



FLOWlines

Finger Lakes-Ontario Watershed Paddlers' Club Newsletter, Rochester, NY



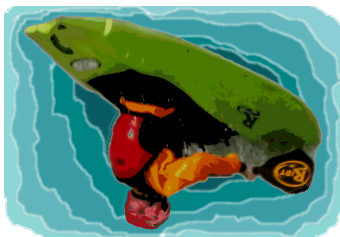
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May 2007

Horizon Lines

—Jerry Koehler

Sometimes you've just got to get out of the boat and see what lies ahead. We all know that paddling blind drops can range from dull to deadly, and everything in between. I oftentimes find paddling analogies in everyday life, and in this case I think "Horizon Lines" is an appropriate title for a summary to each of you on the State of the Club.



First let me say that the Club is sound and in good shape with regards to our overall organization, our membership, our finances, as well as our future plans and strategies.

The overall organization sees us starting out 2007 with a new slate of officers in every position, and a lot of different faces on the Steering Committee. But I can assure you that each one has a lot of Club experience. There will be suggestions for change, but there will also be a degree of continuity. Again, many thanks to those that served before us, and have made the future possible. And thanks to each of the new officers and Steering Committee team members for volunteering your time and talents as we move the Club forward.

—continued on page 3

Lock 32 Grand Opening Delayed

Because of the still ongoing situation with the Canal Corp, GWC decided that we can't open until we receive a permit. GWC believes that the permit should take around three weeks to process and it was sent in a week ago. So they figure that we can open the lock by June 1. More details on that will be posted on the FLOW Message Board.

The brief history of the situation is that GWC has not had a permit from the canal corporation to operate at Lock 32. In order to build at the Lock, we needed a permit. Our application was filed a week ago, which didn't leave enough time to get it in time to open for the season. Any questions, comments or concerns should be directed to Dennis Money at wolfoft-riverer@hotmail.com or (585) 328-3960.

National Paddling Film Festival at Rochester's Little Theatre

Thursday, May 10, 2007
7 pm
Little Theatre
240 East Avenue
\$10.00 Advance Sale
\$12.00 at the Door

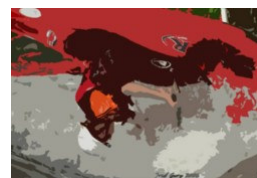
The [National Paddling Film Festival](#) is an appreciation of human powered water sport. This is a judged competition of amateur and professional paddlesport image artists submitting

entries of film, video and digital images. For 25 years the NPFF has existed to bring together paddling enthusiasts from across the world to share their talents and paddling experiences plus help generate fun and funds for waterway enthusiasts. This roadshow is a selection of some of the best new and classic videos.



With entries depicting paddling footage of waterways from throughout many parts of the world, the NPFF experience is non-stop

videos of exciting whitewater action and spectacular scenery combined with satire, silliness, insight, instruction, humor, tragedy, drama and passion. The National Paddling Film Festival is a fresh, visual paddlesport feast and celebration that should not be missed. Only 150 tickets available. Call now, 328-3960. All proceeds to fund improving and upgrading the Lock 32 Facility.



Lock 32 Membership— An Offer You Can't Refuse

We at Lock 32 are working really hard to make GWC membership such a good deal that no boater in their right mind would not join. This year the membership includes use of the Lock anytime we're open, entrance to Lockapalooza (including clinics with guest instructors), and at least six clinics with Lock 32 instructors that are free for members. Full details on page 4.

Safety and Rescue Training Opportunities

Wilderness First Aid

Adventure Calls Outfitters will be hosting a SOLO Wilderness First Aid Course at Letchworth State Park on June 23 & 24, 2007. For more info email adcalls@yahoo.com or call (585) 343-4710.

Pack Paddle and Ski's River Rescue Training

This will be an active day to practice river rescue skills for you and others. Topics include strainers, swimming rescues, capsizes, pins, and broached boats, when to walk into the river and when not to, prevention, positioning of rescue teams and more. Basic moving water canoe or kayak skills required. Meets at Letchworth State Park. Sunday, June 10th, 9:00 AM - 4:00 PM. \$99/person includes instruction, equipment if needed, and lunch. For more information about the class, email info@packpaddleski.com or call (585) 346-5597

CPR & First Aid

In the last few years Andy has offered more and more safety clinics at the Lock and now we have an additional resource to aid in the safety area. Nicole Fulle has stepped up and will be working with Andy to offer some additional classes such as First Aid and CPR. Because of the cost and time constraints, Nicole will not be delivering classes to the entire club but rather to a smaller group to be determined at a later date.



Lock 32's Members' Instruction — see pages 5-6.

Horizon Lines (cont'd)

Membership is again expected to be strong. As each of you know, late in 2006 the Club wrestled with the very difficult decision to dissolve our affiliation with the ACA. A variety of issues were rolled into that affiliation, not the least of which was insurance coverage. But with careful and thoughtful consideration we made the split, reconfigured our dues structure, and kept moving forward. I would like to thank everyone that participated in that decision. I am confident in saying that it truly reflected the Club's collective position.

Finances are in great shape. We navigated through two tough years due to the unexpected insurance costs, ACA fees, etc. We managed both our income and expenses very well. In fact, did you know that for all that we did last year we depleted the treasury by less than \$250??!!

Future plans and strategies are brimming with ideas! Honestly, just **some** of the things that we are working on:

- ▶ An expanded Whitewater trip list complete with tried and true locations, as well as a variety of new spots. New people. Long time members. New faces. Old friends. Young and old alike. Join in. Offer to lead a trip. 2007 is already shaping up to be a great paddling season!
- ▶ Updating our communications options. We will move FLOWlines to a quarterly newsletter, but meanwhile have put into place a Club blog. Check it out! It is gaining some real momentum. And please add to it! We have a wealth of knowledge and information to share amongst us all.
- ▶ A concerted effort to renew ourselves in the areas of Conservation, Outreach and Access. We have much we can add to the local communities we reside in. Gaining better access to paddling places right in our own backyard. Assisting in conservation efforts, which not only protect our delicate resources, but provide us with a chance to "give back". I am always struck by the true generosity of FLOW members.
- ▶ Lastly, outreach gives us a chance to interact with others, share our passion for paddling, introduce new people to the sport, and expand the Club.

So there you have it – our State of the Club. I don't know about you, but for me, after scouting this horizon line, I'm "gettin' back in my boat and headin' down river! This is going to be a fun drop!" See you on the water.

—Jerry K.

This Year at Lock 32

Events

Lock 32 Opening Night— Friday, May 11, 2007, 4 pm to dark. See article on *page 1*.

Lockapalooza— Saturday, August 18. Western New York's premier whitewater kayaking festival. We plan to expand the free clinics with guest instructors, including Fergus Coffey of Zoar Outdoor and Expediciones Chile. We'll also have the slalom, boatercross and freestyle competitions.

Lock 32 Finale— Wednesday October 10. One last night of paddling to put the baby to bed.

Clinics

Lock 32 instructors will put on at least six free two hour clinics for GWC members this season (we might announce more soon). Our aim is to cover all the topics that you need to kick your boating up a notch. All of these clinics are appropriate for someone who has just learned kayaking, but will cover information that will make a seasoned boater even better. This means that you get 12 hours of instruction plus a season pass for the Lock for only \$165. If you got the same amount of instruction elsewhere, the cost would be somewhere around \$200.

Just a general guideline for all the clinics: The skills you need for ALL of these clinics are

1. You should have taken an ACA Introduction to Whitewater Kayaking class OR be familiar with all of the stuff covered in it AND

2. be fairly comfortable boating and swimming (for the Swiftwater Rescue clinics) at the Lock.

That's it! These clinics don't require you to be a super boater to learn anything. For some, like the cartwheeling clinic, newer boaters will get a lot out of the first half and not quite so much out of the second half. Folks who have been boating awhile will be reviewing and refining for the first half and then (hopefully) learning more during the second half. But, everyone should get something valuable out of all of the clinics. If you have any questions about any of these, please feel free to email me at acook@bluefrogdot.com or call me at 585-747-8478. Dates coming soon!

VIDEO ANALYSIS

Got a new camera and now I want to use it. Here's the plan: We'll run through some basic strokes (power, sweep, brace, sculling draw, side-slip) and review the techniques. Then we'll briefly review some more advanced maneuvers like stern squirts, pivot turns, double-pumps, etc. If you don't know how to do some of these things, that's fine. We're just looking to get a review of where you're at right now. Then we'll have you all do them for the camera. Afterwards, we'll review the video and break it down, analyze the technique, etc. For those of you who've never done video analysis, it really helps show what you're actually doing, which is often far different from what you feel you're doing. It's especially helpful learning stuff that you're struggling with.

PERFECTING EDDY TURNS / THE DRAW FAMILY

We'll work on getting into and out of eddies smoothly and quickly by breaking down the eddy turn technique into speed, angle and lean. We'll spend the most time on angle, because that's the factor that will take your boating to a higher level, especially if you're interested in creeking or big water boating. To control our angle during eddy turns, we'll learn the family of draw strokes, including the straight, sculling, bow, stern and gliding draws and work on using all of these strokes in combination. We'll also cover how to change your technique to accommodate different water features.

INTRODUCTION TO PLAYBOATING / CARTWHEELING

This clinic will cover the foundations of playboating. We'll start with pivot turns and lean cleans, learn the stern squirt (the coolest trick in the book), hit the double pump and lean cleans, and work up to cartwheel-



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SWIFTWATER RESCUE -- PART I

***Please bring whatever gear you'd bring to boat at the Lock and any additional rescue gear that you have and might conceivably have in your boat (ropes, biners, pulleys, med kits, etc.).

- Rescue Priorities & Philosophy-- NO NEW VICTIMS, KISS
- Throw bags-- types, throwing, care, etc.
- Knots-- overhand, figure-eight, butterfly, bight knots and retraces
- Swimming (self-rescue)-- with boat and paddle, defensive, aggressive, over eddylines, through holes
- Wading rescues-- with paddle, with buddy, circle, pyramid
- Boat based rescues-- Hand of God, boat over boat empty, bumping and towing

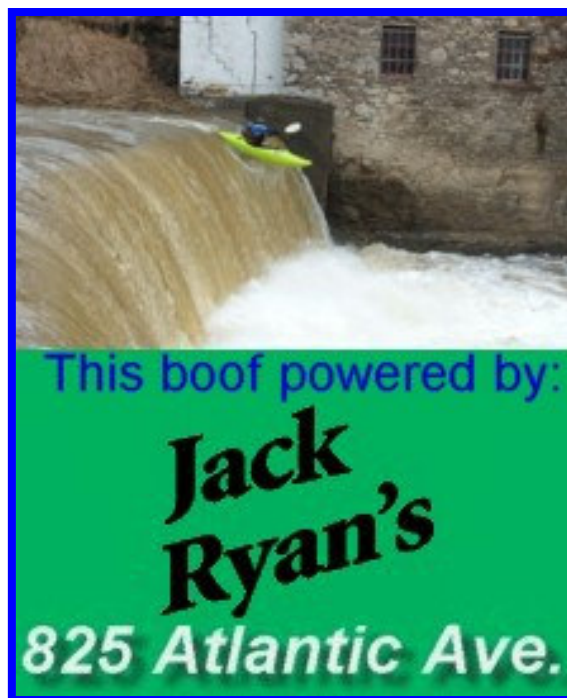


SWIFTWATER RESCUE -- PART II

- Review of rescue priorities, throwing ropes and knots
- Assisted Swimming rescues-- Tethered swims (aka live bait), v-lowers, zip lines
- Mechanical Advantage-- vectors, z-drags

SWIFTWATER RESCUE -- PART III

- Foot Entrapment
- Strainer Drill
- Review of mechanical advantage
- Practice



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2005 gear in stock, FLOW members save 10%.

2007 FLOW Triplist

Date	Level	Description	Class	2006 Coordinator	2007 Coordinator
Mar 25	Int	Flint Creek	III-IV	Andy Cook	Andy Cook
Mar 31	Int	Fish Creek	III	Chet Bunn	Chet Bunn
Apr 1	Int	Flint Creek	III-IV	Andy Cook	Andy Cook
Apr 7	Novice	Canandaigua Outlet	II-III	Adrian VandenBout	Adrian VandenBout
Apr 14	Int	Fish Creek (no rain date)	III	Chet Bunn	Chet Bunn
Apr 14	Adv	Park and Play on the Black River Inner City Wave or other feature	IV		Andy Cook, Paul Twist
Apr 15	Adv	Bottom Moose River	V		Andy Cook, Jim Dobbins
Apr 15	Novice	Genesee River in Letchworth	II	Wade Bowman	
Apr 21	Int	Cattaraugus Creek	III	Ed Keidel	
Apr 22	Nov/Int	Owasco Outlet	II-III		Craig Rice
Apr 28	Nov	Whitewater Derby on the Canandaigua Outlet	II-III		
May 5	Nov	Letchworth Women's Trip	II		Nicole Whiteaway
May 5	Nov	Keuka Outlet	II-III		
May 6	Nov	Genesee River in Letchworth	II	Jerry Koehler	
May 13	Nov/Int	Keuka Outlet	III		
May 19	Int	Genesee River in Letchworth	II	Ron Turney	
May 19	Int	Cattaraugus Creek	III	Ed Keidel	
May 19	Nov	Genesee River in Letchworth	II	Ron Turney	
May 20	Adv	Hudson River Gorge	III-IV	Ben Bramlage	Chet Bunn, Matt Laflair
May 25 - May 28	Int	Intermediate Southern Trip Slippery Rock, Lower Yough, Cheat or river TBD	III-IV	Andy Cook	Andy Cook, Tony Hernandez, Jim Dobbins, Kurt Fisk
Jun 2	Beginner	Genesee River in Letchworth	II	Jerry Koehler	
Jun 2	Adv	Bottom Moose River	V		Andy Cook, Jim Dobbins
Jun 16	Int/Adv	Black River Gorge	III-IV	Kurt Fisk	
Jun 22 - Jun 24	Int/Adv	Zoar Demo Fest	II-IV	Norm Deets	
Jun 22 - Jun 24	Nov	Lehigh River	II	Steve Kittelberger	Steve Kittelberger
Jun 23	Novice	Salmon River (400 cfs)	II+	Jerry Koehler	Jerry Koehler
Jun 24	Int/Adv	Black River Gorge	III-IV	Jim Dobbins	Jim Dobbins
Jun 30 - Jul 2	Adv	Ottawa River	IV	Dave Fulle Nicole Whiteaway Chet Bunn	Dave Fulle Nicole Whiteaway Chet Bunn
Jul 7	Int	Salmon River, Pulaski (750 cfs)	III	Denny Deets	
Jul 14 - Jul 15	Nov	Sacandaga River	II-III		
Jul 21	Novice	Salmon River, Pineville section	II	Joe Ryan	
Jul 21	Nov/Int	Salmon River Women's Paddle (750 cfs)	III		Nicole Whiteaway

2007 FLOW Triplist (cont'd)

Jul 21	Int	Salmon River, Pulaski (750 cfs)	III	Denny Deets	
Jul 22	Int	Salmon River, Pulaski (750 cfs)	III	Joe Ryan	
Jul 22	Int/Adv	Black River Gorge	III-IV		Jim Dobbins
Aug 4	Int	Salmon River, Pulaski (750 cfs)	III	Dave Fulle Nicole Whiteaway	
Aug 5	Novice	Salmon River, Pineville section	II	Joe Ryan	
Aug 5	Nov/Int	Salmon River (750 cfs)	III	Joe Ferrerio	Joe Ferrerio
Aug 5	Int	Hole Brothers or 3 Wave	II-III		Nicole Whiteaway
Aug 10 - Aug 13	Adv	Gatineau and Rouge	III-IV	Steve Benedict	Steve Benedict
Sep 1	Int/Adv	Beaver River, Taylorville section	III-IV	Andy Cook	Andy Cook
Sep 2	Adv	Beaver River, Moshier section	IV-V		Andy Cook
Sep 8	Int/Adv	Beaver River, Taylorville section	III-IV	Kurt Fisk	
Sep 15	Novice	Genesee River in Letchworth	II	Denny Deets	
Sep 22	Novice	Genesee River in Letchworth	II	Cathy Rague	
Sep 23	Nov/Int	Keuka Outlet	II-III		
Sep 29	Int	Fish Creek	III	Chet Bunn	
Sep 30	Novice	Letchworth Women's Trip	II		Nicole Whiteaway
Oct 6	Novice	Genesee River in Letchworth	II	Jerry Koehler	
Oct 5 - Oct 8	Int	Intermed Southern Trip Slippery Rock, Lower Yough, Cheat, or river TBD	III-IV	Tony Hernandez	Tony Hernandez
Oct 13	Int	Middle Moose River (Moose Fest) from Singing Waters to McKeever	III	Ed Keidel	Ed Keidel, Jerry Koehler
Oct 13	Int/Adv	Lower Moose River (Moose Fest) from to Fowlersville	IV	Ben Bramlage	
Oct 14	Adv	Bottom Moose River	V		Andy Cook, Jim Dobbins
Oct 20	Novice	Genesee River in Letchworth	II	Jerry Koehler	
Nov 3 - Nov 4	Int	Tohickon Creek, PA-camp nearby	III-III+	Steve Kittelberger	
Nov 9 - Nov 12	Adv	Advanced Southern Trip Upper Yough, Upper Gauley, Big Sandy, Tygart, Blackwater, or river TBD	V		Andy Cook, Matt LaFlair
TBD	Adv	Lachines & 67 Wave	IV	Paul Twist	



Bouldering at the Red Barn

to Tony, a group of Rochester FLOW members joined together to take advantage of a group discount to RIT's Red Barn—an indoor rock climbing and bouldering gym at Rochester Institute of Technology. On Wednesday nights for the past few months we have been getting together to climb and have fun. This off-season sport provides a great cross-training regime (great for your core muscles) and tests your problem solving skills. If you'd like to join us, you can show up Wednesday night at 7 pm and pay \$5 for entrance and \$2 for shoes or wait until the semester changes and join us for the club discount.

This year marked the first of a new off-season tradition for many FLOW members. Thanks



FLOW Drops ACA

After much conversation, FLOW decided to officially disband from the ACA for 2007. ACA provided FLOW's insurance, which comforted many trip leaders. However, there were many problems. It was very difficult to abide by ACA requirements, so most FLOW trips probably would not have been covered if something had gone wrong. In addition, ACA failed to respond to repeated phone calls and emails to the point where our volunteers were wasting countless hours trying to contact them. FLOW was not the only group to disband from ACA in 2007. Complicated insurance requirements and the poor club relations caused quite a few clubs to venture out for themselves.



FLOW Steering Committee Meeting

Date: May 29th
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.

FLOW is moving in new directions these days. We have dissolved our relationship with the ACA, we are working more actively for conservation of and access to Western New York's rivers and *FLOWlines* is making the transition from a printed newsletter to a website. Please join us in shaping FLOW's future.



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