack Ryan's
 825 Atlantic Ave.
www.jackryansbar.com

Dear Flow Members,

I am writing to request the Finger Lakes Ontario Watershed Paddlers' participation in **Paddle for a Cure**, a fundraiser to finance research for a cure for Spinal Muscular Atrophy, the disease that took our daughter Audra's life last year. The event will be hosted by the Genesee Waterways Center, located in Genesee Valley Park on **September 17th**. Participants will have the options of paddling along the Genesee River or walking through Genesee Valley Park for the pledges they collect. The proceeds from the event will go to Families of Spinal Muscular Atrophy, a non-profit, 501(c)(3) tax-exempt organization. FSMA is the largest private funder of SMA research. Our goal for the event is that all the pledges collected by the participants will go directly to FSMA, with all the event costs being covered by corporate sponsors.

Why are we asking you? My husband and I searched for a way that we could make a difference. Some families set up foundations in their child's memory; others held black tie affairs or golf tournaments. We did not see how we or our friends could do these types of things. Then it occurred to us that we were connected to a group of caring people that could help us fund the search for a cure, while at the same time bringing attention to an under-appreciated stretch of water. That is how we came to organize the first annual **Paddle for a Cure**. We would love to see everything; canvas, aluminum, woodstrip, plastic, rubber, kevlar and fiberglass floating down the Genesee River in the form of canoes, touring, recreational and whitewater kayaks, and rafts that day! (We are even trying to get a Hydrobot).

Please be a friend of Families of SMA, and be part of Paddle for a Cure. Right now there is neither a cure nor a treatment for SMA; however the research into SMA is moving forward at an ever accelerating pace, and a cure or treatment for SMA is a realistic and attainable goal. Two years ago Families of SMA entered into one of the largest, most aggressive drug discovery programs ever launched by a non-profit organization- a 5.2 million dollar program with deCODE Genetics to develop a treatment for SMA. As a result of this research there are 3 Phase II (with humans) drug trials being conducted this year. The National Institutes of Health have identified SMA as one of the most curable genetic diseases. Because Spinal Muscular Atrophy does not have the market that diseases such as diabetes or high cholesterol have, the primary funding for this research is from families and friends like you.

Paddle for a Cure will be a fun, family event with lunch, and entertainment for the kids provided. There will be a 7 mile, 3.5 and 1 mile paddle, and a 3.2 mile walk to choose from. Registration is \$25 for adults, \$10 youth, and children under 10 are free. One free registration and grand prize raffle ticket are given for every \$100 in pledges collected. The first 400 registered participants are guaranteed a t-shirt, and every participant will receive a ticket to the general raffle. The general raffle includes items donated by Wenonah, Lotus, MTI and Fox paddles, as well as local artists and restaurants, and entertainment venues. The Grand prize at this point is a Bed and Breakfast getaway, though we are working towards something "grandier". More information and a downloadable registration/pledge form and flyer are available at <http://www.wnyfsma.org/pfac.php>, or call

Douglas or me at (585) 544-9725. The official, formal, final brochure and registration form will be included in August's FLOWlines.

Respectfully,

Dorothy Caine
Paddle for a Cure
P.O. Box 77214
Rochester, NY 14617-8214



*Audra Claire Caine
December 14, 2003 -
June 27, 2004*

WNY FSMA Paddle for a Cure Registration

P. O. Box 77214, Rochester, NY 14617-8214

Name _____

Address _____

City, State,

Zip _____

Tel. _____

Email _____

Please Circle:

_____ I am enclosing my \$20 registration fee

_____ I intend to collect \$100 or more in pledges so that my fee will be waived

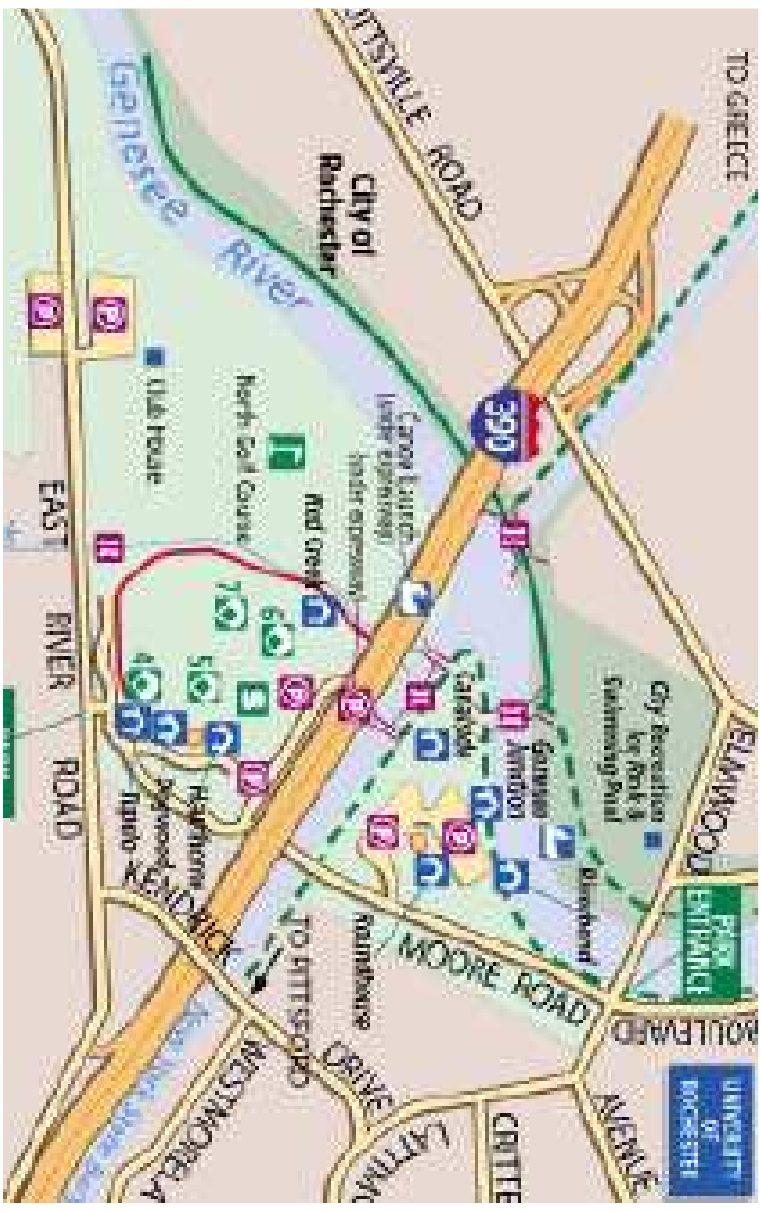
_____ I have enclosed my collected pledges of _____ dollars so that my fee is waived

_____ I will be paddling a _____ with _____ other crew members (Additional t-shirts will be available for \$10 each)

_____ I will be walking!

In consideration of my acceptance and registration, I hereby for myself, my heirs, and assigns waive and release any and all rights and claims for damages against the organizers of this event and The Genesee Waterways Center for all injuries suffered by me at this event. I understand that paddle sports and related activities involve risks and dangers of damage to personal property and serious bodily injury including disability and death. I agree to immediately notify the nearest official and discontinue further participation in the event if at any time I believe conditions to be unsafe. I declare myself physically fit for this event.

Signature _____



Optional Routes:

- 1) A river "run" of 3.5 miles from the DEC Black Creek launch to the Genesee Waterways Center*. (Or a 7 mile loop starting at the GWC)
 - 2) A loop paddle of 1.5 miles on the waters of the Genesee Valley Park including the river and Erie Canal starting from the Genesee Waterways Center (GWC).
 - 3) A 3 mile walk along the paved trails adjacent to the river through the Genesee Valley Park. The trails are paved to allow wheelchairs and wagons. For your safety, please NO roller blades, skateboards, bicycles or scooters. Strollers are welcome!
- Participants are encouraged to bring their own craft with appropriate personal flotation devices for their crew. Equipment should be well labeled to avoid confusion at the launch sites. A limited number of canoes will be available to rent at the GWC. Neither event organizers nor the GWC will be liable for lost or stolen equipment, or any damages incurred by the use of said equipment.

Interested teams should contact Dennis Money at the GWC for the use of Hawaiian outrigger canoes. Contact Dennis at (585) 328-3960.

*Dock facilities at the GWC are ADA accessible.

www.geneseewaterways.org

For every \$100 of pledges collected, participants will receive one free event entry and one ticket for our grand prize!

Sponsor's Name and Address (EMPLOYER ALSO IF THEY PARTICIPATE IN CORPORATE MATCHING OF GIFTS)	Pledge	Cash or Check?

Ask your friends, neighbors, coworkers & family to help fight Spinal Muscular Atrophy (SMA) by making a sponsorship donation for you to paddle, walk or roll! Collect all pledges before the event. Participants who collect and turn in contributions totaling \$100 or more get free event registration and will be entered into a drawing to win our grand prize. Participants will receive one Grand Prize drawing entry for each \$100 collected. The more you collect, the greater your chance to win!

All participants will also receive one general raffle ticket with their event entry fee. General raffle tickets will also be available for purchase the day of the event. The General raffle will be for prizes donated by our generous supporters. Both the Grand Prize drawing and General raffle will take place the day of the event. You do not need to be present to win the Grand Prize raffle. To be entered in the drawing, bring the contributions that you collect to the walk or mail them with this form (no later than September 10) to: Paddle for a Cure P. O. Box 77214, Rochester, NY 14617-8214.

The pledge program is optional. If you do not wish to collect pledges, the registration fee is 20\$ for adults and \$10 for children (under 10 free). The fee includes entry into the event, an event t shirt (for the first 400 participants), lunch, one general raffle entry and all entertainment. Please make checks payable to **WNY FSMA Paddle for a Cure**. Please write one check for all donations received, or at least for all cash donations received. Donations are Tax Deductible. Additional pledge forms and flyers may be copied, or downloaded from WWW.WNYFSMA.ORG

We are currently seeking donations for both the grand prize raffle which will be a getaway vacation, and our general raffle which will include paddling gear, artwork and other items- check back on our website for details as we get them! Help us make this first year a success!

Wild Wild West (*continued*)

The main wave, Big Joe, was far larger than any I'd ever even seen. Big Joe has two sections; The Shoulder is two-thirds green and The Pit is all white (breaking). I mostly stayed on the green side and was able to do aerial blunts (where you bounce into the air, get your boat vertical, let your bow hit the water and get taken downstream and land in a back-surf). When you drop into the pit (the white part) from the shoulder (the green part) you actually drop 3 or 4 ft. down. I couldn't control my boat in the pit. There was water everywhere and I couldn't see through it, not to mention that it felt like I was moving 50 mph. Most people just surf the biggest wave, but I tried to surf all of the waves at least once. They were all amazing. If the smallest one were nearby I'd stay there for days. Once you flush, you ferry back to a lake of an eddy, climb some rocks, ferry some more, pull yourself up a rope, climb some more rocks and you're in the staging eddy by the platform. I was tired after a couple hours. We broke for lunch at 2ish and made the 15 minute long ferry back to shore.



The view upstream from the staging eddy. Les Rapides du Lachines, St. Lawrence River. Photo by Andrew Cook

We went to a grocery store and I tried to give Paul some culture. We had some St. Andre cheese, a baguette, and summer sausage for lunch, followed nicely with some Petit Ecolier. "Culture tastes good," said we. I looked and looked for cidre, but there was none to be found. Lunch refreshed us and we were back to the wave by 3ish. I got tired again pretty quickly, though, so I took some breaks sitting in the water leaning on the rocks, drinking water, gobbling power bars and soaking in the scene. When you're sitting on the platform, the size of the river hits you. Just being there is an other-worldly experience. It feels alien to be out in the middle of something resembling a lake, except the lake is moving at mach speed. The main current flows down the river right side. If you only look at the area near you, it looks like a typical big water river. But then you realize that there are ten more big water rivers to the river right of where you're looking. There were 5-20 kayakers throughout the day, about 10 rafts went through and then there were the jet boats. The rapids are so big and deep that they can load tourists onto Jet Boats and cruise through the waves. We eventually got back to solid ground at 8pm. We ate the best BLT ever (with roast red peppers, avacado, artichokes or some fancy junk like that) and chatted with C1Glen and his newfound amor. She was from a small Quebecois town and had recently moved to Montreal and learned English and kayaking while interning at Riot. By 10 we were passed out.

On Sunday we went to Expo 67 wave, which was right by where we had been camping. In 1967, Montreal hosted a World Exposition and built this amazing apartment building as a piece of it. The whole complex looks like something a very smart child would build with blocks. Everything is squares and the squares are arranged in wild ways. Some of the blocks are missing so you can see right through the building. The wave is right next to the building. We ran into Corran Addison, world famous kayaker, nonconformist and founder of Riot. He lent me a prototype of his latest design, (I think it will be called the Disaster) which was an amazing boat. Corran has started a phenomenon of river surfing with surf boards. At Expo 67 that day, the board surfers outnumbered the kayakers by about 20 to 4. We stayed there for a few hours and then started home. We made a quick stop at Hole Brothers, which was a wave that day. After a ride or two of frustration, we wanted to head back to Montreal. On the way home I decided that I need to get back there more often and learn French. I'm tired of saying "Je suis desolee. Je ne parle pas Francais." I want some new lines.

FLOW Steering Committee Meeting

Steering committee meetings are open to all members.

Feel free to just show up - your input is welcome and encouraged.

We welcome you to share your ideas, comments and questions about club business and invite you to vote on all the issues of the day. If you are not available but have an idea, send email to <mailto://info@flowpaddlers.org> August 2nd will be a special Picnic Planning meeting.

Date: Tuesday, August 2 and Aug. 30

Time: 7:00 pm

Place: Jack Ryan's (825 Atlantic Ave.)

Looking for Flatwater VP

George Sherer has stepped down as FLOW flatwater vice president, and we're looking for someone to fill his shoes. If you have any interest in the position or if you just want to find out more about it, contact <mailto://steering@flowpaddlers.org> or drop by the next steering committee meeting.

Lock 32 Adult Club

Every Wednesday (5-8 pm.) at Lock 32, for \$15 (\$10 for GWC members) we'll teach you whatever you'd like to learn. Topics include: swiftwater rescue, stroke development, slalom practice, playboating or anything else you'd like. You get three hours of instruction for the same price as a day pass. We also have a kids club on Monday nights.

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