

FLOWlines

Newsletter of the Finger Lakes-Ontario
Watershed Paddlers Club, Rochester NY

Volume 3 Issue 7

August 1998



No August General Meeting, BUT.....

Due to the popularity of summer, there will be no August general meeting for FLOW. INSTEAD, there are several events the FLOW staff hopes all will attend.

The FLOW jam at Stoney's Pineville Campgrounds in Pulaski, NY is on Saturday, August 1st. After a day of paddling a variety of rivers – please join the festivities for some good eats and lots of river stories. If you'd like to stay overnight, camping is available for \$5.00/person per night Friday and Saturday. Stoney's is off Rt 13 in Pineville, 4.1 miles east of the Interstate 81 exit #36. For further details, call Mike Shafer at 227-9291.

A Rolling Clinic on August 5th is a joint venture for seakayakers and whitewater boaters. Please refer to the article in this newsletter for further details.

The FLOW general meetings will resume in September.

August Steering Committee

Time: Thursday, August 6, 7 p.m.

Place: Helen Cherniack's Pad, 480 Benton.
Call Helen for directions at 461-3233.
Will have pizza...

SPECIAL NOTE: AUGUST MEETING CHANGE

WEDNESDAY, AUGUST 5 6:30pm
MENDON PONDS BOAT LAUNCH



KAYAK ROLL CLINIC!!

With summer weather in full swing, the August monthly meeting should be on the water! So why not come out to Mendon Ponds and get wet? Ardie Shaffer has offered to conduct a roll clinic...open to all. Sea kayak, Whitewater kayak, or whatever - come on out and play! Those of you who can already roll, please come and offer a hand to those yet trying. You can roll your own boat...but can you right another? Besides rolling, this is a good opportunity to share and try other boats, and have any kind of fun you can imagine. Call Mike Shafer for details at 227-9291. We'll see you there.

Did you Know?!?

There is NOW an 800 number for the Salmon River! Now your friends will no longer think you're a pervert with all the 900 numbers you've been calling...

The new number is 1-800-452-1742 with the river number 365123 and will be listed on the Gague Page from now on..

FLOW organization

Officers

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

Committee chairs

Facilities Development Director	Rick Williams 716 381-3418
Membership	Art Miller 716 334-5810
Programs and Trips	Noreen Wiatrak 716 288-5839
Communications	Dan Bogaard 716 442-6634 Helen Cherniack 716 461-3233 Mike Marini 716 461-3233
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
Cattaragus River716-532-5454
Salmon River1-800-452-1742 #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

Deerfield River Festival is Saturday, August 1.

Deerfield Release Schedule

There are 15 scheduled releases for the Monroe Bridge section (rated class III/IV) of the Deerfield for the remaining year.

- August 1 (River Fest), 2,9,14,15,22,23,28,30
- September 6,12,13,19
- October 10,11

Friday releases are for 4 hours and begin at 11 a.m. Saturday release last 5 hours and begin at 10:00a.m. Sunday releases are 4 hours beginning at 10:00a.m. Flows will vary from 900 – 1100 cfs.

The Fife Brook section will release from 9:30am till 12:00 noon with a flow of at least 700 cfs on the following days:

- August 1-2,6-9, 13-16, 20-23, 27-30
- September 2-6, 9-13, 19-20, 23-25
- October 3-4, 7-11, 14-16, 21-25

\$\$\$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!!!

For All You Racing Folks!

While surfing the web one day (what do you expect, I am a kayaker!), I came across some info I'd like to share. The Northeast Paddler's Message Board lists race events in this part of the country. For August, the schedule is The Saranac Flatwater Challenge (August 2) – 1,9, and 15 mile flatwater races on the Saranac River near Plattsburg, NY. Call Mike Rockefeller for details (518) 293-7231. On August 15, it's the USPP Annual Summer Race on the Susquehanna River at Otego, NY. This is a 7 and 11 mile flatwater canoe race. The contact person is Jeff Shultis (607) 988-7898.

News You Can Live Without

Welcome New Paddler

Please welcome the newest paddler in the area. Luc Bruneau Griffin was born May 14, 1998 to the paddling duo of Nathalie Bruneau and Scott Griffin. Will he be a K-1 or C-1 boater? No one knows for sure, but it has been learned that inquiries have been made as to how old Luc needs to be before getting his own boat!!!!

Good-bye to a Friend

So long to another paddler from our area. Melanie Wellington is off to the exciting land of New Mexico where water is found in many forms, flat, white and solid.... All of us who have been bandaged by Mel at one time or another will miss her. For those looking for a place to crash, her new address is 305 East Logan Ave., Gallop, New Mexico, 87301. Call before arriving at (505)-722-7038.

Congratulations

Congratulations to Mike Berkow – A former Rochester paddler who is now living and WORKING in Denver, Colorado.

Standing Golf Clap

A round of applause to co-editor Dan Bogaard for receiving the Ich Bin Der Boy Award from Madewaska. It only goes to show that whitewater boaters really do have fewer brain cells than most..... - EH?

Bay Creek

Paddling Center

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

Kids Paddle

Georgian Bay 6/19 to 6/28 Sea Kayak Trip Report

Six Members of FLOW attended the Great Lakes Sea Kayak Association (GLSKA) Rendezvous at camping at Bying Inlet , Ontario 6/19-21. Bill Lawton , Jim Woods, Steve Chopan, Frank Cabron, Rod Thompson, & Hoppy? Hopkins participated in seminars on Safety, Trip Planning, Beyond Ramen Menus, Navigation, & Weather. Bill Lawton offered GPS navigation instruction and hints. There were morning & mid-afternoon casual paddles and a Saturday moonlight paddle where 4 of the 7 paddlers were from FLOW. All were mosquito bait at the Saturday evening slide show in the boat house.

Steve, Frank, Rod, & Hoppy drove to Snug Harbor with a stop at White Squall Outfitters and paddled 6 miles to Aloma Island to camp & visit Warren Edgar for 3 days. They enjoyed the spectacular weather and beauty of the pink granite Mink Islands, and Warren stories. The 4 rebuilt Warren's ice damaged dock and Steve cut the grass. They enjoyed some evening paddles and GPS navigation practice for Rod & Hoppy.

Wednesday morning they bade farewell to Warren & Aloma with Rod navigating back to Snug Harbor and the other 3 taking the long way back till they saw the Snug Harbor Lighthouse 30 Degrees off the port bow. The intrepid 4 unloaded kayaks, car topped them, and drove 3 hours past Sudbury and around the northern end of Georgian Bay to Birch Island to enjoy 4 days of near wilderness camping.

After a guiding consultation with the Aboriginal Canadian marina proprietor for prospective camp sites they loaded the kayaks for a 6 mile paddle through a channel lined with occasional cottages to a small rock island with 4 tent sites. They were able to set up tents on flat rock slabs and cook dinner before the all night thunderstorms hit and tried to blow the unstaked tents away.

Thursday morning they paddled about 6 miles to a larger island and better tent sites for a two night stay at the edge of the Killarney Provincial Park. Along the way they paddled through winding, 4 foot wide Dog Home Pass between islands with moving water presenting a challenge in a 18ft. sea kayak and were entertained by two pair loons diving around their craft and posing for photos. After a 2nd night of thunderstorms, Friday was a 13 mile day paddle around McGreggor Island, a wooded jewel with occasional steep cliffs above the deep green water. Again they navigated a slightly more than boat width channel with opposing flow.

Saturday they paddled 12 miles in warm sun and flat seas to a beach campsite on McGreggor Peninsula with a stunning view of a Georgian Bay contrasting with a nickel mine and slag piles on nearby islands. There were numerous power boats & jet skis in the channel. Quite a difference from the near wilderness they just came from. Sunday's 6 mile paddle returned them to Birch Island & a 480 mile return trip to Rochester.

Hoppy Hopkins

G.R.I.P Tip

This month's GRIP Tip is going to deal with two broad and basic principles that help us with our objective. But, what is our objective? Our objective is a controlled descent in a craft that is designed to maneuver in swift, moving water in a safe, fun, playful, and adventurous manner.

Principle #1 – Match paddling skill with the water. A controlled descent allows for a certain comfort level and fun. When we're comfortable and confident it is often easier to start pushing the envelope by trying difficult maneuvers in easier water. Anyone can run a Class V drop or rapid, but in control and being on the line is another story. Personally, I like to minimize the variables so control is my objective. We can take these familiar skills and use them on those big water days. I'll try everything backwards to challenge myself, such as ferries, peel outs, and surfing. This type of paddling makes big water challenges easier and more fun. You're in control, because all those Class III moves on Class II water are now second nature. One reacts quicker, makes better decisions, anticipates, corrects and has more fun because of progressive skills. Bad habits are hard to break – get them right early.

Principle #2 – Know the class, water level, and characteristics of the river you intend to run. Be aware of any hazards, such as lowhead dams, trees, waterfalls, nasty holes, and manmade obstructions. Flood and high water events change rivers, so try to get the latest information. Don't run any rapids that you don't think you would swim. Scout any unknown rapids and have a game plan. Know what effects the water level has on difficulty, both for paddling and rescue. High water always makes rescue more difficult since the eddies are bigger, stronger, as well as the velocity of the whole river. If someone goes for a swim, they will be carried much farther downstream very quickly. You only need a few seconds to put an insurmountable distance between you and the swimmer, that is if you see them at all by the time you realize they need help.

There is no substitute for control and experience. So, put yourself in predicaments on easier water to find out what happens and how to correct your boat. When you're in a nice familiar wave train, trash yourself, and learn how to roll in this moving water. Why wait for that to happen in big water, become confident in a controlled situation. The other way to get great confidence is to hand paddle. This really improves your feel for the boat and how to control it. Practice eddy turns, ferries and getting on small surf waves.

Remember the objective: "a controlled, safe descent of the river" while having fun. So, get out there and practice those difficult Class IV moves on your local rivers and streams. It will pay dividends when you're in big water.

Peace, have fun, and be safe.

Rick Williams

LOCK 32 Update August '98

Rick Williams

Here is the latest update for Lock 32. The work parties on Wednesday night's have mainly been clearing and grubbing the south bank of the by-pass. Kathy Cory and Steve have been putting a big dent in stump and root removal. Wood chips are being put on the path and I hope to get out there this weekend with my favorite gardening tool, Round-Up!! If you can't make it on work party nights, feel free to spread, chop, cut brush, maintain trails and pull roots at your leisure. Art Miller and I have been working on getting materials for gates. If all goes well, we might have a fun club race/outing in October. Work that all the volunteers have put in over the last two years has really laid the groundwork for the creation of this venue.

Currently, we're working with the Genesee Watersports Center, NYS Canal Corporation and the Monroe County Sports Development Corporation for the lease and operation of the facility. Right now, the Canal Corporation and I are working on the NYSDEC, Army Corp. and State Historic Review permits for construction. The NYS Canal Corporation's interest and impetus is the promotion of human powered craft on the canal system, teaching/educational programs, economic development and special events. John Anderson's plan for a fully operational 250-meter whitewater course complete with waves, holes, and eddies will act as the centerpiece for program development. We hope to create two rodeo holes for program use and competitions. These will be located on the east side of Clover Street by turning the discharge from the by-pass into a positive feature.

The NYS Canal Corporation plans to adopt the full resolution to construct the facility at their August board meeting. After the adoption of the resolution, construction should begin. The Canal Corporation is devoting enormous manpower, equipment, and time into the construction of this project. The commitment and sweat equity by the paddlers for this project has fueled this committee's enthusiasm

for the project. Unfortunately, there is a bureaucratic process to follow and legal issues that must be worked out for the operation and maintenance of this facility. For this reason the Genesee Watersports Center will be the lease holder of the facility since this is a legal entity (a 501(c)3Corp). This will allow for grants to be obtained for maintenance, operation, and management of the facility. Currently, grants submitted by the Watersports Center and the County Sports Development Corp. with the USCKT will help to provide some funding for programs and operation of the venue. Programs are one of the driving forces and include moving and flatwater. The Lock 32 site will be used for flatwater canoe/kayak, moving water canoe/kayak, and marathons. The Lock 33 area is currently the rowing venue for the Empire State Games, thanks to some hard work by Keith Whitcomb. Eventually, these two sites could be linked.

The USCKT has expressed interest in having a regional championship here next summer in all disciplines that is supports. This would be centered around Lock 32, with a festival atmosphere, and used to promote paddling sports of all types, with demonstrations and introductory programs along with the competition.

Editor's Note: Rick Williams has done an outstanding job in getting the Lock 32 project going. Please continue to support this project as a benefit to all paddlers.

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