



October 2006

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Basic Maneuvers: Eddy Turns

One of the most important skills for every kayaker to know is how to get into and out of eddies effectively. The goal of any eddy turn is to get you from one current to another smoothly while preserving your forward momentum. To do this you need to cross the eddy line. The eddy line is the area where one current meets another. At the eddy line, the two currents swirl around and try to flip unsuspecting boaters. The solution to that is to get across the eddy line as quickly and smoothly as possible.

There are three factors that determine how successful your eddy turn will be: speed, angle and lean. In order to get across the eddy line you need lots of speed. The more speed you have, the easier it's going to be to punch across the eddy line. Throughout the eddy turn, make sure you keep paddling, using strokes that increase your forward momentum. These strokes will not only give you more speed, but also make you more stable by keeping your blade active in the water.

Angle refers to the angle of your boat to the current. When leaving an eddy, if you're pointed to



Figure 1

far downstream, the current will spin you around, kill your momentum and stick you on the eddy line. Instead, you want to point your boat upstream so that the current ferries your boat out into the current. When you're coming into an eddy, you want to point downstream into the eddy and make a nice wide turn so that you end up well into the eddy, not stuck on the eddy line.

If you lean your boat correctly every time, you'll never need to brace or roll. In kayaking, we lean into everything: we lean into turns, into holes, into pillows and into rocks. What gets us into trouble is when we either try to keep our boat flat or when we stop being aggressive and start leaning away from stuff like rocks, holes, etc. With eddy turns it's super important to crank your boat up on edge and carve a nice smooth turn. If we don't aggressively lean our boats we either flip or spin out, killing our forward momentum.



Figure 2

So, tons of speed, point your boat upstream when leaving an eddy and aggressively lean into your turn. In *Figure 1*, Kurt is angled upstream, he has lots of lean and has a power stroke in the water. By *Figure 2*, he's carved his turn and is completely out into the main current. When you've gotten the hang of this, experiment with using different angles to control how wide you make your turn. Good luck and have fun!

—by Andy Cook

2005 FLOW Whitewater Trips

Date	Level	Trip Description	Class	Coordinator	Contact
Oct 7	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Oct 6 - Oct 9	Int	Intermed Southern Trip Slippery Rock, Lower Yough, Cheat, or river TBD	III-IV	Tony Hernandez	(585) 820-6538
Sep 30	Int	Fish Creek (no rain date)	III	Chet Bunn	(315) 638-1920
Oct 14	Int	Middle Moose River (Moose Fest) from Singing Waters to McKeever	III	Ed Keidel	(716) 741-3914
Oct 14	Int/Adv	Lower Moose River (Moose Fest) from to Fowlersville	IV	Ben Bramlage	(518) 792-3277
Oct 21	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Nov 4 - Nov 5	Int	Tohickon Creek, PA-camp nearby	III-III+	Steve Kittelberger	(585) 734-6138

J--Rock Island
 K--Iron Bridge
 L--Tannery
 M--Froth Hole
 N--Mixmaster
 O--Eleveator Shaft
 P--Fowlersville
 Q--Funnel
 R--Knife's Edge
 S--Double Drop
 T--Agers
 U--Shurform
 V--Powerline
 W--Crystal
 X--Magilla

To Spectate: You can reach the River at Iron Bridge, Tannery, Fowlersville, Double Drop, Agers, Powerline and Magilla. To reach Crystal, turn off of Kosterville Rd. into the parking lot for the takeout (on the river right) walk 1/4 mile upstream. Crystal's one of the harder rapids to get to, but the view makes the walk well worth it. Tannery, Fowlersville, Double Drop Agers and Magilla are all pretty easy to get to and Agers is a great place to park and huck.



Your Guide to Moosefest

- Friday — FLOW trip to Fish Creek, levels permitting. Contact Chet Bunn at (315) 638-1920
 — Black River Release, 10 am.
 — Old Forge Pub Crawl
 — Fluid Kayak/H2O Paddles Party at Malloy's Main Street Grille.
 — The Riot Kayak Party at the Trail's End.
 — Pyranha Party at the TOW Bar.
 — Confluence (Dagger and Wavesport) Party at Slickers Tavern.
- Saturday — FLOW trip on Middle Moose. Contact Ed Keidel (716) 741-3914
 — FLOW trip on Lower Moose. Contact Ben Bramlage (518) 792-3277
 — Bottom Moose Release
 — Bottom Moose Race
 — Moosefest Party, 5 pm. at North St. Park (turn onto North St. by the Subway)
- Sunday — Bottom Moose Release

For more information, please find the Moosefest paper at Oak Orchard, Jack Ryan's or online at http://www.prestophotovideo.com/kayak/Moose_Paper.pdf



Moosefest is the perfect end to the season for just about any boater. Even though it usually snows, there's plenty of whitewater action and hot toddlers to keep you fired up. The Moose River has four sections of whitewater that range from Class II to Class V. The Middle Branch is 5 miles of Class II-III plus the Class IV Nelson's Falls. The Middle Moose has 3 miles of Class III. The Lower is a 12 mile wilderness run with Class III and IV rapids. The Bottom is one of the premier Class V runs in the country. It has eight Class IV-V rapids that are generally pool drop and easily walkable. The Bottom starts with a bang at Fowlersville Falls, a 40 ft. high slide with a 60% pitch and ends with Crystal, truly one of the most visually spectacular rapids in the East.

If levels are high enough to scare you off the Moose, there are tons of options in the area. The Fish is a popular Class III

play run an hour southwest of Old Forge. It's essentially a six mile long wave train with some gorgeous scenery and, if you catch it at the right level, some great play. There's also the Black river, which has some great play at almost any level. If the water's super high (like it was last year), Inner City is a world class big bouncy wave. For the Creek boaters, the Independence and the Otter offer class III-V runs twenty minutes from the Bottom. The Independence is a III-IV run down to the Fat Lady, where the river drops 200 ft. over a quarter mile. This last section of gnar is easily walkable. The Otter is a slightly tamer run within spitting distance of the Indy. Within a couple hours of the Moose, there are also the Raquette, Oswegatchie and Grass drainages, with oodles of steepness.

FLOW Steering Committee Meeting

Date: October 24
Time: 7 pm
Place: Jack Ryan's

We would greatly appreciate your participation in the club's business. FLOW is a democracy, which means it's ruled by those who show up.

This fall is an especially important time for you to attend the steering committee meetings. Over the course of the next months, FLOW will need to pick a new slate of officers and determine the future direction of the club.. In order for our officers and direction to reflect the wishes of the membership, you need to participate in the officer selection process.

If you would like to take a more active role in the future of our club, or know someone who would be good at one of the officer's positions, or would like to contribute to the continuation of the club, please come to the meeting or email steering@flowpaddlers.org



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