

FLOWlines

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

Volume 4 Issue 8

August 1999



Come One, Come All... to the Annual FLOW Picnic

**Stoney's Pineville Campground
in Pulaski, NY
Saturday, August 7th
~5ish**

Yes-it's that time again for fun, frivolity, and food. August 7th is the date and Stoney's Campground in Pulaski is the place for the annual FLOW picnic. 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 he's going to do something with a turkey in a trash) and the year's biggest bonfire (compliments of Stoney himself).

FLOW will be occupying the large valley-like lawn area that lies west of the cove, (please turn right after entering the campground and follow the signs). It's a very large area and there's room for all. The price for camping is \$5.00 per person per night. All are welcome both Friday and Saturday nights.

This will be the place to be on the 7th, so hope to see you there!!!!!!!!!!!!!!

(For those directional challenged: take 81N to Pulaski, go S(right) on 13 for about 4 miles and Stoney's will be on your left.)

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.

August Steering Committee Meeting

Time: Thursday, August 5th - 7 O'Clock

Place: Steve Kittelberger's Leather Lounge - 160 Penarrow Road Call Steve for directions @ 442-6138

Triathlon Safety Boaters are Still Wanted

The FLOW Paddlers Club was asked if we could supply safety boaters to help out with an area triathlon event. 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 race is in the morning of 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
Cattaraugus 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

The Erie Overnight Campout to the Fairport Yacht Club was a good shakeout run for sea kayakers new to camping with their boat. They discovered how their boat handled loaded, where to stash equipment, and tried out new cooking gear. We had the whole place all to ourselves. An early morning paddle discovered some of the mysterious waters behind the FYC and honed our boat maneuvering techniques. This same group plus others will be going up to Canada this weekend to paddle about the 100+ islands at Charleston Lake Provincial Park. Keep you posted.

Flat-water trip reports

By Harry Weidman

Our Ice cream on the Erie found 7 kayakers learning new effect ways of scaling canal walls in pursuit of pleasures at Abbots. A mild Wed. evening found some boat swapping taking place on the return back to the Perrington launch site.

The Canadice Lake Sat night Full Moon Paddle found 9 sea kayakers meeting up with an equal number of canoeists at the south end of the lake to enjoy a perfect paddling event. The starry sky was clear, the moon full, waters flat, and weather balmy. Munchies and sea stories were passed around as we rafted up and spun glowsticks on a string around our finger. You know- they float when they fling off.

The Memorial Day sea kayak tour around Creager Island on the Erie & Clyde River met with 11 paddlers on a beautiful day. Some were on their first outing for the season, some tried out their new boats, while others were just out for a nice paddle. What was billed as an 8.5-mile afternoon loop ended up as a 14.1-mile run when checked with a GPS unit. Perhaps it was just as well they didn't know about the total distance at the start, so potential paddlers weren't scared off from showing up. One new paddler said she wouldn't have done it had she known it was 14 miles long but after it was over replied "It was no big deal after all in a sea kayak."

Thanks Harry!!!!!!

I would like to thank Harry Marinakis for his invaluable help on the Ottawa River over the 4th of July weekend. This was an annual whitewater kayaking trip for the people in the Rochester area, but unfortunately, this particular weekend proved abit more eventful than planned. A number of injuries occurred (dislocated shoulder, deep cut to elbow), that required visits to area hospitals. Harry (who in his other life is a ED Doc) was right there with sound medical advice and bandaging. Each time he was needed, Harry stopped the 'Big Surf' and came right over.

Also, a note of thanks to Wilderness Tours raft/safety people. A raft quickly brought the injured boater across the river, and they radioed for a motor boat to come to the island for the pickup. Without their help, it would have been a much longer and more difficult journey for the injured boater.

Sea Kayak Paddlers Check List

Be a self sufficient paddler, not a group liability.

Recommended BASIC equipment for open water sea kayak events

1. ___ US Coast Guard approved PFD
 2. ___ Sounding devise (whistle on PFD)
 3. ___ Clear white light for night paddling
 4. ___ Effective flotation (float bag(s), sealed bulkheads, sea sock)
 5. ___ Bailing devise & backup (pump, bucket, sponge)
 6. ___ Spray skirt/cover
 7. ___ Self rescue device (paddle float, paddle strap, sea sponsons, deck rigging)
 8. ___ Cold water protection (wet/dry suit, paddling jacket, proper snug hat)
 9. ___ Fuel (water, high energy snack)
 10. ___ Spare paddle (if solo, or extra within group)
 11. ___ Sun protection (SPF lotion, lip balm, long sleeve shirt, sunglasses w/leach, wide-brim or visor hat)
- Within the group, someone should have a:
12. ___ First aid kit
 13. ___ Rescue/Tow line



Are you interested in a nimble and sleek all around kayak?

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)288-2833

WHITEWATER KAYAK INSTRUCTION

There are still some spaces left in the "Introduction to Whitewater Kayaking" class sponsored by the Rochester Museum and Science Center.

Class dates/locations are:

July 31: Mendon Ponds Park, boat launch - a day on flatwater learning basic strokes, balance and the Eskimo roll.

August 1: Moving Water practice - Russell Station on Lake Ontario (map will be handed out at Saturday's session). This warm water "river" flows into the lake, providing moving water even when the rivers are dry. Learn eddy turns, peel-outs and ferry moves; practice your new roll in the waves!

August 7/8: Weekend river trip on the Salmon River at Pulaski, NY- Saturday will be spent on the Class I/II Pineville section of this warm, upstate river practicing moving water skills and learning to surf. On Sunday, move to the trash compactor put-in (not a rapid, but a recycling center - or could be either) to tackle more difficult water, but still within the skill levels of beginning paddlers.

This is the ideal format for a whitewater course, whether you are an absolute beginner or have some experience and want to polish up your skills.

To register, call the Rochester Museum and Science Center, 271-4552, ext. 342. Cost is \$91 per person if you have your own equipment or borrow from a friend. Equipment rental from instructors is an additional \$55 for the entire course.

You...



**Come to the
Picnic!!**

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.

Mature **Mirage** seeks lonely boater. Experienced on the Yough, Salmon, and Genessee. Side-surfs well in Titanic. Good condition- \$200 Call Kathy Corey 716-889-9351.

Deadline for next newsletter

The deadline for submissions for the next newsletter is Friday, August 13th. Send submissions to Helen Cherniack .

FLOW Paddlers' Club
89 Dorsetwood Dr
Rochester, NY 14612

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