

FLOWlines

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

Volume 4 Issue 7

July 1999



JULY MEETING... FLOW Surf Clinic (or Surf'n USA) July 7th, 1999

On July 7th, from 7-9 p.m. Wednesday evening, the FLOW Paddlers Club will be holding a surf clinic for members on Lake Ontario. It will be put on by our own club ACA certified Coastal Kayak Instructor (and paddler extrodanaire) Harry Weidman, and held at Durand Eastman Beach near the Van Lear Treatment Plant. If we have waves and the surf is up, a good time could be had by all who bring their boats. If not, we just play with what we got. The clinic will cover high-braces, side surfing, beach tactics for take-off/landing, and surfing techniques for both white-water and sea kayakers. If waves appear intimidating, this may be for you, as you learn and practice how to have fun out in the surf zone.

FLOW GPS Clinic

The July 21st Wednesday evening 7-9 p.m. flatwater paddle will be a GPS clinic and paddle on Lake Ontario put on again by Harry Weidman. Meet at the Durand Eastman Beach near the Van Lear Treatment Plant. Bring your GPS unit if you have one as we practice using one to find floating buoys on the water. Don't have one yet, maybe someday? Come anyway to check them out or just enjoy the lake paddle with us.

FLOW ANNUAL PICNIC!! August 7th, Stoney's Campground in Pulaski

Yes-it's that time again for fun frivolity, and food. Save August 7th for the annual FLOW picnic at Stoney's Campground in Pulaski. Spend a day on the river or the lake, then come on over, pitch a tent, and eat to your hearts content. Chef Tommy will be returning for another year of incredible food (I hear he has a freezer full of fish) and the year's biggest bonfire (compliments of Stoney himself). More info will follow in next month's FLOWlines

Triathlon Safety Boaters Wanted

The FLOW Paddlers Club was asked if we could supply safety boaters to help out with two area triathlon events. They need boaters to assist swimmers during their mile-long swimming leg of the races. It's neat to see 100 swimmers do a mass start and go by your floating front-row seat. The races are in the mornings of July 31 at Canandaigua Lake and Aug 15 at Hamlin Beach Park. All helpers welcomed to the pizza picnic after the races. Use these dates and locations for a day paddle to follow if you're interested. Please call Harry Weidman, (315) 524-9295 or e-mail seayaker@netacc.net to sign up as an event safety boater.

FLOW organization

President	Steve Kittelberger 716 442-6138
Vice Presidents	Kathy Rague 315 926-7890 James Hopkins 716 621-2721
Secretary	Dorothy Sullivan 716 359-4710
Treasurer	Ed Boggs 315 926-7890
Facilities Development	Rick Williams 716 381-3418
Membership	Mike Shafer 716 227-9291
Trips & Events	Ivan Rezanka 716 381-7475
Communications	Dan Bogaard 716 442-6634 Helen Cherniack 716 461-3233
Education/Instruction	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
 baycreek@cwix.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:

Mike Shafer
Re: FLOW Paddlers' Club
89 Dorsetwood Dr
Rochester, NY 14612

Upcoming trips/events

Contact Ivan Rezanka (716) 381-7475 for Whitewater Trips. Contact Harry Weidman (315) 524-9295 for Flatwater Trips. Refer to insert for the latest version of the trip lists.

Gauge numbers

Genesee River (Letchworth)716-468-2303
 Cattaragus River716-532-5454
 Salmon River1-800-452-1742 #365123
 Keuka Outlet716-234-0090

Web Pages

http://www.rit.edu/~dsbpph/flow
 http://www.netacc.net/~seayaker
 http://www.awa.org

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Letter to the Editor

By Ardie Shaffer

On Saturday, April 24th, I was teaching a class of students from Cornell University on the first day of a weekend river trip. After spending the morning working on moving water skills at Red Ball rapid, my group carried back up to run the entrance rapid - not once, but three times! One of our group flipped in the wave train and dislocated his left shoulder very badly.

I was waiting in the eddy a short distance from the flip and managed to get him to the river right shore, where Tim Tresize, who was already on the bank after retrieving a boat for his class, pulled us in and up on the ledge. While Tim, and I and another member of Tim's group worked to reduce the dislocation, Jerry Fitzsimmons paddled by with a group of rafters and asked if we needed help. I responded YES, that we had a dislocated shoulder. Jerry said he'd be right back. He quickly turned the raft around, pulled it back upstream, and ferried over to us. By now, we had the shoulder back in place and some ibuprofen in our patient's bloodstream, Jerry and company loaded him and his boat in the raft and paddled down to the red ball, where the park rangers were already waiting to deliver our patient to further medical care. Jerry had called them on the radios the guides carry, so

there was no waiting. As it turned out, our guy was doing very well and opted to just go back to camp and ice the shoulder. On Sunday he even ran the river with us in the bow of the tandem canoe - sans paddle, of course!

I'd just like to publicly thank Jerry and the rest of the crew at Adventure Calls for their help and friendship, in this instance and many, many others over the past few years. Congratulations on a great start for your new business! You are really trying hard to do things right and it shows! This new spirit of cooperation and mutual respect between kayakers and rafters is just great and can only get better! Thanks also to Tim Tresize and Charlie (don't know his last name) for their assistance in reducing the dislocation. It was a tough one and I certainly couldn't have handled it alone.

FLOW Sea Kayak Roll Clinic

A sea kayak roll clinic will be held Aug. 4th (Wednesday evening) 7-9 p.m. at the Durand Eastman Beach near the Van Lear Treatment Plant. Practice on the real thing under whatever conditions Lake Ontario throws at us. It may be nice; it may be a real experience. Come out anyway to improve or learn this valuable technique with ACA instructor Harry Weidman.

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716-734-3000

Rick Williams
716-381-3418

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The 'Not so down south' Down-South Paddling Trip

By Steve Benedict

Bill Kuipers, Vaughn Skinner, Ed Boggs, Doug Caine, Dorothy Sullivan, and Steve Benedict met in Rochester on May 23rd, and by some serendipitous timing also met up with Scott Griffin near Erie.

Things bode well since it rained hard all day Friday in WV and dry conditions further south, dictated a WV down South trip.

We paddled a perennial favorite, the Middle Fork of the Tygart at 4.5' on the first day. Six miles of fast moving, eddy hopping thrills including Vaughn's practical joke of backing into an undercut, brought us to the Tygart at 6.4', which at that level involves dodging holes where boulders used to be. Scott forgot it ain't over till its over below Shoulder Snapper, as he floated into a thrashing.

Filling up at the Phillipi Inn, we headed for our usual campsite near Arden, where Doug and Dorothy were already setting up, but the police informed us that there was no free camping allowed here anymore. So before heading to Audra State Park, we drove over to see Moats Falls on the Tygart, which being at a rather high level, gave us sufficient material to feed our nightmares.

Day 2--we headed for the Laurel Fork of the Cheat. Bad idea. Pretty country, a few ledges, one portage, and miles of shallow rocky shoals. We did it at the so called minimum of 0.3'---we can attest that this is not enough water! Camped in a pet graveyard in the Monongahela National Forest. Don't ask---we just have a knack for finding free campsites.

Day 3--Woke up covered with frost. Headed North and found ourselves at the Cheat (3.7) and decided to run it. We were sure Bill was going to explore Big Nasty, but he kept his head, and we didn't get to draw straws for his dry suit just yet. A bit later, Vaughn found a hole to surf, decided he didn't need his boat, and surfed a while without it. Dorothy thought that looked like fun and found her own special spot to surf upside down. Generally it was so invigorating we decided a nice calm day on the Yough at 5' sounded restful so off to Ohiopyle.

Here we met one of the special people of the park, who likes it by the book. Barney Fife of the park rangers. He radios headquarters to make sure our site isn't reserved---there's literally nobody else in the whole place. Decided the Yough is more fun at somewhat lower levels, although we did get some enjoyment watching Doug hole test his



Steve B. somewhere in West Virginia - Photo by D. Sullivan

new Jive. Back at camp, Ranger 'Fife' pointed out the error of Scott's idea of parking in the vacant neighboring campsite (There's still no one else in sight). In a moment of perhaps Freudian slippage, Scott inadvertently damaged park property, but we soon pooled our resources, (glue, charcoal, shovel, puzzle skills) and had things back to normal. Actually we admit nothing. Forget about it.

Day 5 was the highlight as we paddled the long awaited Big Sandy (5.7'). (Don't tell Scott since he had to say farewell this AM). Technical paddling, good thrills at Wonder Falls, and the awesome Big Splat. Bill was tempted to run it, but seeing the rest of us puking at the thought, spoiled his enthusiasm and he took pity on us.

Day 6 found us at Tygart Gorge at low water. Looks completely different from previous Saturday. Dorothy almost decided to take a new route at Keyhole, but the sucking sound caused some alarm. Bill was feeling for the bottom at Hard Tongue, but was unable to leave any knuckle skin there this trip.

And then there was day 7. The Arden Section of the Tygart looked uninspiring and so off the Valley Falls Section. You start with an 8' drop followed by a 12' drop and several interesting rapids follow that. A mile and a half run. Easy. Bill was dreaming of barbecues in the warm sun, and Dorothy and Vaughn were inspired to do photography, so Doug, Ed, and I volunteered to be their subjects. They would meet us at the take out referred to in the book. (Important note: Always be sure of your take out plans...books are sometimes outdated.) Eight paddling miles later, and numerous side hikes we take out at a bridge, where our diligent support crew fortunately finds us just prior to our drawing straws to see which of us will have to be eaten by the other two. (Important note #2: Take food and water even when you think the trip is only 1.5 miles) Bill's barbecue turned into an 8 mile hike down the tracks

trying to find us, and the others driving down every side road in the area.

Day 8- Back to the Yough at 3.7' and lots of people! Good paddling and surfing.

Some talk of doing Slippery Rock on the way home, but some are pretty well beat so 4 head home, while Doug and Dorothy head for the Cheat Fest.

It doesn't get any better. Good water, good people.....and good food. (Important note#3: you could very well make a meal out your pie ala mode order at the Phillipi Inn.).

THE CLINIC IS OPEN; THE DOCTOR IS IN!

Is your forward funky? Have you got a rocky roll? If you answered yes to either of these questions, here's your chance to get help for these and other potentially serious problems. Come to FREE CLINICS* at Mendon Ponds Park boat launch on the following dates /times:

•**Fix your Forward** (strokes) Tuesday, 7/13, 6:30-8:30 pm

•**Rock N Roll** (no band) Tuesday, 7/27, 6:30-8:30 pm

Please call Ardie Shaffer, 334-4487, with questions or if equipment is needed. Otherwise, bring your boat and paddle and just show up.

**Psychiatric evaluations available at nominal charge.*



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Come check out the NEW Velocity, by Sun (aka Riot) Kayak! We have a 'fresh off the mold' demo model at the shop.

BayCreek Paddling Center
1099 Empire Blvd.
(716)288-2830

Classified Ads

FOR SALE:

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

Wanted to Buy: Perception

'Dancer's'. Beaver Camp, a non-profit children's camp in the Adirondacks, is looking for old style 'dancers' for children's instruction. Boats should be functional and moderately priced (\$100-\$300). Please contact the camp at (315)-376-2640 or a representative at (716) 288-4417. For questions, please call Aaron Buzzell (288-4417).

Perception Pirouette for sale.

Purple. Original owner, used for 2 seasons. \$375. Call Harry at 244-9807 or write Harry_Marinakis@urmc.rochester.edu

Hey Big Guy! You need a **Dagger Vortex** for \$350. Also selling a medium spray skirt for \$40. Call Rick Mauser @ 473-2162

15-1/2 ft **Blue Hole** Whitewater canoe, 70 lbs. Roylex, \$300. In Avon until May 15th. **X Par Missile** 23' stern rudder racing boat, used twice \$1800. In Denville NJ. Contact Ben Jones @ (973) 361-2785.

July Steering Committee Meeting

Time: July 8th, 7PM

Place: Dougie's (Doug Caine's) House by the Bay. Call Doug for directions @ 787-9535. (Believe me - you really need directions....)

Deadline for next newsletter

The deadline for submissions for the next newsletter is Monday, July 19th. Send submissions to Helen Cherniack .

FLOW Paddlers' Club
89 Dorsetwood Dr
Rochester, NY 14612

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