

# FLOWlines

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

Volume 3 Issue 9

October 1998



## October General Meeting

The regular October FLOW meeting will be held Thursday, October 8, at 7pm in the Rochester Watersports Center in Genesee Valley Park. The evening's program will be a Boating Safety Seminar, featuring demonstrations of boat rescue techniques, discussions of boater rescue, emergency medical treatment, and wilderness survival equipment and concepts. Attend the meeting and refresh your thinking on this important subject!

## November Steering Committee

**Time:** Thursday, November 5, 7 p.m.  
**Place:** Steve Kittelberger's Place of Residence, 160 Penarrow Rd. Call Steve for directions at (716)442-6138.

October's Steering committee meeting was held a Dan Bogaard's loft, but we were too late with the newsletter for you to know....

## November General Meeting (Mark Your Calender!!)

Rich Bowers, Executive Director of American Whitewater, will present FLOW's November program. His slides showcase some of America's wildest and most beautiful rivers and streams and their problems. Rich will discuss the multitude of threats and opportunities affecting these rivers, and their recreational uses. Please join us for an evening of wild rivers!

To accommodate the large expected audience, the November 12 meeting will move to a new location, to be announced in the next newsletter.

## Fall Colors Tour of Canandaigua Lake, Saturday October 17th

Trip leader: Al Pietzold (716) 388-1279  
Level: Beginner to intermediate sea kayak, depending on conditions.  
(Canandaigua can get rough in strong north or south winds, and the water will be rather cool by that time. Wetsuits will probably be needed.)

Meet at the small boat launch site at the north end of Canandaigua Lake at 10:30 AM. That's about 45 minutes from Rochester. We'll be starting out no later than 11:00 AM, so don't be late! The launch is located at the east end of Kershaw Park, past the main beach, near the "Canandaigua Lady" tour boat dock. Note that this is not the public power boat launch, it is an area of beach set aside for hand launching small boats!

The general plan is to paddle south about half way down the lake along one shore, then cross the lake and return up the other side. Total distance will be 12-16+ miles, depending on conditions and what the group feels up to. We'll plan to be back at the launch site by 5 PM. Canandaigua Lake is 16 miles long so there is plenty of paddling available! Fall colors should be near peak, and power boat traffic will be low at that time. Bring a lunch and we'll try to find the public park on the west shore, and take a break at the midpoint.

Contact the trip leader for more information.

*Remember:  
You are young only once but you can be  
immature forever.  
- Art Miller*

## FLOW organization

### Officers

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

### Committee chairs

<b>Facilities Development Director</b>	Rick Williams 716 381-3418
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<b>Membership</b>	Art Miller 716 334-5810
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<b>Programs and Trips</b>	Noreen Wiatrak 716 288-5839
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<b>Communications</b>	Dan Bogaard 716 442-6634 Helen Cherniack 716 461-3233
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<b>Education/Instruction</b>	Mike Marini 716 461-3233 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
	..... <a href="http://www.netacc.net/~seayaker">http://www.netacc.net/~seayaker</a>
Pack, Paddle, and Ski	.....(716) 346-5597
Endless Adventures	.....(315) 536-0522
Adirondack MountainClub(ADK)	(716) 223-5023
Ardie Shaffer	.....(716) 334-4487
Oak Orchard Canoe	.....1-800-4-KAYAKS
BayCreek Paddling Center	.....(716)288-2830

## 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 River	.....716-532-5454
Salmon River	.....1-800-452-1742 #365123
Keuka Outlet	.....716-234-0090

#### 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 River	.....304-872-5809
Southern WV rivers	.....304-529-5127

## A Run on the Beaver Ben (Dakman) Bramlage

I recently had the pleasure of being at this year's first Beaver River release, along with Dorothy, Marty, Judy, Mike, Charlie, Chris and several hundred of our closest friends. The Beaver drains the Stillwater Reservoir on the southern end of the Tug Hill Plateau. It has been basically dewatered for decades, but NIMO has now scheduled 3 release weekends a year as part of their license agreement. It has releases on 3 sections, Taylorville, Moshier, and Eagle. The rapids range from class 3-4 at Taylorville to 5 at Eagle. The usual discussion of what the rapids should really be rated at was popular among the boaters there and some felt that they were overrated (keep in mind that most of those who showed up were class 5 boaters). I will use my own ratings for this description, which follows the AWA scale pretty closely. With some vertical falls, slides and a few tight, twisting slots, it's a good introduction to creek boating for those not initiated. Also, all of the drops are easily scouted and most are easily carried, and the distinct horizon lines make it easy to know when to get out and look. All of the horizon lines need to be scouted the first time down, there are a few very wrong lines.

Taylorville has 3 class 4 drops and a few easier ones in between. You can put in by otter launching off a rock into a narrow chute that ends with a few small ledges and a hole. Watch the hole, although timid looking, it will surf you. The first class 4 drop is a 4' ledge leading into a 30' slide. The water funnels to the center at the bottom of the slide into a large hole. You can try to run right of the hole, left of the hole, or punch right through it. Speed is the key to punching it, dropping in sideways or slowly can lead to extended, violent surfing sessions. The second drop starts with a run through a narrow slot, then widens and makes an S-turn. There is a sprinkling of holes and eddies throughout, which is handy since the rapid is long enough that you can't see the bottom from the top. There is a nice slot below this rapid where another part of the river comes in from the left. It's narrow and steep, but the line is simple and the hole at the bottom pretty benign. The third drop is the longest and most complex. It starts with a 15' slide on the left, a 2 stage vertical drop in the center (with pinning possibilities) and a powerful chute that slams into the wall on the right. The rapid continues over some 3-4' ledges with boofing rocks and diagonal holes, handy for surfing from one eddy to another. Then, there's an island in the center, which is handy for scouting a 10' pourover in the middle of the river. Running the pourover on the left side is the sweet line, dropping you through the hole and into 2 small eddies. Just be careful, the approach to the island can be turbulent and the hole can surf you deep (ask Mike Marini, he spent some time in it!). Some small ledges and surfing waves follow, then the takeout.

That night, we realized that we couldn't find anyone who had run Moshier before. Consensus was that it was going to be a very interesting day. We found that Moshier is a definite step up. It has 2 class 4+ drops, 1 class 5, and some smaller stuff in between. The first drop has lines on both sides. The left is a small ledge, followed by a 16' vertical waterfall. Not a lot of volume is going over it, so it's actually the easier of the 2 lines. The right side involves punching a small hole, then lining up on the tongue and riding the pillow off a big wall to avoid a sizable hole at the bottom. The move is pretty easy, more a gut check than anything else. The second drop is a little harder. First, there is a 12' river wide vertical. That's the lead in for a 90 degree right turn where the river rushes along a wall through a few holes, then you have to turn left 90 degrees and punch a river wide hole that has some nasty looking rocks sticking up on the edges.

The river then continues over some small ledges and quiet pools for a mile or so before reaching Moshier Falls. The river narrows, the current picks up and although the horizon line isn't as abrupt as the earlier drops, the fact that you can see only tree TOPS downstream is a good indication that it's time to get out and look. *(Cont. on pg. 4)*

The Falls has 4 drops, each separated by a short distance, with no real pools in between. The first involves a twisting chute with 2 holes at the bottom. The second is a diagonal slide into a huge hole that seems to be best run right down the middle. The third involves riding across a powerful pillow against a wall on the left, with a sneak on the right. The fourth is run river right, to cut the edge of a hole with water folding in from both sides. Don't let looks be deceiving, this hole is deep and powerful. It makes full volume creek boats do major mystery moves! And yes, I got thumped in it!

Eagle is still another step up. I'm giving you a bystander's view, Marty could give you an in-boat play by play. It's very short, only 4 drops really. Each is separated by a short stretch, with no real pools. The first drop is a tight chute with the water slamming up against a rough rock wall. The second has a small hole to be punched, then line up and hang on for a rocket ride down an extremely tight 25' chute. The third has a convoluted drop that slams into a slightly undercut wall at the bottom, and the fourth is a 10' vertical with a shallow, bumpy lead in that makes it hard to maintain speed. The whole run makes for great video and still photo footage.

The shuttles for all 3 runs are short and 2 or more runs are possible on any of them during the release. There are several places to camp nearby, but no real services, so bring plenty of beer and ice. The highlight of my weekend was the second run on Moshier. Instead of the dozens of boaters scouting and running at each drop, there were only 5 of us on the whole river. That's when you can look past the thrill of the rapids and realize that the Beaver is an incredibly beautiful place as well. For advanced intermediates or experts, the Beaver is one of the finest runs in the northeast. Kudos to the AWA for negotiating the rebirth of these runs. If you don't think you're up to it yet, keep practicing because the rewards are plentiful.

## Help Wanted!! for "Romancing the River"

October 11, 1-5 PM. Canoists are needed to guide and offer usual beginner pointers as needed for flatwater trip with novices. Call Dorothy Sullivan (716)359-4710 for more information.

## Internet abUsers:

Check out Joe Ferrerio's FLOW WebPage. It has links to gauges, a message board, and (best of all) a picture posting site (with one of me...). Log on at:  
<http://www.geocities.com/Yosemite/Rapids/9934/flow.htm>

A new, great place to GLEEM much needed information.

Whitewater  
Kayak  
Instruction

Rob Blake  
716-734-3000

Rick Williams  
716-381-3418

ACA Certified  
Instructors  
All Levels

Private and  
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EXPERIENCE

GRAVITY RESEARCH INSTRUCTION PERFORMANCE

## Instruction

Ardie Shaffer, Certified Instructor

Introduction to Whitewater Kayaking: Basic course for the beginning kayaker. Course includes boat and accessory selection and fitting, turning and power strokes, leaning techniques and braces, self-rescue and the Eskimo roll. Boat and accessory equipment provided.

Wednesdays, 8-10 p.m. Pittsford Sutherland High School pool 9/16-10/7 (4 weeks)  
\$75 per person

Kayak Pool Practice: Tackle the river with confidence after learning the roll or mastering the duffek in warm, friendly, clear water. If you already have a roll, learn an offside or hands roll. Whatever your goals, this pool practice is your ticket! Enrollment is limited to 10 students, so you'll have plenty of room and personal attention. Kayak and accessory equipment are not included in course fee but are available for rental from instructor if needed. Call 334-4487.

Wednesdays, 8-10 p.m. Pittsford Sutherland High School Pool 10/14-11/4

Coming Soon at MCC: Introduction to Kayaking and Pool Slalom courses are being planned for Friday evenings (Slalom) and Saturday afternoons (Intro course) this fall at MCC. Intro courses will begin Saturday, 10/17, 2-5 p.m. at a cost of \$150 per person, including boat and accessory equipment. These courses will include a river trip to be offered in the spring. Details and dates of the pool slalom are still being worked out, but will be available soon. Call Art Miller (334-5810) if you need information before dates and times are published.

*If anyone is interested in becoming an instructor or just want to know what it takes to become one- please call Ardie at 334-4487. Due the number of new programs in the area, more instructors will be needed. Again, if you're interested or just want info, call 334-4487. Thanks*

## Special Sea Kayak Rescue & Rolling Pool Course.

Harry Weidman of Seayaker Outfitters is offering a special discounted sea kayak pool course to members of FLOW and Southshore Ontario Sea Kayakers. Several boat owners have been asking for a warm pool environment to learn and develop their own self-survival rescue skills. Well here it is. An 8-hour program covered in 4 weeks on Wednesdays at 7 PM beginning Oct. 28th at the Palmyra-Macedon HS pool. The group fee for 6 students is \$51 each. That's \$6.32 per hr. for an ACA certified instructor to put on the class. The deal is you bring your own boat & equipment which, after all, is the best way to learn. Those of you in the S.O.S.K. trailer fund might make arraignments for me to bring your boat to class for you. You'll spend some classroom time watching instructional videos and a lot of in-water time with your boat practicing sea kayak self/group rescues and rolling techniques. Small classes, warm waters, great life-saving fun. Contact Harry at [HYPERLINK mailto:seayaker@netacc.net](mailto:seayaker@netacc.net) seayaker@netacc.net or 315-524-9295 for further info.

## Swiftwater Rescue Clinic

There will be swiftwater training clinics offered at Letchworth State Park this October. SRT1 training will be held October 16-18 for \$270. SRT2 will be held October 19-20 for \$200. Contact Bill Matney @ 800-713-7194 for further information.

## News you can Live Without

Looks like you will live without it this month...

## Classified Ads

### 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** w/bags or a Mango (dk yellow) Perception **Super Sport** for the Low-Low Price of \$350! Dan Bogaard (716)442-6634

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

Rick Harrington is selling a Purple & White **Cruise Control** for \$325. (716)346-0772

Art Miller wants to get rid of a yellow **Chinook** Sea Kayak for \$450. (716)334-5810

Harry Marinakis is selling a '96 **Perception Pirouette**, it's purple and has bow/stern bags for \$450. (716)244-9807

Paul Houndt is selling is New Wave **Big Foot**. White with graphics, 170lbs, 1/2inch cut, Kevlar tips. Included are bags, paddle and skirt. \$525. (716)342-3055

Rick Williams is selling a Dagger **Vertigo** \$450 and a Dagger **Outburst** \$450. (716)381-3418

### Deadline for next newsletter

The deadline for submissions for the next newsletter is Tuesday, October 20, 1998. Send submissions to Helen Cherniack and trip announcements to Noreen Wiatrak (see p. 2 for addresses).

**FLOW Paddlers' Club**  
264 Vollmer Pkwy  
Rochester, NY 14623

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