

FLOWlines

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

Volume 4 Issue 2

February 1999



First Annual FLOW Swap Meet

When: Saturday March 13, 1999
10:00AM till 5:00PM

Where: Mendon Ponds Park - East
Lodge

Go on out to the garage. Look down in the basement. Maybe you've stashed something in the old chicken coop at your mother's place. What are you looking for? BOATS - all kinds - barely used or definitely salvageable; and all kinds of other boating equipment - paddles, spray skirts, vests, racks - everything you are willing to part with! Bring it all to sell at the swap meet at Mendon Ponds East Lodge, 10am to 5pm, on Saturday, March 13, 1999. You can sell your equipment yourself, or have FLOW sell it on consignment for you. (If you choose the consignment method, a percentage of the selling price will be donated to FLOW.)

Everyone is welcome; sellers, buyers, browsers, FLOW members, non members. There will be a fireplace, food, drinks, good company, tall tales, and lots of used equipment to buy! Come and start the season off right!

A map and more information will appear in the next FLOWlines. If you have any questions, please call Cathy Rague or Ed Boggs at 315-926-7890 or E-mail them at cathy.ed@juno.com.

February Steering Committee Meeting

Time: February 4th, 7 p.m.

Place: Steve Kittleberger's Pad - 160 Penarrow Rd. Call Steve for directions at (716)442-6138.

February General Meeting...

The regular February meeting of the FLOW Paddlers' Club will be held Thursday, February 11 at 7 pm in the Community Meeting Room on the lower level of Brighton Town Hall, 2300 Elmwood Avenue. A short business meeting to discuss the organization structure of the club will precede the program which will be a canoe and kayak symposium presented by Bay Creek. BayCreek staff will present new products and programs they will be offering this year.

Pool Practices!!

Doc Pierson has secured the Wheatland-Chili High School pool for FLOW pool practice for a second year. The series of eight sessions is scheduled on Tuesday evenings this year beginning at 7pm on February 23. and running through April 13. Clean boats are essential to avoiding surcharges from the school maintenance staff. The FLOW Steering Committee will review the fees charged last year and adjust these if necessary.

1999 represents the first year that FLOW will host two separate pool practices. The first, announced last month, will commence on Wednesday, February 10 at the Barker Road School in Pittsford. Non-members are welcome to either session, at a higher fee.

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 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
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
Southern WV rivers304-529-5127

My First Expedition Sea Kayak A Kruger Canoe DreamCatcher

Harry Weidman

Well, I did it again-- went off the deep end and didn't look back or even up! Last December 1998, I took a trip to see an old friend in Michigan, Verlen Kruger, about a boat. Verlen hand builds custom expedition canoes and sea kayaks at his home/shop known as Kruger Canoes (2906 Meister Lane, Lansing, MI 48906 (517) 323-2139).

I first met Verlen in 1993 at Chicago when we both checked in as participants for the Findlandia Clean Water Challenge race to New York City. I knew little of him then other than what the brass of the ACA staff told me: "he's paddled a whole lot of miles." I recall being somewhat overwhelmed being in the presence of a paddling icon and possibly able to talk with him. It was much the same feeling when I first met US Olympic kayak champions Greg Barton, Joe Jacobi and other world-class paddling crusaders. I was at the bottom of the paddle chain and looked up to these greats with wide-opened eyes. As I reflect back, the lot of them, for the most part, are just real people, easy to talk to, and willing to lend a hand with their inspirational drive to better the sport of paddling. Verlen is such a man.

The Feb 1998 issue of PADDLER magazine did a fine story on him, "Verlen Kruger: 75 Years and Counting" by telling parts of his 88,000+ miles of paddling. He paddled down the Mississippi in 23 days, breaking the current record almost in half (he also paddled up the same river twice). In the summer of 1971, he did a record-breaking 7,000-mile journey in his homemade 110-lb. canoe across the North American Continent following routes of early explorers and fur trade voyagers. Read "One Incredible Journey" co-authored by Clayton Klein & Verlen Kruger, Wilderness Adventure Books. The ULTIMATE CANOE CHALLENGE from 1980 to 1983 covered 28,000 macho miles of North America covering the great rivers, the Great Lakes, canals, the US Atlantic, Gulf of Mexico and Pacific coastlines and UP the Grand Canyon to which he comments, "I don't want to do that again." The 3 year 21,246 mile TWO CONTINENT CANOE EXPEDITION was a "journey of discovery" starting from the Arctic Ocean and finishing by rounding Cape Horn at the tip of Argentina in 1989. (Dec. 1989 issue of CANOE magazine "From the Arctic to Cape Horn".) That trip was done in a SeaWind Canoe he built-- the grandfather of the DreamCatcher and where my story begins.

I test paddled his DreamCatcher up the Michigan Grand River that flows past his home and found it different from any other sea kayak I've been in. This is the ultimate solo tripping canoe/kayak; a custom-made expedition boat made for demanding conditions over long durations. I had room, comfort, stability, speed, handling, and that was just for starters. This model can be used equally well as a canoe or a kayak. The boat is accommodating, forgiving and takes care of you, unlike many of today's sea kayaks where you, the paddler, have to adapt to the boat and put up with it.

The hull shape evolved through 40 prototypes to deliver its high performance characteristics. I can attest to that, after racing against him in the Finlandia 1000-mile race. Its round, shallow arch hull leaves almost nothing for waves to grab, making it especially suitable for the Great Lakes, oceans or moving rivers. The advanced-design deck provided a sea worthy, stable and very dry ride which is the way Verlen likes to travel-- "in comfort and efficiently."

I watched and helped him build my indestructible DreamCatcher from scratch to see why it's the worlds toughest canoe. A proprietary Kevlar lay-up, up to 14 layers at wear points, and high-impact vinyl-ester resin produced a boat guaranteed to go 28,000 miles without breaking. Verlen showed where, why, and how weak points were re-enforced giving me a strong appreciation of his vast proven abilities as a craftsman,

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designer, and most important- mega-mile tester by the seat of his pants. So far, there are only 12 DreamCatchers made in the world. Krugers' boats are built for a lifetime and now I understand why.

The DreamCatcher comes with more standard features than the average paddler would ever use. Some include: a flip-up rudder and adjustable foot control system, an adjustable height tractor-type seat complete with a foam fitted padded yoke, roomy enough for some to sleep inside the hull, 500 lb. burden, sealed rear bulkhead, a lockable 12x18 aluminum flat rear hatch allowing easy opening seat access- you can even cook on it- a front and rear sleeve for catamaran hookup or self rescue, flotation foam in ends, sail mast attachments, 46 eye loops inside and out, shock cords, bow & stern lines, canopy attachments, and even a magazine rack, as I call it, for map storage.

The optional spray cover is unique. It stays attached to the boat, and you just step in and zip it up. The zipper is unlocking allowing safety for any wet exits deemed necessary (unlikely with this craft). The optional canopy keeps you dry and shaded and is also useful for catching rainwater out on the ocean. A catamaran pole, that snaps into the deck sleeves, allows you to raft up to another Kruger designed boat for maximum stability in the big stuff or permits two-boat sailing. You can also use it to attach a sideboard or outrigger pontoon for solo sailing. Clip on a pair of paddle-float bags and dream on as you take a snooze. Ah- life is good.

So where does one go and what do they do with a DreamCatcher? Close your eyes. To catch a big dream - you need a dream catcher. I'll be reporting back with adventure updates.

DreamCatcher: length 17'2", max. width 28.5", 4" water line is 25", depth at middle 13.5", cockpit ID 18" x 37", weight 70 lbs., material Kevlar.

Releases and Flows

Here are some and examples of stream levels available on the Net. Note that the same river may be listed more than once. That is because the levels are from different gauges, different stream sections, or from different electric generating stations.

- Black, NY III-IV (1500 ,2500, 4000-33200 cfs) http://ny.usgs.gov/rt-cgi/gen_stn_pg?station=04260500
- Deerfield Fife Brook Sectar, MA Class II >700 cfs 10:00 <http://www.epix.net/~ab257/deerfiel.html>
- Deerfield Monroe Br.Sectar,MA Class IV 900 - 1100 cfs 10:00 - 3:30 <http://www.epix.net/~ab257/deerfiel.html>
- Esopus, NY Class II-III (, , , , - 2.7 ft) http://www.dnyalb.er.usgs.gov/rt-cgi/gen_stn_pg?station=01362200
- Esopus, NY Class II unknown cfs <http://www.epix.net/~ab257/esopus.html>
- Gauley, WV Class III-V 2800 cfs 6:00 - 2:00 http://www.awa.org/awa/events/98GF_page1.html
- Hudson, NY Class III 700 cfs 10:00 <http://www.epix.net/~ab257/hudson.html>
- Hudson/Indian, NY III-IV (2.8, , 5.5, 6.5, 7, 10 - 4.2 ft) http://www.dnyalb.er.usgs.gov/rt-cgi/gen_stn_pg?station=01315500
- Lehigh, PA Class III Unknown cfs <http://www.epix.net/~ab257/>
- Lehigh, PA Class III (, , , , - 2.76 ft) http://www.pah2o.er.usgs.gov/rt-cgi/gen_stn_pg?station=01447800
- Moose Lower, NY III-IV (, 3.5, 4, 6, 9, - 3.6 ft) http://ny.usgs.gov/rt-cgi/gen_stn_pg?station=04254500

From: Jerry L Hargrave

Lock 32 Update

Rick Williams

Well with the winter season upon us we saw the closing of the Erie Canal the first week in November. The permits, leases and agreements for the Lock 32 Project are in various stages. The NYSDOT has agreed to allow use of the grass/mud parking area off the DOT service road. Hopefully this winter/spring work on getting donations and help for a gravel/stone parking area will occur. This is also where the trailer will be located for next summer's operation. I have secured a construction trailer for temporary use. Next will be to get it to the site, after cleared by the Canal, and set up. Martin Janda, (FLOW member) of Boncke, Mueller and Eldred, has graciously donated his time to do some model studies of the course and work on a comprehensive site plan for needed approvals. After a few fall meetings in Albany and Rochester, the Canal Corporation has again stepped up to the plate and volunteered to donate resources. In late November we pieced together a rough outline of the course on the south side of the by-pass. The Canal Corps ace operator, Vaughn Bates, worked his magic building structures with the available stones. He truly is great with that piece of equipment. Rob Blake and myself started to cut up some of the trees that were needed to open up the take out area. The Canal is going to bring more large rocks over in the next month. Dolomite Products Company is donating stone for the channel bed. The County of Monroe is going to help with trucking and hopefully difficult brush removal to off site. Crane-Hogan Structural Systems is helping with fundraising, site assessment and maybe the gate system framework. There is quite a bit of clearing and grubbing yet to go. Anyone interested in ad-hoc work parties please give Rob Blake or myself a call. Our numbers are on the GRIP ad in the newsletter. We tend to go over on a whim when time allows. This

winter/spring we will organize more specific work parties.

This facility will be the centerpiece for various programs starting this spring. The overall operation is still in the works and depends quite a bit on the structure of the leases. It will be a membership-based operation with use fees/season pass/co-op type of format. The format will evolve. We are currently working on a business plan for the site that will support the maintenance, expenses and future development. The World Canal Conference is being held in Rochester in fall of 2000. This will put this site in the spotlight. So we're riding this big wave and going for it.

If you plan on visiting this site please use the proper entrance. The NYSDOT access road to the west end of the by-pass and take the trail. Do not use the road between the by-pass and lock, this is for Canal personnel only and please be polite. That is the only complaint I've heard from the Canal people. You have to remember they owe us nothing and are giving us everything. We should be grateful for a constantly moving water site and follow their requests. We are their guests, period.

Well I hope you all have a great holiday season and see you on the river.

Peace,
Rick Williams

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Michael Wilcox and Carl Johnston paddling in the Southern Traverse

Southern Traverse

BayCreek paddling center would like to congratulate the Adventure Rats, a team of three Rochester triathletes, who successfully completed the Southern Traverse in New Zealand on December 5th. The Southern Traverse is a grueling five day multisport race, similar to the Eco-Challenge or Raid Gauloises. Erik Grimm, Carl Johnston, and Michael Wilcox completed the course in 100 hours with only five hours of sleep, caught in snatches. They placed 18th out of 42 teams. Sixteen of those teams didn't finish however, and ten of the 26 that did finish had members with broken bones!

This race encompassed many disciplines, including mountain biking, climbing, mountain trekking/running and sea kayaking. The kayaking portion consisted of an 80 kilometer and a 20 kilometer section in a single and double sea kayak. The course was not held on the ocean, however, but on a local river. The race organizers had been promised 320 cubic meters per second of water when they planned the route (it is a dam controlled river) but on the race day there were only 16 cubic meters per second. As a result it was rather rough paddling. The Adventure Rats made it through though, with the boats still intact.

If you are interested in learning more about the Southern Traverse, keep an eye on PBS. National Geographic Explorer filmed the race and will be doing an episode later this year. Once again, congratulations to the Adventure Rats!

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*An Unidentified river in Costa Rica
- Ardie Shaffer*



Dan & Doug surf'n the Tohickon River - Dorothy Sullivan



*Rich Mauser... Looking for his manhood...
Ottawa '98*



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Classified Ads

FOR SALE:

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

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

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

Save March 11!!

Patrick Smith from West Hollow Boat Company will be discussing boat building for the March 11 FLOW program at 7 pm, Brighton Town Hall. 2300 Elmwood Avenue, Brighton.



Deadline for next newsletter

The deadline for submissions for the next newsletter is Monday, February 15th. 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

