

FLOWlines

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

Volume 3 Issue 8

September 1998



Yes - It's True

If you have heard the rumors - they are true... Letchworth Outfitters is going out of business after many years of serving the paddling community faithfully.

We will miss the friendly and knowledgeable help we always received and wish Dave Bojanowski and his family well.

Dave said that they would be open until mid September - Call (716)237-6180 for more information.

T-SHIRTS!!!!

What a Deal

(Only \$12.00)

FLOW T-shirts are now available for the low, low price of only \$12.00. There are two choices of designs, One with the FLOW logo on the front, and One with the logo on the back. Buy them for your friends, family, significant other, and/or aliens. Give them as birthday, Christmas, and Bar Mitzvah presents. Wear it with a tie for formal occasions or can be dressed down for a casual day on the river. Soon, everyone will want one (so they can be like you...)

Remember:

*Always be a Buddy when you Boat
- Helen Cherniack*

September General Meeting

Time: 7:00p.m. Thursday, September 10, 1998

Place: Watersports Center at Genesee Valley Park (the green building)

Great Lakes Sea Kayaking!!!

Join Frank Cabron and Hoppy Hopkins as they will be recounting their Zany Madcap Adventures on their Sea Kayaking trips to Lake Superior and Georgian Bay. Their talk will be *highlighted* by photographic evidence.

Internet abUsers:

Harry Weidman has graciously put up a WebPage of FLOW On-Line News and Events.

Log on at:

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

A great place to GLEEM much needed info when you have either misplaced or are away from your Trusty Newsletter

September Steering Committee

Time: Thursday, September 3, 7 p.m.

Place: Mike Shafer's Place of Residence, 89 Dorsetwood Drive. Call Mike for directions at 227-9291.

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
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Membership	Art Miller 716 334-5810
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Programs and Trips	Noreen Wiatrak 716 288-5839
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Communications	Dan Bogaard 716 442-6634 Helen Cherniack 716 461-3233
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	Mike Marini 716 461-3233
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Education/Instruction	Ardie Shaffer 716 334-4487
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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 River1-800-452-1742 #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

\$\$\$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

FLOW's Insurance Status

Dorothy Sullivan

This article is to clear up some misunderstandings regarding the types of insurance the club carries and does not carry. We hold one Commercial General Liability policy with a Club Member endorsement. This is the only insurance that we currently carry, and it was obtained to allow us to hold activities on other organizations' property. Pool Practice Sites and the NYS Canal Corporation require this policy so that if a bystander (non club-member/employee/contractor) sustains bodily injury or property damage due to the club's actions on that site, FLOW will have the means to cover those damages. Without this requirement, the injured party would seek damages directly from the site holder. The Club Member endorsement offers coverage to club members acting on the part of FLOW identified individually in an action. There are many exclusions to this policy (as with any insurance policy), but one specifically excludes coverage for bodily injury to persons insured (club members).

Many trip coordinators have voiced concern over their liability if a person on one of their trips is injured, or dies. At this point, the club offers no liability insurance to protect a coordinator from being sued in this instance. Different options are being looked into for this, anyone with written suggestions, or contact names and numbers, please forward them to the steering committee. In light of this "exposure" trip coordinators face, please allow them to use their

discretion regarding outing participation.

Just a reminder: ANYONE can be sued at ANYTIME for ANYTHING. Whether or not the suit is successful is another question. Insurance Policies will not protect you from this, in fact, many believe they invite suits by inferring a responsibility upon the holder. Our position as a club is that: all participants in the paddling sports we enjoy, are responsible for their own assumption of risk. Paddling, while on a backyard pond, a gentle river, raging whitewater or the wide open expanses of the Great Lakes, has an inherent risk of drowning, or injury. It is the individual's responsibility to evaluate if their level of physical fitness, experience, skill and equipment are up to those required by the outings offered.

You might be a Boater if.....

- You tie down the boat better than you seat belt the kids
- House guests ask why you replaced your living room sofa with a sea kayak
- A dress shirt and tie no longer bother you, because they're looser than a drysuit neck gasket
- Every once in a while you touch your paddle, just to touch it
- You've tied up your mate using either a taught-line or trucker's hitch
- You leave your glasses strap on at night
- You feel all mushy inside when your boyfriend gives you a drytop for the holidays instead of jewelry
- You build a 2 car garage addition and still can't park your car inside
- You choose a new car based on whether or not your rack system will fit
- All career, personal, and financial decisions are judged by the criteria of "How will this increase my paddling time?"

Courtesy of Missouri Whitewater Association



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Wilderness Systems		Stohlquist

News You Can Live Without:

Leslie Skubic and Tony Jefferson were married on August 22, 1998. Their first date was a kayak date at Mendon Ponds.

A special thank you to Ardie Shaffer and to other experienced paddlers and instructors (Art Miller, Dan Bogaard, Dorothy Sullivan, Laurie Clemency (I may be missing some I don't know), who held the kayak roll clinic. It really helps to have a supportive and safe learning environment. Thank you again.
Leslie Jefferson

Note: Both seakayakers and whitewater kayakers had a great time Mendon. Special thanks to Mike Shafer (slightly broken organizer), Ardie Shaffer, and the unflappable Harry Weidman (looking ever so dapper).

Congrats to Kurt - a boating bud of Mike Marini... He has an awesome new job in the flying industry (See - White Water boaters are people too...) If you get a chance, spend a day on the river with Kurt - it will be a day you won't soon forget.

Re-Congratulations to FLOW member Mike Berkow who has another new job in Denver Colorado... Lets see if you can hold this one for longer than a month...

Boaters Viewpoint

By Miss Anonymous

Okay, so call me old- fashioned. I was sitting in an eddy when I overheard a novice ask “ Do you think the RPM or the Vertigo is a better beginner boat?” Good Grief!

The new emphasis on play boating - flatspins, cartwheels, backsurfing is all well and good, it's fun and you can learn a lot. But, what's happening to learning to perfect river running skills? When I started boating, every trip was a learning experience. After eight years, every trip is still a learning experience, whether I question myself or other boaters who are better than I am. “How much angle do I need to make the ferry?” “Are my strokes clean?” “Am I in control?” “What will I do if I get stuck in that hole?” “What is my Plan B if I miss my line?” “Do I understand the consequences?” “ Is my body, especially my arms in good position at all times?”

It seems that novices are getting the notion that as long as they can handle being trashed in “friendly” holes and roll up afterwards, that's all the skill they need. Granted, it is one important skill. But how about having the skill to avoid the hole? How about catching micro eddies and trying the difficult ferries? How about using grace and technique instead of muscle.

My point is, so matter how long you've been paddling; there's always room for improvement. The key is to watch and learn from better boaters and ask the RIGHT questions.

Whitewater
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Rick Williams
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ANATOMY OF AN ACCIDENT

Ben Bramlage and Steve Kittelberger

Mike was out of his boat immediately...what was wrong, I wondered? I heard three blasts on his whistle. As I accelerated my kayak toward the hole, Mike called, "It's my shoulder again!" What follows is an account of the ensuing rescue from the depths of the Hudson Gorge in July, an analysis of what could have happened, and a discussion of what should have happened.

What Did Happen

The accident at the bottom of the Kettle Mountain Rapid in the Hudson Gorge blew out Mike's left shoulder. We were able to get him to shore with his equipment easily. By great luck, three rafts from Whitewater Challengers were nearby, and Karl Kramar, the lead guide, agreed to help. By even greater luck, one of the raft passengers was an orthopedic EMT, and he agreed to help, too. Heather Mummery and the EMT were able to pop Mike's shoulder back, after stabilizing him and verifying the extent of the injury. The rafts were not full, and Karl agreed to carry Mike and his kayak the long five miles to the take-out. We sent four kayakers ahead to arrange for medical treatment, while two stayed behind to safety boat for Mike and the rafts. At the take-out, Mike felt comfortable enough to forego local treatment and ride back to Rochester before visiting the ER.

What Could Have Happened

Without the rafts and the EMT, the rescue would have been very different. One approach would have been to strip the outfitting from Mike's kayak, slide him into this "floating litter", and tow him down the river to the take-out. Significant rapids would have required carrying or lining. A second choice would have been to carry or escort Mike the five miles overland to the nearest road, Route 28, leaving much equipment behind to deal with later. A third choice would have been to leave Mike with one or two attendants at the scene of the accident, while the rest of the party went for help. In case of a serious accident, this would have been the only choice. In a remote location such as the Hudson Gorge, the victim and attendants would very likely spend the night. Would we have been prepared? Would you have been?

What Should Have Happened

As it turned out, our party of seven kayakers were reasonably well equipped for this accident. In a census at the takeout, we found that we had a spare paddle, several throw bags, two fairly complete first aid kits, two space blankets, duct tape, some extra food and water, and waterproof matches. We should have, but did not, verify that all necessary rescue, medical and survival gear was loaded. We should have distributed this among several boats, with the lead and sweep carrying critical rescue gear. We all should have known which boat carried what equipment. More than one paddler should have known the location of trails out of the Gorge.

Conclusions

1. We were very lucky to have had raft and EMT support.
2. Never again curse at rafts, especially ones from Whitewater Challengers!
3. As individuals, we were reasonably, but not perfectly, equipped with rescue, medical and survival gear.
4. As a group, we had done a poor job of equipment planning and coordination, and knowing the location of trails out of the Gorge.
5. Remote river trips require extra medical, rescue and survival equipment not needed on rivers close to roads and civilization. Such items as a Z-drag setup, full medical kit, breakdown paddle, butane lighter, space blankets, sierra cup, extra food, water purification tablets and dry clothing may be regarded as mandatory on a remote trip.

FLOW Picnic Wrap-Up

Mike Shafer

Stoney's Pineville campground did not have a group fire area - until this summer's F.L.O.W. bash was held there. By the time our short visit was through, that and much more was accomplished. Besides a great-weathered day on the Salmon River, over 70 people came to what has now become an annual affair.

Our new "Club Cook", Tom Congdon (did you know, Tom, that this is an official title?), put on a masterful feast of Kielbasa and sauerkraut, salt potatoes, fresh corn, and his own special grill-cooked meatloaf. Lots more good lickens were tossed in and we all ate ourselves happy. Our helmets off to you Tom (and Amy and Tim)...you did an outstanding job!

F.L.O.W. T-shirts hit the street there too, showing off Rick Harrington's creative logo that now represents us. If you haven't seen one yet look around...enough are sold already that they should be visible.

And, oh yea, the fire. Amazing what one can do with 15 wooden pallets and some gasoline. We're going to go back to Stoney's again sometime....'cause they sure do have the facility for a BIG bonfire - and I think they want us back. Last thing I heard Mike Stoney say was "I promise, if you come back, this fire will double in size every year!"

Thanks again to all who helped pull this event together, and for those of you who didn't come, mark your calendars. Same time and same place next year...

Releases...

Helen Cherniack

Beaver

There will be three scheduled weekend releases on the Beaver River in September. American Whitewater has negotiated with Niagara Mohawk Power Company for water on some spectacular whitewater runs. Before I go any further, the three sections of the Beaver; the Taylorville, Eagle, and Moshier are relatively short, steep creek runs, and are for the advanced/intermediate to expert boater. The Taylorville run is only 1.5 miles with seven class III-IV drops. The Eagle section is 1 mile with a drop of 475 fpm and is for experts only. The Moshier section is kinda between the Taylorville and Eagle in terms of difficulty and has many runnable waterfalls and slides.

The release dates are Sept. 5-6, 12-13, and 19-20. I have the specific times for the releases, so just give me a call (461-3233) and I'll be happy to share.

Gauley Festival

The Gauley Festival is September 26-27, and worth the trip to West Virginia. I can only attest to the lower section (which has rapids named Pure Screaming Hell, Mash, and Heaven's Gate), and is absolutely fabulous. The upper section is a real adrenaline rush (I hear), and there are plenty of boaters in the area that can give you details (Paul, Ivan, and Steve). The Festival is a fundraiser for American Whitewater and a great place to meet some of the top boaters in the country. (They also have cool T-shirts).

Note to the flatwater paddlers of FLOW. I would gladly publish any release dates for the flatwater sections, if you let me know when they are. Of course, you are the luckiest paddlers around , you always have water...

ABANDONED on the Moose

Heather Mummery

When my dear friend Brian Joly offered to escort me down the Bottom Moose last October in exchange for a prettier tent to sleep in than his own, all I said was "You won't get me killed, right?"

"No, Heather, I won't get you killed." His eyes were still twinkling, but he seemed sincere. However, what I should have asked was something a little more specific: "You will TO THE BEST OF YOUR ABILITY attempt to ensure through WATCHFUL DILIGENCE and ATTENTION that I don't end up ALONE, ENDANGERED, or EXTINCT while I'm paddling my FIRST CLASS V RIVER, right?" See, it's the little things that get you into trouble when you're dealing with a self-described hustler like my dear friend Brian Joly. Charming, yes . . . but a hustler nonetheless.

I might have suspected the ignominy to follow as soon as I entered the water. In fact, I was probably the first person in the river on that autumn Adirondack day. Attempting to soothe my nerves by scouting the first two drops from shore, I bravely followed Brian as he leapt from boulder to slippery boulder across an inflowing creek.

"Can you make it?" he called from a rock quite some distance away.

"Uh . . . sure." SPLASH. Followed by gales of laughter not my own.

Well, following Brian across a rocky stream might not have worked, but if I had my boat, I was sure I could follow him down the river.

As we stood on shore at the first drop, Ann Watts and I contemplated our lines on the 40-ft. slide. I asked Brian where he was going to go. "See that ledge right there on the right? I'm gonna drop in there, and paddle out across that tongue, through that hole . . ." Meanwhile, Ann had made up her mind about the much simpler line on the left. I thought to myself, "Well, maybe I won't be following him the whole way after all."

It happened at the third drop, as we climbed up to scout the far side of the river. Brian was chatting away with a couple of the hundred people he probably knew on the river that day, so we took our time. I stood next to Ann and talked about life and love, and waited for Brian to get back in his boat. Well, we must have waited a bit too long, because suddenly we were watching Brian paddle up, make the move just right . . . and paddle away. It was the last we saw of him for quite some time.

Thinking maybe he would wait for us, we hurried to our boats and paddled down the sneak route in the left channel. Below the drop, still no Brian. On to Double Drop, where a gaggle of kayakers stood on shore, easily identifying where to get out and scout from, but still no Brian. Ann remembered that the dam portage was just below, so it seemed logical that he might wait for us there. Nope, no Brian.

Well, here we were, two young ladies without an escort in the middle of the Bottom Moose. We thought about waiting at the dam instead of trying to get down the rest of the river alone, but – wait a minute, we're KAYAKERS. Dammit, I was not going to miss out on the Moose just because Brian had abandoned us. The hundred other festival paddlers on the river made it hard to miss the significant drops; we just didn't have anyone to follow.

So we kept going. We scouted everything, watched other boaters, and evaluated each move. The scariest moment was when we got to the penultimate drop and realized that we had unintentionally paddled the fearsome SureForm. (Based on reputation alone, Ann and I figured we would both have to walk it.) We made it to Crystal, the last drop, just as the sun was starting to fall below the tree line. I stared at the three tiers of rock and water until I had the line etched in my mind, awed by the force of the river as it carved its way over the Adirondack granite. No one to tell me where to go, no one to lead me, there was only the river to follow. In a moment of complete clarity, I remember thinking: This is why I do this.

It was an exhausted and exhilarated Heather who confronted the dripping and humble Brian from the warmth of a friend's vehicle. "I suppose that NOW you want a ride back to the put in, eh?"

"I thought you were ahead of us! Really!"

"Brian," I started gently, "You do realize, don't you, that I WOULD NOT LEAVE YOU ON THE BOTTOM MOOSE!!!!"

"I . . . I know, but, really! I thought, I mean . . ."

"Brian."

". . . I was trying to catch up with you! I mean, they said, they have to be below us!"

"Brian."

"I was going back to find you! I thought . . ."

"Brian!"

"Yes?"

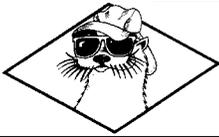
"Get in the car."

Eventually, I forgave him. The truth is, as much as I had learned in the past by following him, no one else could have taught me the things I learned that day about the river and about myself. My dear friend Brian Joly had inadvertently taught me a valuable lesson in self-reliance. And he is awfully charming.

Someday, I might even paddle with him again.

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Deadline for next newsletter

The deadline for submissions for the next newsletter is Monday, September 21, 1998. Send submissions to Helen Cherniack and trip announcements to Noreen Wiatrak (see p. 2 for addresses).

Classified Ads

WANTED:

Necky Jive call Dan Bogaard (716)442-6634.

FOR SALE:

Dagger Vortex, excellent condition. With float bags, back band, hip pads. James Lockwood. (716 786 2825).

Harry Markas is selling an XXL Rapid Style Spray Jacket for \$30 and a Perception Adjustable Spray Skirt for \$20.

I know that you really want either an Orange **Cruise Control** or a Mango (dk yellow) Perception **Super Sport** for the Low-Low Price of \$450! Dan Bogaard (716)442-6634

Older covered **C2** (fiberglass, end hole), \$75 or best offer. Ed McDonald (716)544 3467.

Yellow and White **Dagger Crossfire** (W/Bags) \$450 - also for sale paddle and sprayskirt. Margit Brazda W: (716)274-8440 H: (716)624-4888

Blue & White **Dagger Crossfire** \$450 - Purple **Perception Pirouette** \$450. Dave Meyer (716)937-9652

To submit advertisements contact Mike Marini at 461-3233. Please notify us if your ad is no longer needed.

FLOW Paddlers' Club
264 Vollmer Pkwy
Rochester, NY 14623

stamp

