

FLOWlines

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



Volume 3 Issue 11

December 1998

1998 Winter Party

Thursday, January 7th at McGinnity's

Our Regular meeting format will be abandoned in January in favor of our third annual FLOW winter party. On Thursday, January 7th, come to McGinnisty's at 534 West Ridge Road. We are returning to their large party room, where FLOW will provide plenty of food and beverage; YOU provide the fun! Come with your best paddling stories from 1998. Party starts at 6:30 p.m. Non-members are welcome... so bring friends if you got 'em. Call Mike Shafer (227-9291) for details

PICTURES NEEDED

I am seeking pictures to be shown at the Winter Party of your past paddling adventures. River trips, sea kayak trips, camp photos, and good old carnage shots are needed. Photographs, slides, or negatives are fine...to be converted to disc format and shown throughout the evening at the January party. If you want to be famous in front of your friends, call Mike Shafer (227-9291) or Jim Hopkins (621-2721) for where to bring the pictures.

Solstice Party

Come celebrate the Solstice on December 19th at 7:00p.m. at Linda and Steve Benedict's country estate. No matter what the weather, bring chairs, food, drink, and warm fuzzy clothes and sit around a roaring bonfire. The Benedict address is 6701 Miller Road in Newark. Memorable moments have happened at this gathering (it had something to do with a chicken!!).

Conservation Members Wanted For FLOW Conservation Roundtable

With Rich Bower's presentation on how conservation helps everyone, please lend support. Come to a conservation meeting and see the difference you can make. Potential discussion topics will include: how to effect legislation for waterways conservation, access for racing, sea and whitewater kayaking, and recreational dam releases. It's your sport! Come help and protect it and make it better.

Thursday, January 21. 6:00 PM
for dinner at the Distillery on Mt. Hope Ave. Discussion will start at 7:00 PM

December Steering Committee

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

\$\$\$\$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!!!

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

Education/Instruction

Helen Cherniack
716 461-3233
Mike Marini
716 461-3233
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 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 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
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West Virginia rivers:

Gauley River	304-872-5809
Southern WV rivers	304-529-5127

GRIP TIP

November/December '98

Good Condition?

Paddle sports are definitely demanding on the body and mind. Whether you paddle flat-water, moving-water or whitewater, for recreation or competition it is imperative that you maintain a certain level of physical fitness. As in all sports, there is a correlation between personal fitness and your performance. I have found that being in good condition allows me to get more enjoyment out of paddling and other activities.

Good personal fitness and proper stretching before you paddle can actually lower your chances of having common paddling injuries...thus increasing your paddling time or enjoyment. The four main components of fitness are Strength, Endurance, Flexibility and Cardiovascular fitness.

Strength refers to the amount of muscle you have, which equates to power and speed in executing paddle strokes. Power is helpful when running more difficult or "pushy" whitewater. Speed is essential in making quick turns.

Endurance is the ability to prevent fatigue from repetitive motion. Remember you should always focus on using larger muscle groups like the torso to increase your endurance on long-distance paddles or if you are just out paddling at your favorite hole or wave.

Flexibility refers to your stretching ability of muscles or the range of motion that you are able to place on your muscles without over stressing them. Stretching prior to any activity will loosen or warm-up the muscles before you place stress on them. Stretching daily can increase your overall range of motion and help prevent muscle cramping or soreness from paddling.

The forth component is your cardiovascular fitness, this relates to the effectiveness of the heart, lungs and circulatory system pumping oxygenated blood to your body tissues. If you

increase your cardiovascular fitness, then your body and muscles can work more efficiently.

Keep in mind that depending upon your paddling style, how often and where you are paddling your physical fitness is crucial and can increase your personal enjoyment of the sport. Try increasing one or all of these components and see if your satisfaction level for paddling intensifies.

Have Fun!

Rob (Facial Hair) Blake



*Chef Jerry...
Once again busy with the Propane Torch...
(Cooking Tool of Choice)*

Charleston Lake Sea Kayak Trip Report

Oct 2-4, 1998

Frank Cabron, Bill Lawton, Bob Melnyk, Marcella & Greg Mosher, Mike Vance, & myself, piled into two vehicles headed towards the Thousand Islands area of Canada. My boat trailer, with seven sea kayaks stacked on it, is what kept the drivers and travelling expense to a minimum. A few light drizzles and bouts of bright sunshine kept us guessing as to how the weekend would unfold whether wise. By late afternoon we had crossed the border, exchanged currencies at a great rate, and arrived at the near empty Provincial Park. Ah, the joys of fall camping; no crowds, bugs, boats or traffic to contend with. Packing went quickly before hitting the waters out of Boathouse Cove before dusk. The lake was calm and serene as we quietly paddled towards the sunset. Some discussion arose about what a duck looks like while passing nearby one of the hundred plus islands found here. The 65-degree water was clear affording 20 foot visibility of the rocky bottom. In other spots, cliffs plundered into a 300 foot abyss. Our destination, the interior campsites of Captains Gap, was 40 minutes away. Here we found two wooded areas with six tent platforms, complete with rustic picnic tables, fire pits, and a privy. A distant lone fisherman boating home over the placid waters was all that broke the silence while we ate supper.

Saturday was mild, in the 60s, and proved to be a beautiful day to explore the area. Mike and Greg awoke to figure out the connection between an early morning commotion and scattered pork chop scraps. Bill & Greg started with a short hike towards Covey's Gap. There are miles of wooded park trails to occupy a restless soul here. They wind over rocky woodlands, past scenic outlooks, and past picnic areas just begging for attention.

Our nimble fleet spent several hours just poking around the bays and islands surrounding us. We checked

out Tallow Rock Bay, the mysterious hose at Crack in the Rock, Donaldson Bay and untold islands. Lunch near Moonfish Cove found us basking in the sun on the warm rocks before exploring a canoe carry trail to an unknown lake. Creative bushwacking rewarded some of us from a mountain top perch with panoramic views of islands, bays, farms, churches, and sea kayak paddlers around us. It was difficult to count all of the loons on the water that we passed by while paddling back to camp, checking out real estate as we went along. Marcella and I stopped paddling and watched spellbound as a deer swim from, believe it or not, Buck Island, towards our campsite. Late afternoon found us on a two-hour hike from camp seeking out beaver ponds. The campfire was the perfect touch to a perfect day.

Sunday found it easy to pack up dry tents. While heading back, a tour of Slim Bay revealed a beaver dam holding back the waters of Mud Bay. A few more neat islands and bays latter returned us the boat ramp area. Hot showers at the campground felt great before driving south to a fulfilling lunch spot.

Charleston Lake was another great FLOW Paddlers' sea kayaking weekend. With so much to see and do here, we concluded that- we will be back, for more adventures next year. Stay tuned.

- Harry Weidman -



Ben 'Pretty-Boy' Bramlage running Agers Falls - Bottom Moose - October '98

We·no·nah

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You Know it's a Bad Day...

Have you ever had one of those days when you know you shouldn't get out of bed? Well, Saturday started out that way. A long week capped with a late Friday night and a raging hangover when the alarm went off at 6:00 am is a pretty tough way to start a day of paddling. After the boat was loaded, I was on my way to meet Marty, Perry, and Mark. That was when I found out that Marty didn't know exactly where we were going. I knew I should have stayed in bed. After an educated guess, we were off to the other side of Utica. Three hours and fifteen minutes later (with 2 wrong turns), we found the put in. It looked like a nice run with the dam releasing and the stream looked promising, but just a little shallow. So, we went off in search of the takeout hoping the water would come up in the meantime. Two hours later, we found the take out but no water, so after some discussion we decided to go home. Three hours and fifteen minutes later we were back in Rochester and no boating. Next time, I'll think twice when the day starts out poorly, but at least we know where Sprite Creek is!

-Mike Marini

NEED A TAX DEDUCTION?

Still haven't sold that boat/paddle /sprayskirt/PFD? Why not donate it! The Genesee Watersports Center will gladly accept contributions of boats and paddling gear. We're also interested in fitness equipment, especially rowing ergometers. So free up some space in your garage /basement and get a tax write-off too. Call Rick Williams, 381-3418 or Ardie Shaffer, 334-4487 to arrange for pick-up or delivery. Receipts will be provided. The Genesee Watersports Center is a nonprofit organization.

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Sea Kayak Pool Course Feedback

The FLOW Sea kayak Rescue and Rolling course held at the Pal-Mac pool ended with positive feedback. Ten members used their own boats to participate in the 4-week intermediate class. Most are involved with the South Shore Ontario Sea Kayaker's trailer fund and didn't even have to load up their boats each week. They just showed up with a paddle and towel. Arrangements were made to use the club trailer to store and transport their boat to/from class each week. Sure was nice not having to trudge through ice, snow and mud for pool sessions. Also, the small class size left plenty of pool space available while the less rigid format allowed for more individual experimentation.

The main objectives were to have each paddler figure out the best ways they could do self and group rescues with their own boat using the comfort of a warm pool and help of a certified ACA Coastal Kayak instructor. Several deep-water re-entries techniques were practiced to determine what could be used for a plan 'A' or plan 'B' solution based on their physical abilities and skill level. What types of safety devices or boat features made the most sense for various paddling conditions? Of course, on their class wish list, everyone indicated they wanted to roll; some found it easier than others did. In the process of doing so, each developed higher bracing skills to help prevent them from capsizing in the first place. Alternatives to the wet exit were also explored along with "what ifs". What happens when a hatch cover comes off and floods? How would you empty it when only one end is above water? Is it easier or harder to roll with 50 pounds of gear? Is a re-entry and roll for me, or fun?

The last session ended with a new sea kayak roll for most- the Avataq Roll. The technique didn't require any muscle power, balance or even a paddle to get back the boat upright and came as a

great surprise as they tried it. They even discovered how to rest with the boat upside down. Yep, we had some fun and learned a few things. That's what it's all about. If there's enough interest, we will consider offering it again next year.

- Harry Weidman -



Insurance Organizational Changes Considered

Changes to the organizational structure of the club, and to our insurance coverage were discussed at the Steering Committee meeting on November 5. The Committee made a decision to study moving toward a tiered organizational structure which will allow incorporation of subgroups directed to youth development. The concept is to structure subgroups which can affiliate with national or regional organizations such as ACA, USCKT, NYCRA, etc., without requiring all FLOW members to join. The organization of FLOW's insurance coverage may also need changes to parallel these structural changes. Many details remain to be worked out at future meetings.

Interested members are invited to attend Steering Committee meetings, or to share opinions with club officers.

Just A Reminder...Membership Has It's Rewards!

10% Off Anytime - ADK & Flow
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Kayak Slalom Racing News Front

Art (Get out of my way) Miller

With the advent of my Racing Class at Monroe Community College, I have received numerous questions concerning this relatively unknown discipline in the field of paddling in the Rochester area. The following is a summary of some of the questions. Next month, I will cover racing rules and the various racing classes in greater detail.

Q: Do I have to have a race boat to enter a race?

A: If you own a boat of any design, then you already own a race boat. Kayak races are divided into classes by boat type, gender, and age. There are competition classes for the serious competitor and recreational classes for the novice or weekend warrior who just want to try something different.

Q: Why would I want to practice running gates in a pool or on a river?

A: The primary objective for running gates is really to improve your boat control. To successfully move through a sequence of gates, you must be in command of a wide variety of paddle strokes. Forward and Reverse sweeps, Forward and Reverse strokes, Dufek, and the Dufek draw are some of the strokes needed to allow you to put your boat precisely where you decide that you want the boat to go.

Q: What is the "USCKT" National Pool Slalom Race?

A: This race was designed by Wayne Dickert, who is the director of Slalom racing for the United States Canoe and Kayak Team. Wayne has laid out a 21-gate course for swimming pools that is being used over the entire United States. Race results are sent to the national office and each person who participates receives notification of their ranking nation-wide.

Q: Will there be a Pool Slalom Race in Rochester?

A: Yes. I am currently finalizing the

details for two or three events at MCC during February of 1999.

Q: How do I sign up for the Pool Racing skill class at MCC?

A: To pre-register for the class, please call Art Miller (716-334-5810) at least 3-4 days in advance. The classes have been at full capacity each week, so to assure a spot, it's best to call ahead.

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P.S. We're open through the end of December



*And then my Itty-Bitty Boat went into the
Giant Coliseum...
and then I wet my pants...*

Classified Ads

FOR SALE:

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

Photo Credits

Page 3: Unknown of Jerry Hargrave Ottawa '98

Page 4: M. Shafer of Ben Bramlage Moose '98

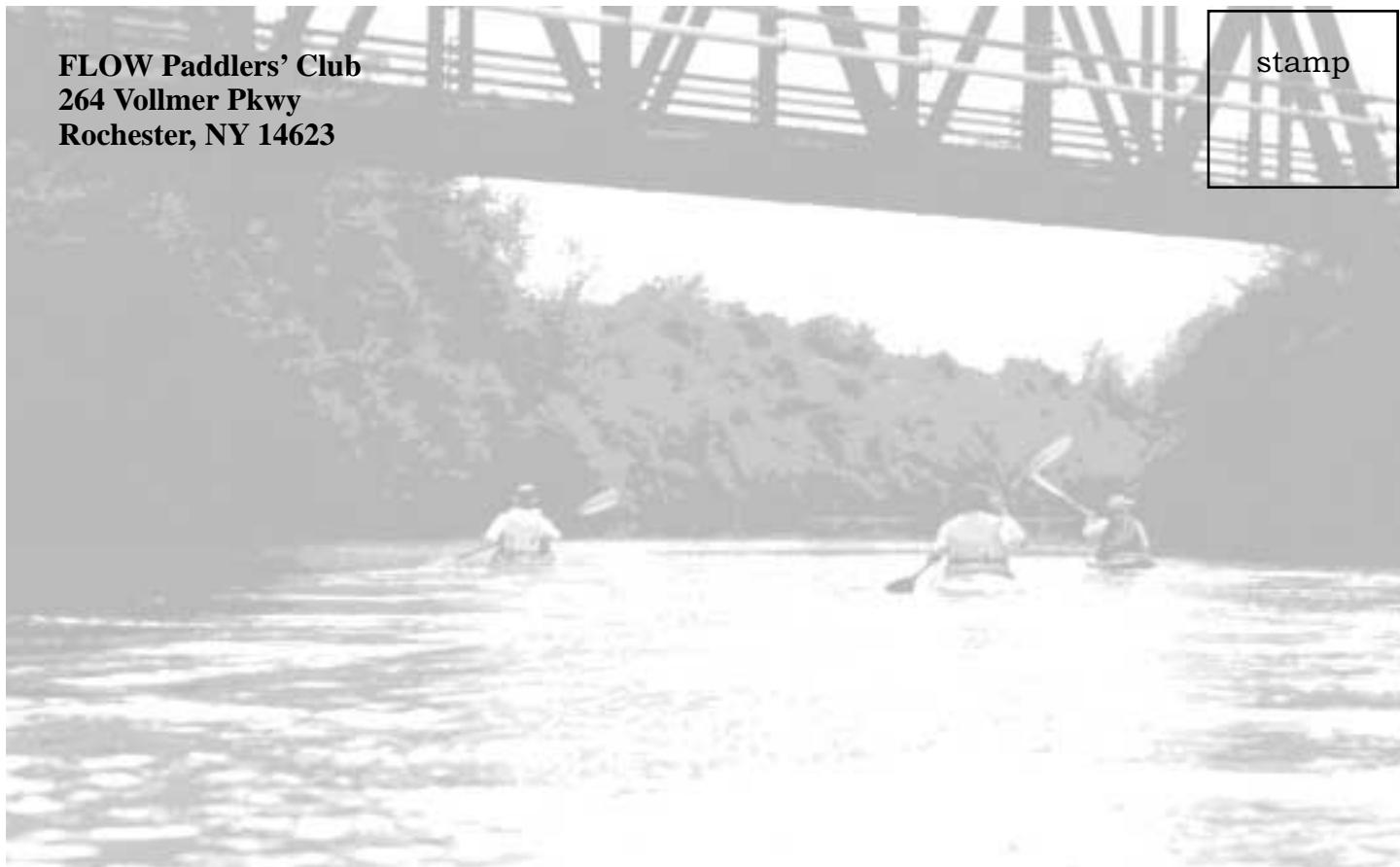
Page 5: D. Sullivan of Tom Congdon Beaver '98

Page 7: J. Hargrave of Dan Bogaard Ottawa '98

If you have pictures that you would like to see in the newsletter, (i.e. -Making fun of your friends...) you can send them to either Dan Bogaard or Helen Cherniack (see p. 2 for addresses).

Deadline for next newsletter

The deadline for submissions for the next newsletter is Friday, December 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