

Volume 11, Issue 5

October 2006

Upcoming Officer Election and Direction of the Club

In accordance with our club's constitution, we will be electing FLOW officers at the Winter Party in January 2007. The Steering Committee is currently entertaining nominations for these offices.

There are five elected officers: President, Open Water Vice President, Whitewater Vice President, Secretary and Treasurer. Each officer serves a term of two years, and may not serve more that two consecutive terms. The responsibilities of these officers are described in the constitution. Additional information about officer responsibilities, authored by the current officers, is available upon request from the Steering Committee.

The current officers of the club and their tenure are:

President: Don Shaw – serving second consecutive term Secretary: Cathy Rague – serving second consecutive term Treasurer: Jerry Koehler – serving first term Open Water Vice President: position vacated Whitewater Vice President: Norm Deets – serving first term

Nominations are open for all offices. In some cases current officers may run for re-election. In the case of President, Open Water President and Secretary, we'll be electing someone new.

If you are interested in being a club officer, or you know someone who is, please consider nominating that person, or yourself, at one of the Steering Committee meetings in the near term. The Steering Committee will be entertaining nominations through the month of November, after which the nominations will be closed. The slate of candidates for office will be presented to all members in the December FLOWLines, and the election will take place in January.

In addition, assistance is requested in the areas of newsletter and membership. If you are interested in either of these positions, please contact the steering committee.

Because of these vacancies and the increasingly frustrating behavior of ACA, FLOW needs to examine what our club is and what we want it to be. There are many options available to us, including a streamlining of activities, going without insurance, recruiting new officers and members to the steering committee so that we can continue as we have been or ending the club altogether. This needs to be a serious discussion and it will start at next month's steering committee meeting (details on *page 6*), but it will continue for the next few months. You can contribute by attending the steering meeting, emailing steering@flowpaddlers.org, posting on the message board or speaking to a steering committee member individually. However you contribute your views, we need you to express yourself now so that the club's future can be determined. Thank you.





FLOW Organization

President223-5077
Whitewater VPNorm Deets224-9349
Flatwater VP
SecretaryCathy Rague721-5153
TreasurerJerry Koehler(315) 986-4526
MembershipSimon Barnett899-6803
Corporate LiaisonRose Conley
rosems@rochester.rr.com
Newsletter747-8478
Instruction AdvisorArt Miller

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 forma 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)	
Cattaraugus Creek	(716) 532-0626
Black Creek at Churchville(800)	452-1742 #361131
Salmon River	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
Boat/gear sales & rental, instruction, kids camp; 8%
off stocked accessories. www.baycreek.com
Jack Ryan's Bar288-9709 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.
Businesses Offering FLOW Discounts
Colorado Kayak Supplywww.coloradokayak.com
15% off accessories (must supply ACA number)
Nantahala Outdoor Centerwww.noc.com
10% off all goods
Northern Outfitterswww.noh20.com
10% off all retail items
Zoar Outdoorwww.zoaroutdoor.com
Local Businesses & Instruction
Adventure Calls
Whitewater rafting and boat shuttle in Letchworth State Park.
www.adventure-calls.com Andrew Cook747-8478
Whitewater and flatwater instruction. ACA Whitewater and Wil
derness First Responder certifications acoo0802@brockport edu
www.flowpaddlers.org/users/andy/
Charles Feller226-8505
ACA & ARC canoeing, small craft safety & Basic Water
Rescue Instruction. ChasFeller@alum.rit.edu
Genesee Waterways Center & Lock 32328-3960 ACA Whitewater Kayak and rowing instruction.
www.geneseewaterways.org
George Scherer of Sea Kayak Rochester381-2104
ACA certified open water coastal kayak instructor
Georg.scherer@kodak.com
Hemlock Canoe Works
Hand crafted lightweight canoe manufacturer www.hemlockcanoe.com
Karen Bader
ACA certified flatwater instructor kmbader@aol.com
Pack, Paddle and Ski
Flatwater, whitewater, canoe, kayak & sea kayak instruction.
Rochester Canoe and Kayak Park377-1994
Director: Art Miller ACA Certified WW Insturctor; USACK Certi
fied Olympic Development Coach.
rockpark@rochester.rr.com or www.kayak-adventures.org
Talic Sport Hammocks
Wooden canoe and kayak stand manufacturer. www.talic.com Tony Hernandez
Whitewater and flatwater instruction. ACA Whitewater and Wil
derness First Responder certifications. k1tony@mindspring.com
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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 current 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



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.

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

Figure 1



Figure 2

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

2005 FLOW Whitewater Trips

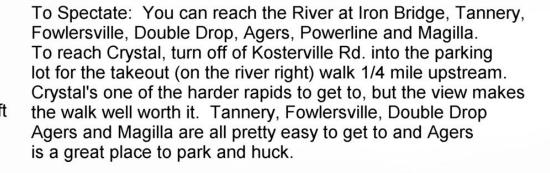
J--Rock Island K--Iron Bridge

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





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 toddies 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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FLOW Paddlers' Club C/O Simon Barnett 72 Maple Park Hts. Rochester, NY 14625

825 Atlantic Ave.