



*****Last issue for non-renewed members! Have you sent in your 1998 membership yet?*****

But it looked so easy!

One of the most over-looked safety concerns of touring kayakers these days is the deep water re-entry. This maneuver, done whether solo or in conjunction with other boaters, is the means by which a kayaker, who has wet-exited out of his capsized boat, re-enters the kayak in deep waters.

Maybe you have seen it performed on one of the sea kayaking videos, or even witnessed a friend or instructor perform one, but don't be fooled! It looks **so easy** by someone who has practiced it several times. Trying your first deep water re-entry in cold, choppy, or windy conditions can be a very frustrating and unforgiving ordeal. Consider learning and practicing a deep water re-entry **before** you actually **need** to do one.

Two local kayak instructors, Harry Weidman and Dave Bojanowski, have volunteered to do a free clinic for FLOW members at the Wheatland-Chili pool practice on Tuesday, April 7. This is an excellent opportunity to try for the first time and/or practice a deep water re-entry. Dave and Harry will provide all the necessary equipment, including boats. Just bring a swimsuit and towel to learn this very important safety maneuver.

Please call Dave at 716-237-6180 if you are interested.

Pool Practice dates in 1998

FLOW pool practices at **Wheatland-Chili high school**: 7 p.m. to 9 p.m. on Thursday evenings from February 26 to March 26, plus Tuesday, April 7.

Pool practices at **Letchworth Central School**: 7:30 p.m. to 10:00 p.m. on Tuesday evenings from March 3 to March 24. For further information, contact Dave Bojanowski (237-6180).

In this issue

General club information	2
Outrigger canoe racing	3
Rochester hosts USCKT directors	3
Southern trip organization meeting	3
Classified ads	4

Upcoming meetings

March: General meeting

Time: Thursday, March 12, 7 p.m.

Place: Wheatland-Chili high school, North Rd (off of Scottsville Rd.)

The March meeting will be held at pool practice. Come witness (and participate in) rolling and stroke demos. Bring your own boat, or try out others. If you plan to spend more than 20 minutes in the water, please pay the regular pool practice fee (\$3 for members, \$4 for non-members).

April: Steering committee

Time: Thursday, April 2, 7 p.m.

Place: Mike Shafer's abode, 89 Dorstwood Dr., Rochester. For directions call Mike at 227-9291.

FLOW organization

Officers

President	Steve Kittelberger 716 442-6138
Vice President	Harry Weidman 315 524-9295
Secretary (Interim)	Dorothy Sullivan 716 359-4710
Treasurer	Mike Shafer 716 227-9291

Committee chairs

Facilities	Rick Williams 716 381-3418
Membership	Art Miller 716 334-5810
Programs and Trips	Noreen Wiatrak 716 288-5839
Communications	Heather Mummery Mike Marini 716 288-5232
Education/Instruction	Ardie Shaffer 716 334-4487

Newsletter submissions

Send us trip reports, articles, letters to the editor, ads for our classified section, or anything else you'd like to see in FLOWlines.

If you have e-mail:

Send articles in the form of a text file to:
heather.mummery@nortel.com

Written submissions:

Preferably typed in a 10-point font or larger, double-spaced.

Hand-written submissions must be reasonably legible, or great editorial license may be invoked.

Mail to:

Heather Mummery
221 McKinley St.
Rochester, NY 14609

Contacts

FLOW Paddlers Club(716) 442-6138
Seayaker Outfitters(315) 524-9295
Pack, Paddle, and Ski(716) 346-5597
Endless Adventures(315) 536-0522
Adirondack Mountain Club (ADK)	..(716) 223-5023
Ardie Shaffer(716) 334-4487
Oak Orchard Canoe1-800-4-KAYAKS
Letchworth Outfitters(716) 237-6180
.....e-mail:	letitout@wycol.com

FLOW HotLine: 716 234-3893

To access the FLOW HotLine:

1. Dial 716 234-3893 from a touch-tone phone.
2. To listen to messages left by other paddlers, **press the remote access code** any time **during the greeting**. After entering the remote access code, listen to instructions for how to access messages.
3. To leave a message for other paddlers, listen to the greeting and leave a brief message after the tone.

The FLOW HotLine is sponsored by FLOW Paddlers Club for FLOW members. The FLOW HotLine is hosted by Bay Creek Paddling Center.

Membership and Mailing List

To join FLOW, send name, address, paddling interests, and \$20 per individual membership to:

Art Miller
Re: FLOW Paddlers Club
264 Vollmer Pkwy
Rochester, NY 14623

Upcoming trips/events

Contact Noreen Wiatrak (716 288-5839) with trips scheduled for 1998. The full 1998 trip list will be published in the next issue of FLOWlines.

Gauge numbers

Genesee River (Letchworth)716-468-2303
Cattaragus River716-532-5454
Salmon River1-900-726-4243 #365123
Keuka Outlet716-234-0090

Pennsylvania rivers:

Philadelphia (Lehigh and others)
.....	1-800-431-4721
Harrisburg (Loyalsock, Susquehanna, Pine Creek)
.....	1-800-362-0335

Pittsburgh (Yough, Slippery Rock Creek, and others)412-262-5290

West Virginia rivers:

Gauley River304-872-5809
Southern WV rivers304-529-5127



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Outrigger racing returns to Rochester

by Jan Whitaker

Rochester, New York, will host the first race of the East Coast Outrigger Associations 1998 schedule. One-thousand meter sprint races will be held on the Genesee River by the South Wedge Neighborhood. Matched pairs of outrigger canoes will be provided for all teams. Novice classes for teams of five paddlers will compete with the assistance of an experienced steersman. Pro men’s and women’s teams will compete with teams of six paddlers. Marathon canoe races will complete the busy race schedule. Mark your calendars now; see you on the river June 6-7, 1998.

New York Canoe Racing Association has a web site at:

www.frontiernet.net/~nycra

The outrigger page displays photos from 1997 action-packed races.

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GRAVITY RESEARCH INSTRUCTION PERFORMANCE

Rochester Hosts USCKT Directors

Rochester was recently the site for the US Canoe and Kayak Team's quarterly winter meeting the weekend of February 27 - March 1. Executive Director, former Olympic kayaker, and Rochester native Terry Kent brought his Executive Board of twelve members to Rochester to see the outstanding development possibilities for our local waterways. Former US Slalom Coach Bill Endicott, current Slalom Team member Eric Giddens, and ZOAR Outdoor owner Bruce Lessels were among the directors present. Kent commented, “Where else in the country but above and below the Court St. Dam could you site world-class flatwater and whitewater venues within 100 yards of each other?”

Kent arrived in town Friday morning to meet with Rochester City officials. His board of directors arrived later Friday, in time to tour local waterways on Saturday. A reception Saturday evening at the Crown Plaza Hotel allowed further opportunity for City and County officials, local sports and business leaders, and USCKT directors to explore opportunities for development of Olympic-class training venues in the Rochester area.

1996 Olympic whitewater course designer John Anderson made a third visit to Rochester at the same time to enhance the discussion of artificial whitewater course sites in the area. Anderson commented, “I continue to see the Library Ledges as your best site. It's got the vertical drop, the water, and the urban setting, which proved a successful formula in South Bend.”

Southern Trip Organizational Meeting

Tired of the long, cold New York spring? Plan to join FLOW's “Week of Southern Rivers,” an intermediate whitewater trip scheduled for April 18 - 26. The proposed itinerary is to use Nantahala Outdoors Center in western North Carolina as a base camp for day trips to the Chatooga, Ocoee, Nolichucky and the many other nearby rivers. The organizational meeting for this trip will be held Wednesday, March 18, at 8 p.m. Please call me to confirm the meeting location: **Steve Kittelberger, 442-6138 (h) or 422-4195 (w)**

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Classified ads

FOR SALE:

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TOURING PADDLE, like new, Werner SanJuan, 240 cm., \$150. Al Pietzold (716 388-1279)

DANCER XT, yellow with flotation and spray skirt, \$350 (716 889-2753)

OLDER COVERED C2 (fiberglass, end hole), \$75 or best offer. Ed McDonald (716 544 3467).

To submit advertisements contact Mike Marini at 288-5232. Please notify us if your ad is no longer needed.

Bay Creek Paddling Center

*Conveniently located on Empire Boulevard,
next to Irondequoit Creek and the Bay*

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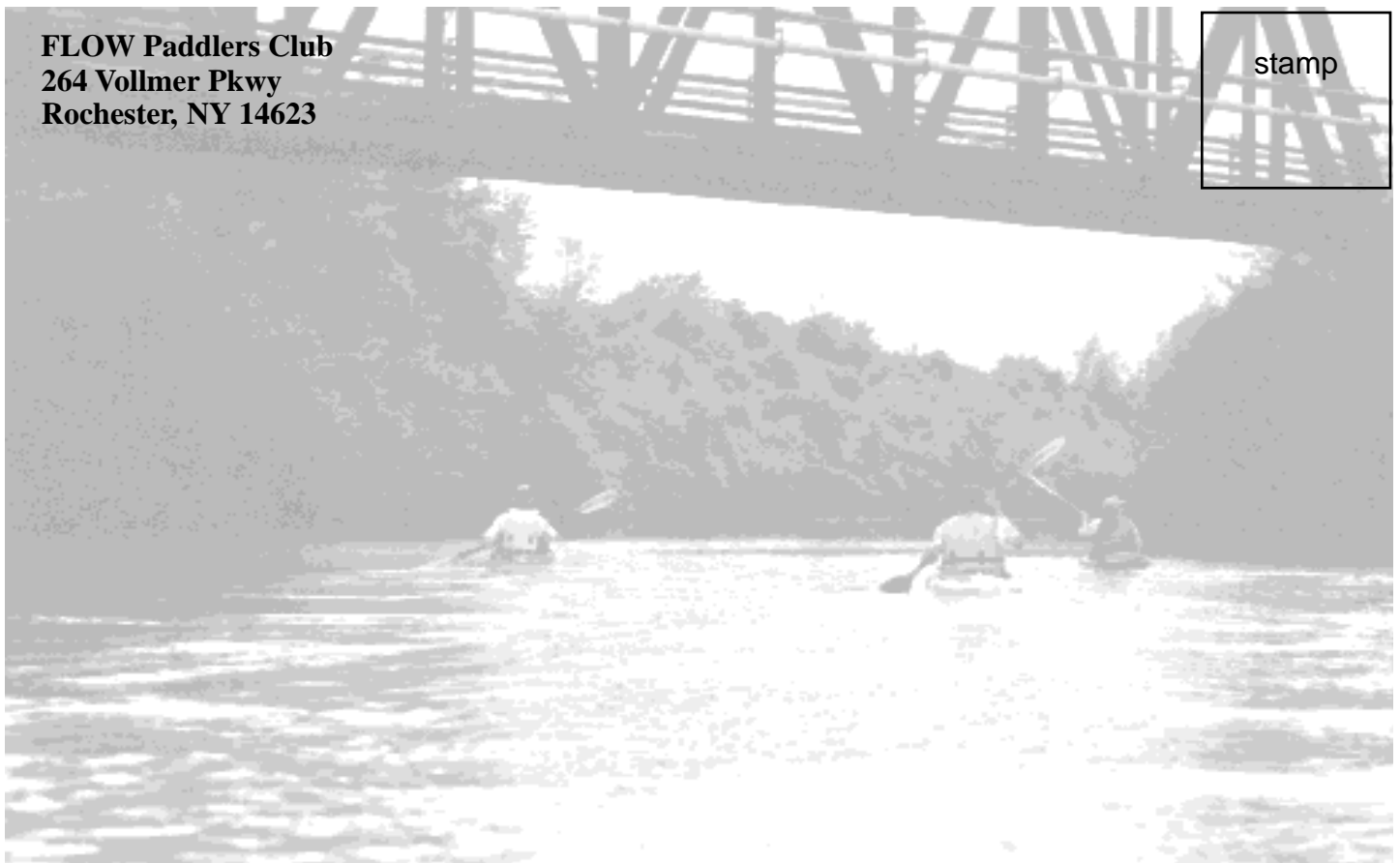
288-2830

Deadline for next newsletter

The deadline for submissions for the next newsletter is Monday, March 23, 1998. Submit articles, news of activities that may be of interest to FLOW members, or anything else that you want to share with our readers. Send submissions to Heather Mummery (address on page 2). Send trip announcements to Noreen Wiatrak (see p. 2).

FLOW Paddlers Club
264 Vollmer Pkwy
Rochester, NY 14623

stamp



Attention: Great Lakes Sea Kayakers

Steve Chopan and Frank Cabron are paddling the American south shore of Lake Ontario from Niagara on the Lake to Cape Vincent on the St. Lawrence Seaway. The trips will consist of mostly day paddles 12 to 18 miles in length. Car shuttles will be involved, and they usually will be done on Saturdays or Sundays because of the driving distance to and from the St. Lawrence area. One three day paddle trip is planned, which will be for the Oswego to Cape Vincent section and involve overnight camping.

Several exploration trips are also being planned for the Welland Canal–Niagara River area. Like the Erie Canal, there are several old Welland Canals. With some portages, it appears paddlers could cross from Lake Ontario to Lake Erie.

Last year we discussed the possibility of a Lake Ontario crossing. A solo paddler, as many of you know from an article in Sea Kayaker magazine, paddled the widest point on all the Great Lakes, including a 63 mile Lake Ontario crossing. Rick French of PPS made an escorted crossing of Lake Ontario from Oswego to the Canadian side last summer as well. For a possible lake crossing this year, I'd like to see a 35 or 40 mile escorted paddle on the Toronto end of the lake.

Whenever possible, paddling information will be left on the FLOW HotLine at 716-234-3893 (passcode: *FLOW). But quite often, it will be on short term notice because of weather conditions and Frank's and my own availability. So we suggest you check after 5 p.m. on Friday night for the Saturday or Sunday day paddles. Also, feel free to contact Steve Chopan at 716-544-4527 (e-mail: ripp@frontiernet.net) or Frank Cabron at 716-248-2093 (e-mail: fcabron@netacc) for information on paddling requirements or to get your name and phone number on our intermediate paddler phone list.

Some of the intermediate kayaker requirements are as follows: owning a touring sea kayak; using U.S. Coast Guard safety devices such as a PFD (which must be worn while paddling); having a sounding device (whistle or air horn) and flares, hand pump or bailer, sponge, clear white light for night paddling, and a spare paddle.

Paddlers must have the skill and equipment for self recovery or rescue in the event of a capsized. Using a paddle float to get back into your kayak would be one example. Wet or dry suits must be worn for cold weather protection, when conditions warrant their use. All boats must have effective flotation and appropriate deck rigging for rescue.

The paddling will be moderately strenuous, for 3 to 6 hours with a paddle rate of at least 3 miles per hour.

While paddling, the following signals will be used, which you should be familiar with:

- 1 whistle blast – Stop and wait
- 2 whistle blasts or paddle held straight in the air – Come to me
- 3 whistle blasts or paddle waving back and forth – Emergency, come now!

A trip planning and safety equipment meeting is planned for May. Intermediate sea kayakers are encouraged to attend and bring extended trip ideas for Georgian Bay, Maine Island Trail, Prince Edward Island, or other locations that may interest them. If you are interested in attending this meeting, contact Steve or Frank.

So far this year (1998), this intermediate group of sea kayakers has paddled from Irondequoit Bay to the Stutson St. bridge and back on Lake Ontario, a 10 mile paddle led by Al Pietzold. Another paddle on the Great Lake of Ontario was led by Steve Chopan, 12 miles from the Genesee river to Braddocks Bay and back. The half dozen paddlers were all wearing cold water protection gear. Several were even carrying with them sponsos or sea wings, the latest method for increased stability in rough seas or for use in boat re-entry.

See ya on the water,
Steve Chopan