



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 5, Issue 4

April 2000

April Steering Committee Meeting

Date: Thursday, April 6
Time: 7:00 P.M.
Place: Hoppy Hopkins' House
43 Whelehan Drive, Greece

April General Meeting

Date: Thursday, April 13
Time: 7:00 P.M.
Place: Brighton Town Hall
2300 Elmwood Avenue

A Journeyman's Tale by Ian Komorowski

Ian presents a 45 minute slide presentation of a journey that he undertook in 1995 to see the country the "slow" way - by foot. From April, 1995 to August, 1997, Ian walked 5,274 and ½ miles, traveling through 24 states and the southern 2/3 of the Appalachian Trail. Ian will tell about the many wonderful and hospitable people that he met along the way and share his memories of experiencing these regions of the country. Ian assures us that there is a picture of a kayaker in the show.

Flow Officer Election Results

The results were unanimous - the slate of candidates provided by the nominating committee received 100% of the votes. James Hopkins has agreed to take on the Flat Water Vice President's position as well as the membership coordinator. Thanks for sending in your ballots! (And thanks to Dorothy for staying up late to count all of them!)

Salmonfest 2000

The Central New York White Water Club and the Pulaski Chamber of Commerce are hard at work planning the sixth annual Salmon River Festival. The festival will be held on July 8-9 at the Fireman's Field in Pulaski, NY. This year's festival will feature:

- Boat Demos
- Vendor Booths
- Paddling Equipment Raffle to benefit American Whitewater Affiliation
- Clinics - Sign up in advance at the main festival booth at Fireman's Field.
- Races
 - Freestyle Race
Saturday 3:00
 - Downriver Race
Sunday 10:30 & 1:00
 - Registration starts at 9:30 each day
 - \$15 Entry Fee includes T-Shirt
 - Variety of classes from which to choose.
 - Awards and prizes handed out immediately after the races.
 - Plenty of room for spectators!
- Canned Food Drive to benefit the Pulaski Food Pantry. Drop off a canned food or dry goods at the 2A bridge, black hole, or Fireman's Field.

There is still a lot of work to be done - if you can help out either now or on the days of the festival, please contact festival coordinator Michelle Bull at auntchelle@juno.com or (315)498-5516. For the latest information, check out the website at www.kbswebs.com/salmonfest.

FLOW Organization

President	Mike Shafer.....	716 227-9291
Vice Presidents	Cathy Rague.....	315 926-7890
 James Hopkins	716 621-2721
Secretary	Dorothy Sullivan .	716 544-9725
Treasurer	Ed Boggs	315 926-7890
Facilities Development .	Rick Williams.....	716 381-3418
Membership	James Hopkins	716 621-2721
Trips & Events	Ivan Rezanka.....	716 381-7475
Newsletter	Karen Alexander .	716-461-1513
 Simon Barnett.....	716 244-3557
Education/Instruction	Ardie Shaffer.....	716 334-4487
Conservation/Access/AW .	Jerry Hargrave.....	716-663-3888

Newsletter Submissions

Send us trip reports, articles, letters to the editor, photographs, ads for our classified section, or anything else that you would like to see in FLOWlines.

If you have e-mail, send articles in the form of a text file to wave@rochester.rr.com

If you do not have e-mail, send articles to:
 Karen Alexander
 220 Mt Vernon Ave.
 Rochester, NY 14620

For those of you still living in the dark ages (i.e. without typewriter or computer) hand-written submissions are acceptable, but they must be reasonably legible, or great editorial license may be invoked.

Paddling Contacts

Adirondack MountainClub(ADK) ...	(716) 987-1717
Adventure Calls.....	(888) 270-2410
Ardie Shaffer	(716) 334-4487
BayCreek Paddling Center	(716) 288-2830
G.R.I.P.....	(716) 381-3418
Lock 32 Project (Art Miller)	377-1994
Oak Orchard Canoe.....	(800)-4-KAYAKS
Pack, Paddle, and Ski	(716) 346-5597
Seayaker Outfitters.....	(315) 524-9295

FLOW Hot Line: 716 234-3893

To access the FLOW Hot Line:

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, telephone, paddling interests, and \$30 (\$35 family rate). Membership papers and updated member lists will be sent to you. Call (716) 227-9291 for more information.

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 James Hopkins (716) 621-2721 for Flatwater Trips.

Gauge numbers

Genesee River (Letchworth)	716-468-2303
Cattaraugus River.....	716-532-5454
Salmon River.....	1-800-452-1742 #365123
Keuka Outlet	716-234-0090

Web Pages

AWA	http://www.awa.org
Bay Creek	http://www.BayCreek.com
FLOW	http://www.rit.edu/~dsbpph/flow
Seayaker	http://www.seayaker.com
Waterline	http://h2oline.com

2000 FLOW Flatwater Paddling Calendar

Weeknight Paddles will be on Thursdays in 2000. A great escape from the mid week blahs and for Canoe/WW/Sea Kayak paddler interaction. The evening will cater to the interests of the participants, and offer a shorter and longer paddle from the same starting point. Don't like Thursdays? Volunteer for another night...added trips are welcome. Contact Jim Hopkins 621-2721 (hoppyski@yahoo.com) with your trip or Evening Paddle Details. We would like to expand this list and offer a variety of trips this year. We're looking for weekend trips, extended trips, and paddling/camping trips. If you would like to add a trip, please contact Jim Hopkins with information. Triplist will be published monthly.

Thurs	Type/Class	Trip/Event	Coordinator	Phone	E-Mail
18-May	Sea/WW/Canoe	Irondequiot Bay/Creek @ Bay Creek	Jim Hopkins	621-2721	hoppyski@yahoo.com
25-May	Sea/WW/Canoe	Erie Canal - Ayrault Rd	Frank Cabron	248-2093	fcabron@netacc.net
Jun-Sept	Sea & WW Kayak	Sunday Surfers Durand Beach @ 10:00		Hot Line	
1-Jun	Sea Kayak	Irondequiot Bay/Outlet @ Seabreeze	Frank Cabron	248-2093	fcabron@netacc.net
8-Jun	All	FLOW Paddle & Meeting @Mendon	Mike Shafer	227-9291	mshafer@rochester.rr.com
15-Jun	Sea/WW/Canoe	Irondequiot Bay/Outlet @ Seabreeze	Jim Hopkins	621-2721	hoppyski@yahoo.com
22-Jun	Sea Kayak/Canoe	Erie Canal- Fairport	Harry Weidman	315-524-9295	seayaker@seayaker.com
29-Jun	Sea Kayak	Greenland Paddle Clinic @ Perinton	Harry Weidman	315-524-9295	seayaker@seayaker.com
6-Jul	All	TBD			
13-Jul	All	FLOW Paddle & General Meeting	Mike Shafer	227-9291	mshafer@rochester.rr.com
20-Jul	Sea & WW Kayak	Paddle Strokes & Rolls Mendon	Ardie Shaffer	334-4487	ashafer@rochesterdandc.com
27-Jul	Sea Kayak	Surf or Rescue Clinic	Harry Weidman	315-524-9295	seayaker@seayaker.com
3-Aug	All	Crazy Kayak Games @ Webster Pk	Harry Weidman	315-524-9295	seayaker@seayaker.com
10-Aug	Sea & WW Kayak	Roll Clinic Mendon	Ardie Shaffer	334-4487	ashafer@rochesterdandc.com
TBD	Wilderness River	Churchill River 10-14 Day	Ed McDonald	544-3467	Early June or Late Aug-Sept

Coordinators/Trip Leaders are covered by ACA Insurance for Listed Trips

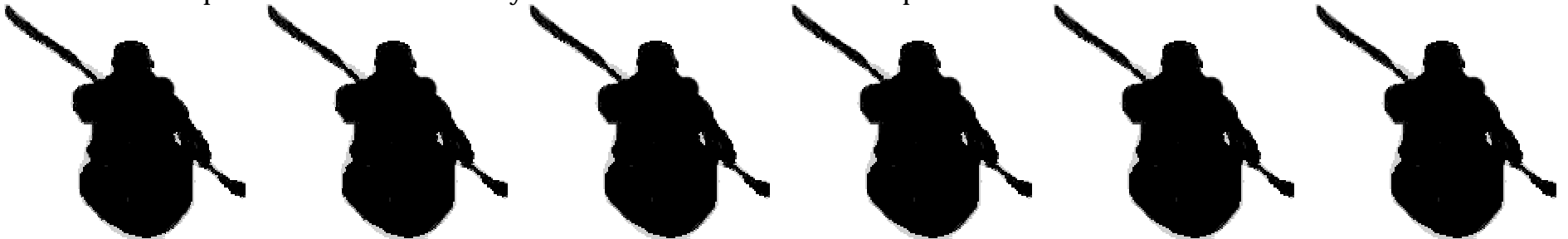


2000 FLOW Whitewater Trip/Event Schedule

Whitewater paddling, like all adventure sports, entails an element of risk. FLOW members assume this risk, and share the risk and responsibility for assisting others in need, as a condition of joining any of the listed trips below. Each participant will be asked to sign a release to this effect before putting onto the water. To add trips, or change existing trip listings for the monthly update, call Ivan Rezanka, 381-7475. And be sure to check FLOW's telephone Hotline, (716) 234-3893 for impromptu trips and events.

Date	Skill Level	Trip Description	Coordinator
April 4		Pool practice at Wheatland-Chili, 7:00 - 9:00 PM	Mike Shafer 227-9291
April 5		Pool practice at Pittsford Middle School, 7:30 - 9:30 PM	Ivan Rezanka 381-7475
April 15	Intermediate	Fish Creek, Tabereg, NY. Wonderful playable river but very unpredictable level. Trip will depend on river conditions.	Ivan Rezanka, 381-7375
April 21	Intermediate	Salmon River Salmon River, Pulaski, NY	Steve Kitttelberger 442-6138
April 29	Intermediate	Cattaraugus Creek	Joel Chastek 768-4651
April 29-May 7	Intermediate	Week long trip to Southern US	Mike Shafer 227-9291
May 6	Intermediate	Cattaraugus Creek	Joel Chastek 768-4651
May 27	Intermediate	Cattaraugus Creek	Joel Chastek 768-4651
June 3 - 10		National River Clean Up Week	
June 10-11	Beginner	Lehigh River, PA. Camp overnight nearby	Steve Kitttelberger 442-6138
June 24	Intermediate	Salmon River, Pulaski NY. A scheduled 400 cfs release.	
July 1-4	Intermediate	Ottawa River, Beachburg, Ontario. The annual gathering of FLOW paddlers to celebrate July 4 and Canada day. The river and paddlers are warm, wet, and wild. Class III - IV	Paul Houndt, 342-3055
July 8	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Dan Bogaard, 442- 6634
July 22	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	
August 5-6	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	
August 26-27	Intermediate	Gatineau River Festival	Jerry Hargrave 663-3888
Sep. 2	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	
November	Intermediate	Tohickon Creek, Pensylvania. Class III	

Coordinators/Trip Leaders are covered by ACA Insurance for Listed Trips.



Junior National Kayaking Program

A major kayaking movement is well underway in the Rochester area. With the support of the United States Olympic Development Committee and the sponsorship of the Venturing Division of the Boy Scouts, Genesee Waterways Center and Lock 32 Whitewater Park, white water kayak instruction is being offered to students that have completed the eighth grade and are between the ages of 14 and 20. Pilot programs are in progress at the Rochester School for the Deaf, Brighton, Edison, Aquinas, Fairport and soon to be started in the Webster school system. Local colleges like the University of Rochester, MCC, Keuka and RIT are also getting involved in the movement.

The assistance of the Olympic committee allows for substantial scholarships for students who take part in beginner, novice, intermediate and advanced kayaking programs. Summer camps are available for all levels. Additional training in rodeo playboating and slalom racing is available and covered by the grant. The slalom racing team has a trip scheduled to Penn State this summer to compete in a race against other top juniors from the northeast. All programs stress sportsmanship as the number one priority. The purpose of the grant from the Olympic committee is to give our young paddlers the opportunity to experience whitewater kayaking and be able to decide whether or not they enjoy this sport. For more information contact the Juniors Kayak Program Director (Art Miller) at 716-377-1994 or Email (artmiller@worldnet.att.net).



Sea Kayak & Greenland Paddle Pool Time

The March FLOW meeting drew growing interest in sea kayak touring techniques using the traditional Greenland style of paddle. We have arranged for some warm pool time to try such paddles out for sea kayakers. You bring the boat, we bring the Greenland paddles. Learn about easier touring and rolling techniques using these traditional paddles. Also, we'll cover several *sea kayak self and assisted rescue techniques*. You'll have 3 hours to improve on your weak points, learn new techniques and better prepare for a new touring season. Only eight can sign up to allow you more room in the pool. Take some work time off to participate under these ideal learning conditions.

Date: Tuesday, April 25th

Time: 5-8 PM or any time you show up.

Location: Edison Tech Pool.

Cost: \$20 each

Contact: ACA instructor *Harry Weidman*

Phone: (315) 524-9295;

e-mail: seayaker@seayaker.com



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716-381-3418

EXPERIENCE

GRAVITY RESEARCH INSTRUCTION PERFORMANCE

FLOW-The First Three Years

Submitted by Steve Kittelberger

After three years as FLOW president, I'm giving up the reins. Rick Williams and I, with a number of other key members, formed FLOW in the summer of 1996. At the time, we had no idea what support there would be for a full-service paddling club in western New York. Almost four years later, we've grown to 200 members, ample support for the original concept of a democratically-run, open club serving the needs of all paddlers. It is particularly satisfying to me that members who must leave the area retain their membership, and we now count FLOW members in Maine, Connecticut, North Carolina, Colorado and New Mexico.

After four years, what have we accomplished? FLOWLINES, the monthly newsletter, has been called "the glue that holds the club together," and I'm proud of the work of all three sets of editors, first Heather Mummery, then Dan Bogaard and Helen Cherniack, and now Karen Alexander and Simon Barnett. FLOW members have contributed to many notable monthly meetings, with programs ranging from slide shows on trips, conservation topics, boat repair and safety. FLOW members and others have worked successfully to liberalize the rules at Letchworth, to everyone's benefit. Jerry Hargrave and others have toiled to reestablish and protect paddling releases on the Salmon. The annual summer picnic and winter holiday party have become legendary in local social circles. The recent affiliation of FLOW with ACA has resolved the long-standing liability issue. Each year FLOW has sponsored as many as a hundred trips, from week-long whitewater trips to the Smokies to sea-kayaking expeditions to Georgian Bay to simple Wednesday evening outings on the Erie Canal. Many of you have helped to organize and lead these trips.

And what is left to do? Training programs for new paddlers have not developed as I originally hoped they would. Without a strong training program, the sport will not

continue, and I hope the club will redouble efforts in this area. Conservation and access issues encroach on our waterways and limit our sport; continued hard work and vigilance are needed to protect and expand what we have.

In the end, the sport is about you the people...that's what I love most about it and that's what keeps me coming back to it, year after year. It's a bonding and powerful feeling to know you're paddling with people to whom you can entrust your life. Without you, the sport and the club cannot survive. Keep paddling, connecting, and devoting your energies, wherever you can, to the sport and the club.

See you on the water.

Swiftwater Rescue Course

Rescue 3 International is offering a Swiftwater Rescue Technician Unit 1 course June 9-11, 2000 in Letchworth State Park. The course is open to emergency services personnel as well as recreationalists, guides and anyone interested in emergency response involving flowing water, flooding and situations with people and / or vehicles in water. Registration prior to May 19, 2000 is \$275.00. An advanced course is also available. For more information, call Bill Matney at 800-713-7194.

Resurfacing Or, News from the Non-existent North Carolina Correspondent

Submitted by Heather Mummery

In August, 1998, I loaded half my household in my car, my kayak on top, and my cats in my lap and drove off to begin medical school in North Carolina, leaving FLOWlines and what felt like my entire life behind me. I promised I would write when I left, and as the few people who still remember me can attest to, I lied.

What can I say? It's been a long time.

It's been a long time since I spent sleepless hours frantically putting FLOWlines together and then dropping it off at the publishers in the middle of the night, inevitably waking up the guard dogs, who inevitably woke up Steve Kittelberger, his wife, and half his neighborhood.

It's been a long time since I woke up earlier on Saturday than I had for work the day before, loaded up the boats on the car, and drove three hours to spend the day at Hole Brothers. I never found it again, but there is a wonderful gas station on one of the ways home where for less than five dollars you can buy sunglasses and an ice cream cone, both of which I often needed at the end of a day on the river.

It's been a long time since I've seen Letchworth in the fall (but NOT long enough that I miss the takeout from the Loop).

It's been a long time since I actually got to drive *south* to join the annual Southern Trip.

I will always miss Rochester, the friends I made there, and the rivers of the northeast that I learned to paddle on. But . . . it's February 24th and it's 70 degrees out and *sunny*. I'm on Spring Break, and it's actually spring! We had 20 inches of

snow on the ground three weeks ago, a depth never before recorded at the Raleigh-Durham airport, and all that snow is now melted and hanging out in the watershed. It's been a long time since I've seen sun in February.

But most of all, it has been WAAAAAY TOO LONG since I've been on the river.

Here's the North Carolina Correspondent, signing off . . .

For those of you who would like to keep in touch with Heather, her email address is hjm2@duke.edu.



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)288-2830

Traveling Light - A Sea Kayak That Fits In A Backpack

Put this on your wish list. The Feathercraft K1 Expedition sea kayak packs down into a 50 lb. bag that can be checked as airline luggage for your next adventure get-away. This 16.5 ft. by 25 inch folding kayak even features cargo hatches. It's aluminum-alloy and polyethylene frame wedges into a urethane/nylon skin and takes about 30 minutes to assemble. It costs \$3,940 but hey, you won't have to pay any shipping charges. (as featured in *Outside Magazine*, March 2000)

For more information, contact your favorite kayak store or call Feathercraft direct at 604-681-8437.

Classified Ads

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

Dagger Crossfire for Sale with backband, \$275 Call Rick @ 775-3525 or write rick_johnston@iimak.com

Used whitewater and touring **kayaks, paddles, skirts, wetsuits, floatbags, helmets, jackets, bilge pumps, paddle floats, PFDs, kayak/canoe Trailer, hip pads, rescue/safety gear**, etc. Call Gary for specifics and prices. Great deals. I know you're all cheapskates so call me! 315-536-8304 or 800-968-8735

Dagger Response (for a big person) for sale. Call Art Miller at 377-1994.

Stylin' yellow / red / blue **RPM** with nose and tail caps and backband. Asking \$500. Contact Rick Williams at 381-3418 or rickwill@Rochester.rr.com

Our Man on Flint Creek

Don Valeria, who lives in the town of Seneca Castle in Ontario County, has painted a gauge in nearby Flint Creek. Paddlers are welcome to contact Don for water level information at 526-5561. Be warned that there are two waterfalls and a low bridge on this creek. Don said that at the 5 foot water level, this creek is a lot of fun. The put-in is near the water tower in Orleans. The creek runs into the Canandaigua Outlet. Don said that there is a good practice area under the Flint Creek Bridge under Wheat Road north of Orleans. Thanks for the information, Don!

Next newsletter deadline is April 20.

FLOW Paddlers Club
89 Dorsetwood Drive
Rochester, NY 14612

