

FLOWlines

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

Volume 3 Issue 10

November 1998



November Steering Committee

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

December Steering Committee

Time: Thursday, December 3, 7p.m.
Place: Mike Marini's Estate 480 Benton
St. Call Mike for directions at
(716) 461-3233

HEY (It's a Sale...)

Endless Adventures is having a year end clearance sale. We've ordered new equipment and have to clear out the old. Call us for great deals on boats (*Animas, Blast, Crossfire, Pirouette, Vortex*) sprayskirts (*Perception & Seal*), paddles, and other cool paddle accessories. This stuff is typically two years old or less and been well cared for (paddled only by grandmothers on their way to church). Custom fitting on every boat sold! Free water bottles with every purchase.

Register to win the Mount Morris Dam! Call Gary at 315-536-0522 for details.

Don't wait! Buy now! Blah, Blah, Blah, Blah (isn't consumerism great!)

November General Meeting (It's a good one!!!)

On November 12, Rich Bowers, Executive Director of American Whitewater will present a slide show of some of America's wildest and most beautiful rivers and streams. He'll be discussing the multitude of threats and opportunities affecting these rivers and the sport of whitewater boating.

American Whitewater is a national organization with a membership of over 7,500 individual whitewater boating enthusiasts and more than 150 local canoe club affiliates, representing approximately 45,000 whitewater paddlers. The AWA was organized in 1957 to protect and enhance the recreational enjoyment of whitewater sports in America. The AWA is dedicated to safety, education, and the preservation and conservation of America's free flowing rivers.

Please join us at Brighton Town Hall at 7p.m. on the 12th for this very exciting program.

NOTE: We said Brighton Town Hall
NOT the Watersports Center!

WW Slalom Class

There is and will be Friday night Racing skills clinics held weekly at MCC from 7 to 9p.m. The cost is \$15. Contact Art 'bionic' Miller @ (716) 334-5810.

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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Education/Instruction	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
 http://www.netacc.net/~seayaker
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 Canoe1-800-4-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
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

Great Sea Kayaking Year

FLOW sea kayakers couldn't get conditions and activities much better than this year. It's been a full slate of varied weekly paddling action both locally and further afield. The FLOW hotline was well used for Wednesday eve paddles that started in May still continue, though now mostly the die-hards hang on. An Erie Canal overnigher, 2 weekend campouts, (Fairhaven, & Canada), visits to Georgian Bay, Lake Ontario southshore paddle trips covering areas from Hamlin Beach to Oswego, picnic at Chimney Bluffs, moonlight adventures, clinics, river, bay, canal and Finger Lakes jaunts and lake surfing action were just some of the zany offerings for the sea kayak action group. A handsome looking hand-built sea kayak appeared within the ranks and several upgraded the fleet towards better touring models. The Southshore Ontario Seakayakers put together a kayak trailer with a lot of effort and teamwork and continues to spearhead contacts with other sea kayakers and northeast paddling clubs. I've seen a greater interest in sea kayak touring instructional courses that's helped raise public paddling proficiency and pleasure.

Yes, it has been a great year for local paddlers and, with the beauty of Fall approaching, it ain't over 'till the ice sets in.

-Harry Weidman-

News You Can Live Without:

There is a new ACA certified flatwater instructor in the area. Ian Komorowski was certified just a few weeks ago (so, how was Stowe?) and can be found paddling his brains out at BayCreek Paddling Center.

Kathy Donohoe married Chris Jenson this month. I have never seen Chris look and smell so nice. And I would like to congratulate the table of paddlers who managed to act all grown up (except for the cigarette magic trick, which I think is on video!!!)

When you see Ann Hood "blasting" down a river, you better get out of her way. I hear she has been seen rolling and surfing up a storm. Way to go Ann.

Conservation It's for everyone!!!

Lately, there has been discussion on what FLOW is doing on the part on conservation. Flatwater and whitewater boaters all want clean, accessible rivers and streams to paddle. And its not just who boats either, as most of us hike, backpack, or camp also. What are you willing to do to be involved? Write letters to the governor, congressperson, or conservation chairperson? Perhaps Adopt A Stream (thanks Jerry) and become the spokesperson for a piece of land that you enjoy and want others to. Conservation doesn't just happen, but it is the joint effort of many individuals and organizations. In the next few months, please think about what you would like to do and let us know.

The editors

*If we had a quote,
we would have put it here...*

Dan & Helen..



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G.R.I.P. Tip of the month

Rick Williams

Well it is now entering the fall season of paddling. With luck you got out quite a bit and feel very comfortable in our boat. This is a great time to fine-tune your fit. Your body balance is right-on and your leans are buffed. How is your boat balance? One little trick that can work wonders, and help boat performance, is you and your boat balanced together. This is rarely done but makes a huge difference. Your bodyweight should be balanced with respect to the boat design to optimize performance. Your body position in the boat will change the characteristics, for better or worse, depending on what you want to achieve. For example, I'm 5'10" and 180 lbs. and my RPM has been a staple for the last two years. This boat was right out of the box, just jump in and go. I often had to slightly lean back on front surfs, back surfs the tail plunged, side-surfs were not great. Every now and then the tail would get sucked down or tripped along an eddy. I also noticed these characteristics with others paddling the same boat. Hey that's an RPM. I started experimenting by moving the seat towards the bow. This brought the tail higher off the water and moved my center of gravity towards the bow. The boat now surfs better, and planes like a mother. Side surfs are more balanced and in control. I thought a new playboat had been morphed. The stern eddy tripping had basically disappeared. Others who tried the boat also reacted the same way to the changes. It is harder to stern squirt but that is the price for better all around performance.

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The other benefit that seems to go along with this repositioning is a better fit. Knees now actually fit with the thigh braces. No more knees hanging on the cockpit rim or thigh brace only to slip off at the crucial moment. It can improve your thigh and knee contact for a snug contoured fit. We all know the most important part of paddling is what's going on below the deck. And a good fit, like a shoe, is paramount. CAUTION! If you move the seat forward make sure you can still wet exit with comfort and confidence. CAUTION! Do not drill holes in the hull or deck. There are ways to avoid this and always experiment before the power tools come out.

The point is to play around with your position/balance in your boat. If you want to stern squirt like crazy move your seat back to help initiate the move. That tail catching, move the seat forward. Experiment and see where you like it and what you want from your boat. Once you found the sweet-spot anchor it down. I have moved my seats forward and feel much more balanced. Go to a knowledgeable outfitter for advice. I mean an outfitter who has experimented and paddles himself, not the guy who'll sell you anything. Some boat seats only move so far, some are made to adjust easily. Find out what works for you. Fit your boat to improve your posture with hip pads, back support and other means. Good posture is also paramount for all aspects of paddling. Get a GRIP on yourself and give us a call if you need help or advice.

Adirondack Canoe Classic Bob (Doc) Pierson

The Adirondack Canoe Classic is a three day, 90 mile canoe paddle journey through the heart (of the Adirondack Mountain wilderness, from Old Forge to Saranac Lake, New York. This event is a creation of members of the Saranac Lake Chamber of Commerce, initiated for the first time in 1983. It has become an annual event occurring the first weekend after Labor Day and follows the same route traveled by the the region's early settler and guides in the chain of lakes, rivers and portages known as the original Highway of the Adirondaks. AS the Chamber of Commerce states, the 90-miler offers a singular opportunity for the serious canoe racers to test their skill and endurance on a challenging course, and for recreational paddlers to experience adventure and friendly competition amid some of the most beautiful scenery in the world!! I msut be a so-called hard core paddler as well, as some of the the other entrants as I hoped for a victory and this was my 12th attempt. For the most part people in the race just love to paddle. They also want to know if they have the stamina to complete the course which requires them to paddle 35, 30, and 25 mile stretches of water on three consecutuve days of the event.

The Classic is limited to 250 boats of all makes and sizes; race canoes, guide boats, kayaks, war-canoes, recreational canoes, home-builts, C-1 and C-2's and you name it. The start of the Canoe Classic takes place at Old Forge. This year the first wave of approximately 50 classes had to wait for a heavy fog to lift before the starting gun went off. They then followed a DEC lead boat out through the lifting fog to be followed by nine more waves of boats. Staggered all through the course are motorized safety boats in case of any problems.

Day 1 starts at Old Forge and paddlers canoe through The Fulton Chain of Lakes (named after a talented inventor), then on to Racquet Lake and Big Forked Lake. A distance of 35 miles with four carries (3.5 miles total). Day 2 starts at Adirondak Marina on Long Lake ro the Raquette River, carry around Raquett Falls (1.25 miles total), and then continue on the Raquette to a finish at the NYS Boat Launch on Route 3. A distance of 30 miles with one carry. Day 3 starts at Fish Creek Campground, paddle down Upper Saranc Lake, continue through a carry around Upper State Locks, and down Lower Saranc Lake to the Saranac River. Carry around Lower State Locks, cross-Oseetah Lake and Lake Flower to finish at Riverfront Park in the village of Saranac Lake. A distance of 25 miles with three carries (0.5 miles total). Awaiting you at the takeout are photos of your race, a post-race meal, great entertainment, reward ceremonies, and somewhere a hot shower (I hope)!!!

In my case, I finished 2nd in my class (C-1, veterans rec.). Beat by my tandem partner who was ticked because I always beat him in the tandem races by 18 ft. Sometimes it pays to paddle bow!!

The Adirondak Classic is a wonderful event and I strongly recommend it to any paddler.

See you on the water!

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I know that you really want 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

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

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

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 Wednesday, November 18, 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

stamp

