



August Party at Selkirk Shores

The second annual FLOW summer party has been tentatively scheduled for Saturday, August 1, at Selkirk Shores State Park near Pulaski. WW boaters will have the Salmon and Black rivers nearby; sea kayakers, we'll be trying to find you a trip on the Lake that takes out by the camp fire and grill. Further details to be announced as we get them.

\$\$\$SAVE MONEY\$\$\$

Thanks to the recent Southern trip and some smooth talking, FLOW members now have a 10% discount on Nantahala Outdoor Center (NOC) merchandise. Please identify yourself as a FLOW member and order to your hearts content!!!

Work Parties at Lock 32

Come and join in on the creation of Rochester's first whitewater racing course. Every Wednesday night from 6 to 8 pm during June and July, help is needed at the Lock. Prepare to get dirty and wet.

Call Rick Williams for details at 381-3418.

Correction to last month's edition: The work party scheduled for Saturday, June 21, will not be happening as scheduled due to the fact that there will not be a Saturday, June 21, until 2003. Apologies for any temporal confusion.

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Update on the June 14 Canal Trek

On June 10-20, a group of boaters and bicyclists will travel along the Erie Canal and adjacent Canalway Trail sections in the first combined New York State Canal Cruise and Trail Trek. We've made arrangements to promote recreational paddling on Sunday, June 14, when the team travels from Lyons to Seneca Falls. The goal of the Canal and Trail Trek is to demonstrate the broad recreational and tourism appeal of the Canal System.

The 27 mile fun-trip begins at Abbey Park in Lyons at 8:30 a.m. The park, located on the north side just past Miller's Marina where Ganargua Creek flows into the canal, has a boat ramp and docks for launching. Sea kayaks that average 4 MPH can paddle it in 7 hours. Figuring the time it takes to pass through the 5 locks, about 15 minutes each without any waiting, adds another 1.5 hrs. There are bail-out points for those who can't or don't want to do the entire distance. I'll have a club-use, eight-boat kayak trailer available at the take out in Seneca Falls where a town event awaits us. Pack some high-energy fuel, water, lunch, hat, and sun protection. For updated trip information call me at (315) 524-9295 or visit our web site at <http://www.netacc.net/~seayaker>.

-Harry Weidman

June General Meeting

Time: Thursday, June 11, 7 p.m.

Place: Watersports Center at Genesee Valley Park (the green building). The notorious Marty Murphy will be presenting a slide show on a recent whitewater trip to Costa Rica. Marty is a professional photographer, with a studio in Geneseo, NY.

June Steering Committee

Time: Thursday, June 4, 7 p.m.

Place: Rick Williams', off of Blossom Rd. near Ellison Park. Call Rick for directions at 381-3418. Bring lawn chairs!

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:
helen.cherniack@usa.xerox.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:

Helen Cherniack
480 Benton St.
Rochester, NY 14620

Contacts

FLOW Paddlers Club(716) 442-6138
Seayaker Outfitters(315) 524-9295
 http://www.netacc.net/~seayaker
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 and events for 1998. Refer to the insert for the latest version of the trip list.

Gauge numbers

Genesee River (Letchworth)716-468-2303
Cattaraugus 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

Change on Flint Creek

by Steve Benedict

One of my favorite little creeks, probably because of its proximity for me, but full of surprises (not all of them strainers). My initial reason for writing is to note a change in "Toxic Drop," the ledge visible from Rt. 96 just west of Phelps. This benign-looking little ledge is a classic case of how a very little vertical drop can still result in a huge backwash with keeper potential. Of course, at low-level runs, you could probably hop out and walk away. But at higher levels..... And in the past year it has changed so that the sucking action has increased. You may want to reconsider your line on this one—at least don't expect to float through!

For those who haven't paddled Flint Creek, I recommend it. I'm sure it's loaded with agricultural runoff nasties, but the sizeable ledge drops, 50 ft/mile gradient, some good surfing waves, a 14 ft. vertical drop runnable at lower levels, not to mention a plethora of ever-changing strainers creates a nice adrenaline kick.

The trick is to catch it at a runnable level—you can call me to find out the level, or if you'd like to go the next time I'm going, give me a call.

Steve Benedict (315) 331-5198

Recently discovered by a FLOW member:

Outdoor Excursions, in Boonsboro, MD, is a very paddler-friendly organization. So friendly, in fact, that this FLOW member was inspired to let the rest of you know about them, in case you're ever down near western Maryland. (Believe it or not, there are two Boonsboro, MDs: these guys are in the western pan-handle, south of Hagerstown.) The story of how I discovered them is not worth relaying here, but during my brief encounter with them a favor was exchanged, and to fulfill my end of the bargain, well, here I am, giving them a little bit of word-of-mouth.

They provide various levels of instruction and trips, including occasional ACA instructor certification and a trip to Costa Rica this fall, and are easily reachable at 1-800-77KAYAK.

Bay Creek Paddling Center

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

Kids Paddle Sport Kamp

288-2830

Rochester River Challenge

by Jan Whitaker

The Rochester River Challenge will be held on June 6-7, 1998. Saturday's events will include the novice and high school division outrigger races, in which registered teams of five compete in double elimination 1000 meter sprint races using the outrigger canoes. Experienced steersman, PFDs and paddles provided. Awards will be hand-carved items reflecting the Hawaiian culture. Land-side activities include a volleyball tournament starting at 8:30 a.m. The C-2 Pro, C-2 amateur and C-1 amateur marathon canoe races will also be held on Saturday.

Sunday's events will include men's and women's pro outrigger 2000 meter sprint races for cash prizes. Novice kayak and canoe challenge races of approximately 2000 meters will be held in the afternoon to give the Sunday paddler an opportunity to participate in the River Challenge. Land-side events will include a 5K running race starting at 9 a.m.

Additional information about the marathon races may be obtained through Armond Bassett (716) 288-1483; outrigger information is available through Jan Whitaker at (716) 292-6107 or e-mail nycra@frontiernet.net.

River Challenge web site:

www.rochesterevents.com/riverchallenge

NYCRA web site:

www.frontiernet.net/~nycra

G.R.I.P. tip: The ABC rule of paddling (or, Seeing is believing)

by Rick Williams

This basic rule applies to various gravity sports and is universal to them all. Visualizing the path of your boat is essential to having your freedom of movement on the river. When you're on the river, pull into an eddy, point A. From here look at where you want to go, point B. The letter C is to remind you to see the path that you want to take to get there. A to B (C): see where you are going to go. Planning your route mentally prepares you with an objective and a means of getting there. This visualization takes some of the guesswork out of your movement to point B, since you have already seen yourself do it. From this you gain confidence and your focus is on the task at hand, moving there.

Another extension of this concept is even more basic: you go where you're looking. Have you ever struggled to work yourself onto a great surf wave, only to get blown off and down the backside? Many times the reason is you are looking too much at the crest of the wave and not at the trough in front where you want to be. Make note of the wave's face and crest. Get back to the objective, surfing the wave with your feet over the low spot of the trough in front of the wave. This is also true when travelling down the river. You go where you are looking. Have you ever had that deer in the headlights' stare at the big hole just down river of you? It is amazing how many times you get sucked in. That is because you are directing your path with your head, which is looking into the exact place you don't want to go. Make a note of the hole and then get back to the path you want your boat to travel.

These concepts are simple but the recognition of their importance will help you in playing, catching and surfing every wave, hole or eddy that you want. Most of all have fun and be safe.

Come out and practice before work parties at Lock 32 from 6 to 8 p.m. every Wednesday night during June and July.

Peace,

Rick

FLOW Sea Kayak Paddlers are Hot! Hot! Hot!

Call it information overload, call it fun, FLOW sea kayakers are at it again. Not only have they come up with a full dinner plate of '98 trips and events, they can deliver their schedule as well—via the club newsletter, the Internet and e-mail. Recent trips, including Wednesday evening paddles along the Erie and on Irondequoit Bay, were mid-week hits on area waters. We held longer Saturday paddles to the Erie Howland Island area, and two Lake Ontario trips—Braddocks Bay to Hamlin Beach State Park (surprise landing), and a neat surfing trip from Pultneyville to Sodus Bay (surprise send-off). They even got an enthusiastic lady captain, Marcella Mosher, building her own wooden kayak in her attic. Plus—they are working on building a kayak trailer for any \$25 contributor to use.

Sea kayak Paddle Schedule Available on the Internet

Can't get at your latest issue of FLOWlines for upcoming trips and events? The "FLOW Paddlers Club 1998 Intermediate Sea Kayak Development Paddles" schedule is now available on the web courtesy of Harry Weidman by visiting:

<http://www.netacc.net/~seayaker>

It contains updated information on area paddling events, dates, contacts, trip reports, and paddling tips of interest to FLOW flatwater paddlers.

Local Paddle Event Reminders Now Available Via E-mail

A weekly series of e-mail is available for local paddlers to let them know what sea kayak/canoe outings are coming up in the next two weeks. Most trips are organized by folks in the FLOW Paddlers Club around the Rochester, NY, area. Steve Chopan came up with the idea of this weekly dispatch and Bill Bateman stepped up to do it. If you would like to see a copy of the latest release or have your name added to the distribution list, e-mail your request and e-mail address to Bill using:

BillBateman@compuserve.com

Thanks, Bill and Steve!

Mayhem on the Meadow

or

The Importance of Making the Move

by Mike Marini

It was the last move, or at least the last move that really counted, when it happened. The three of us had nearly completed what was to be a sweet, two mile technical class three called Meadow Creek. Meadow Creek begins about two miles up in the woods and runs into the Youghiogheny at the beginning of Entrance rapid. It had been raining all night and the creek had come up from a trickle to a just runnable level. We put in at the Ranger's station up the hill and ran two miles of the most beautiful and continuous class 3-4 I have ever run. It is impossible to describe the run in mere words. Drop after drop, turn after turn of swiftly running water hushed by the gently falling rain.

At the bottom there is a section that we had scouted earlier in the morning and decided not to run. It was a 100-yard section that twisted and turned and was just maybe a boat-width wide. At the bottom of this section there was a small hole formed by a diagonal shelf where we put in to finish the run.

The move was to surf the hole to the center of the stream then hop up on the pillow formed by the backwash. Then spin the boat around and drop over the small ledge into the pool below. You didn't want to go too far to river right because it was almost certain that you would piton

in once you went over the drop. (This is considered a Bad Thing.) River left was worse: below the ledge, with all the water rushing against it, was a ten to fifteen foot-long section of undercut.

Brian went first, out into the hole, up on the pillow, spin, and drop. No problem. Kurt went next—not quite as nice a line, a little too close to river left, but he was down ok. My turn, out in the hole, up on the pillow, OH NO the pillow is a lot narrower than it looked and I'm being forced hard to river left. I can't correct and am being forced over the drop FAR river left right into the undercut. I'm over; the water is foam, the boat sinks down under it and I scream and lean UP stream (generally not a Good Idea). Brian is paddling furiously toward me, his eyes wide. My boat shakes itself like a wet dog, and shudders as my paddle bites into the green water. The boat comes loose. I'm out from under the rock, breathing hard. Total elapsed time from the horizon line, fifteen seconds, maybe.

It was a moment of utter clarity which will remain with me forever. I screwed up and almost paid the price for it. This is not why I boat; I don't need to feel the terror of an unstoppable force coming down on me. It does, however, put life into perspective: what is important and what is not.

Our new "FLOGO" (FLOW Logo) by Rick Harrington, soon to be appearing on T-shirts and decals:





6 North Main Street
Perry, NY 716•237•6180

“We Listen To Your Needs”

Dagger Perception Old Town Wilderness Systems	ACA WW Kayak Instruction	Werner Mt. Surf Thule Stohlquist
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Deadline for next newsletter

The deadline for submissions for the next newsletter is Monday, June 22, 1998. Send submissions to Helen Cherniack (address on p. 2). Send trip announcements to Noreen Wiatrak (see p. 2).

Classified ads

FOR SALE:

DAGGER VORTEX, EXCELLENT CONDITION. With float bags, back band, hip pads. James Lockwood. (716 786 2825).

THULE RACK, FULL SIZE WITH EXTENSION ARMS. Used on Honda Accord for 1 season. U bars for kayak carry. Locking towers. \$300 or reasonable offer. John Romano (716 346-6057).

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

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.

FLOW Paddlers Club
264 Vollmer Pkwy
Rochester, NY 14623

