



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 5, Issue 9

September 2000

What's in a Name?

by Lucky Dog

I had a bad day on the Ottawa several years ago. I mean A REALLY BAD day, so bad that I'll spare myself the embarrassment of repeating the events. I could tell everyone else thought it was a bad day too, because none of my fellow paddlers, usually so free with abuse, said a word. Talk about pregnant silence! But by the next morning charity had vanished, and the remarks began as I crawled out of my tent. In the midst of a chorus of hoots and catcalls I heard "Lucky Dog!" from the paddling philosopher, Steve Benedict. Grabbing a cup of coffee, I attempted to disappear into a knothole on the log next to Steve to wait until the group had turned their attentions and wisecracks to others. After a time, I turned to him and asked "Lucky Dog? Where did that come from?"

"We were on the Nolichucky this spring," Steve began "right after a huge flood. At the take-out one of the local rednecks was bent on telling me just how big the flood had been. 'River was so high they was double-wide trailers a-rippin' right on by here' said Red. 'An' see that sody bottle cotched in the fork of that thair tree? ...Water was clear up to thar. An' thar's a doghouse got stuck in the arnwork of that bridge down there. Dog's still hangin' off the house by his chain.' "Sure enough" said Steve " a dog so dead he had X's instead of eyes dangled down from the doghouse by a chain." "That there's a lucky dog' declared Red. "That was too much," reported Steve. "How do you

figure he's a lucky dog?" 'Whal,' returned Red, 'He's too high up for the coons to get at him, but too low for the vultures.'

Philosopher Steve let me draw my own conclusion: Like the dog, I had had a bad day. And while for each of us, things had been bad, they could have been worse!

September General Meeting

Date: Thursday, September 14

Time: 6:00 P.M.

Place: Durand Beach
Lakeshore Blvd.

On The Water...One More Time!

Summer has been good to us this year...
Lot's of water, everywhere
Great weather
Great Paddling

And it seems too soon to go indoors...just yet. So let's have a good time on the water, one more time.

Boatball, lake surfing, open lake paddling. Anything wet.

Bring along your new toys from this summer and plan to try everyone else's too.

Next month, on Thursday October 12, we'll to return to our indoor agenda, so get all your pictures and stories ready to share!

September Steering Committee Meeting

...is cancelled, but the steering committee will get together on October 5 at 7 pm, so save the date!

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
Public Relations	Steve Kittelberger....	716 442-6138
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) handwritten 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) 621-2721 for more information.

James Hopkins
Re: FLOW Paddlers' Club
43 Whelehan Drive
Rochester, NY 14616

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://flowpaddlers.org
Seayaker	http://www.seayaker.com
Waterline	http://h2oline.com

FLOW Flatwater Paddling Calendar

Weeknight Paddles will be on Thursdays in 2000. Sponsored and coordinated by the flatwater paddlers, open to all. A great escape from the mid week blahs and for Canoe/WW/Sea Kayak paddler interaction. The evening coordinator will structure the paddle 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.

Note From The Editors: Open Water Boaters - send us your pictures and articles. We want to hear more about your paddling excursions!

Date	Time	Type/Class	Trip/Event	Coordinator	Phone	E-Mail
Jun-Sept	10:00 AM	Sea & WW Kayak	Sunday Surfers Durand Beach		Hot Line	
7-Sep	6:30 PM	Sea/WW/Canoe	Braddock Bay/Salmon Creek	Mike Shafer	716-227-9291	mshafer@rochester.rr.com
14-Sep	6:00 PM	Any & All !	FLOW General Meeting @ Durand	Mike Shafer	716-227-9291	mshafer@rochester.rr.com
21-Sep	6:30 PM	Sea/WW/Canoe	Erie Canal, Lock 32 East to Pittsford	Jim Hopkins	621-2721	hoppyski@yahoo.com
28-Sep	6:30 PM		TBD, Check Hot Line			
5-Oct	6:30 PM		TBD, Check Hot Line			
12-Oct	7:00 PM		No Paddle, FLOW General Meeting			
TBD		Wilderness River	Churchill River 10-14 Day	Ed McDonald	544-3467	Early Jun or Late Aug-Sept 2001

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

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 for impromptu trips and events.

Date	Skill Level	Trip Description	Coordinator
Sept. 3	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Jerry Hargrave 663-3888
Sept. 3	Advanced	Beaver River, Taylorville section. Class III - IV	Ben Bramlage 518-251-5300
Sept. 21-24	Advanced	West Virginia: Gauley, New, Etc. Class IV	Mike Shafer 716-227-9291
Sept. 23	Beginner	Genesee River in Letchworth Park. Class II	Jim Low 473-5889
Oct. 7-8	Intermediate	Hudson River Gorge. Class III - IV	Steve Benedict 315-331-5198
Oct. 14	Advanced	Lower Moose River. Class IV	Ben Bramlage 518-251-5300
Nov ?	Intermediate	Tohickon Creek, Pennsylvania. Class III (Releaes is still uncertain)	

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

Alger Island

Canoe Camping in the Adirondacks

by Karen Alexander

Alger Island is a New York State Campground located on Fourth Lake in the Fulton Chain of Adirondack lakes, 7 miles east of Old Forge. The island is only accessible by boat. All campers must register at the Fourth Lake Picnic area on Petrie Rd. off of South Shore Rd., north of Old Forge. You can park your car at the registration area and from there it's a ½ mile paddle to the 40-acre island. There are 15 lean-to's and 2 tent sites. Each site has an outhouse, fire pit, barbecue, picnic table and well water is available. It's a little noisy occasionally when a powerboat goes by, but otherwise it's a peaceful and pristine place. Even the deer know when the weekend traffic is over as we saw a deer and two fawn swimming across to the island on a Monday.

If you're an early riser, the mist coming off the lake in the morning is magical. It makes you imagine what life might have been like for the Mohawk Indians with their birch bark canoes. Iroquois mythology holds that sky spirits such as thunder, rain and clouds have great supernatural powers and special helpfulness to man. I know the spirits helped us when we discovered we forgot the grill to our cook stove. We found the only item left behind by a previous camper, a 4-foot piece of wire, which we wove through the top of the stove to make a grill. There's a lot of wood on the island but you might want to bring some of your own to make sure you have dry wood.

The island's perimeter trail takes about a half hour and gives you the opportunity to check out other sites. Each site has a unique and picturesque view of Fourth Lake. If you get tired of staying on the island all day, you can hike up nearby Bald Mountain, (also called Rondaxe

Mountain) which offers a wonderful view of the lakes between Old Forge and Inlet.

This is a popular spot so you'll want to make reservations in advance either by calling 1-800-456-CAMP (2267) or on-line at www.park-net.com/.

Do you have information on a favorite paddling spot that you would be willing to share with our readers? If so, let the editors know and we would be happy to include your article and any pictures.



Inspecting Boats at the June FLOW Meeting
Photo by George Mermagen

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Rob Blake
716-734-3000

Rick Williams
716-381-3418

GRAVITY RESEARCH INSTRUCTION PERFORMANCE



From the President

Every so often I am asked what the benefit is to having a club like FLOW. This year, things happened that demonstrates good reason. One, a paddler from Italy, was asked to go far away on a job assignment, and found himself coming to Rochester, NY. Devoted paddler that he is, he began a search for how he should spend his spare time here. (OK, you are paddlers - you know what that means.) His story, which follows, speaks for itself on how that went. From finding the right person, to a referral to our membership, many of us got to experience a new friendship, one we may not have found were it not for our organization. I asked Valerio if he could write something for us that would capture his experiences here. He obliged, with what follows. And in his writing, the camaraderie of paddlers and FLOW shines brightly; we all thank you Val...and hope we may paddle with you again soon!

River of People

by Valerio Villa

Last spring I was asked to come to an unknown American town for two month of work. I felt sad because I was leaving for two months my brand new wife that I already left home for 8 months of work in Germany but apart from this I was sad because I was about to lose two months of paddling season.

But at the end I decided to leave.

As last try I looked up this unknown city in the internet along with a billion of kayak related words, and only one result....a name.

Ok something even little is much better than nothing, and you might wonder what name I found, easy task, Jerry Hargrave.

I contacted this guy asking for information about paddling around Rochester (the unknown city) and his answer was encouraging, "take your stuff and we'll find a boat and paddle".

I left home suits, shirts and ties (who cares about the work?) and I stuffed my river and camping gear in a bag.

I met Jerry in a thunderstorm day that was fitting perfectly to his cyclonic personality, and in five minutes I had a boat, a paddle, a roof rack and an appointment to paddle on the Salmon river.

That Saturday I met Jerry and Amy on the expressway and now I realized that was the top

of the hill, from that day on the road to a good paddle was downhill.

I had the chance to paddle each weekend on always exciting rivers, with very nice people that made bad weather sunny, mellow river thrilling and difficult rivers relaxing, at the very end I discovered with pleasure that is only a matter of people.

I would like to talk about how I felt the first time on the Salmon river, with the night spent around a campfire (very unusual for me, but very agreeable) knowing new friends and trying to learn the "truth Path" for the next day on the Black... I was scared to death.. even though I had a 3D map of the rapid on a napkin (by the cyclone man).

I would like to talk to you about the Ottawa river, that was impressing for its big water, and its gorgeous landscape, I would like to talk about I was boldly looking at the right way to Garvin's and how I took the chicken way on the same rapid.

I would like to talk about the Deerfield river, with a million of paddlers that turned from dry to flooded in one night.

I would to talk about my visit to the Niagara falls with two charming girls and how weird it looked when we just realized that we were the only three staring upstream for the rapids instead of looking at the falls. Was even weirder to try to see the rapids below the falls at 9.00 PM !!

I would like to talk to you about the paddling nights, in the river and in the tents ...

I would like to talk about how different is the paddling in USA and Italy but I would prefer you to come and see and you'll be more than welcome.

I ran several river (more that in my wildest dreams) but most of all I met people that welcomed me with a smile and gave me boats (yes more than one !!) but most of all they gave me friendliness that I will take back home with the great memories of this period (I feel a better person, after all the things I learned).

Thanks to Jerry, Helen, Laurie, Dan, Sarah, Simon, Mike, Paul, Tom, Tim, Steve, Ed, Cathy, Doug, Dorothy, Jerry, Jim, Vaughn, Pam and to everybody I met.

Valerio



WHITEWATER INJURY SURVEY

For more information or to participate in the survey, go to
http://www.geocities.com/injury_survey

As a Family Practice physician and a Physical Therapist we [Rick Schoen and Mike Stano] are interested in learning more about acute and chronic injuries in the whitewater paddling community. As members of the Washington Kayak Club (WKC), and active paddlers here in Washington State we have found little published information on the incidence and types of injuries that paddlers experience. The American Whitewater gathers information on deaths or near death accidents. We would like to gather information on general injuries that occur to all of us. We would like to have paddlers with NO injuries as well as those with injuries complete the survey.

We are asking the whitewater community to participate in gathering good data on paddle injuries. The data collected would be of value to all of us as paddlers and the medical community. There are several reasons why injuries may be on a rise. Here's a few:

- The sport is growing quickly, with novices advancing more rapidly than in the past.
- Harder runs are being run more often, and by more people, i.e. Creek boating.
- Changes in kayak design which allow for aggressive play and rodeo moves.

The survey is meant for whitewater paddlers including kayakers, C-1, C-2, and open canoe. It is *not* meant for those who only paddle flat water, raft, or inflatable kayaks. The form looks long, but is formatted for quick easy answers. We anticipate 10- 15 minutes of your time is needed. The survey will be conducted until the end of the September.

Results will be posted late fall here and on other participating Web sites. Future studies may include an injury registry to track changes long term and could help to evaluate:

- If bent shaft paddles really spare wrist tendonitis?
- How do those with shoulder dislocation fare in the long run?
- Do racers have more problems or less with their rigorous training?



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 (716) 288-2830 <http://www.baycreek.com>



Boaters needed on Beaver River

Paddlers are encouraged to attend not only the Beaver River Fest scheduled for Labor Day weekend but also the other two weekends of releases on the class 4-5 creek runs found on this upstate New York river.

The releases on the three sections of the Beaver are a result of negotiations by American Whitewater with Orion Power. Use of the river will be monitored by Orion and the number of paddlers taking advantage of the releases will be a factor in future discussions with Orion for releases on other Adirondack rivers like the St. Regis.

Although the opening weekend of releases is generally well attended, boater visits typically diminish during the following two weekends. Orion has indicated that releases on the St. Regis might not be practical if boaters cannot demonstrate that existing release programs aren't fully utilized.

Details regarding the Beaver River release program follow: The 3rd annual Beaver River Rendezvous-scheduled for September 2-4-will kick off the 2000 Beaver River whitewater season with releases on all three sections of the river over the Labor Day weekend. While the Beaver will feature releases during the first three weekends of September-the spectacular Moshier section will only run on Sunday of the Rendezvous.

The releases are a product of negotiations by American Whitewater that resulted in a series of 11 whitewater releases spread over three challenging sections of Beaver River whitewater. The sections are dry except for release days when Orion Power allows water to spill back into the natural river bed creating whitewater runs ranging from class 3 to class 5. The runs are typically short--varying in length from one to four miles--and on most release days water is scheduled on two different parts of the river. Boaters can easily paddle one section of the Beaver in the morning and then catch a second section in the afternoon. Morning releases are scheduled from 10 am-2:00 pm while afternoon runs are slated for 12:30 pm-4:30 pm. However, releases are gradually ramped up and down so that adequate paddling

conditions can be found for an additional hour before and after the scheduled release period. The whitewater sections include the Taylorville run-a 1.5 mile stretch that features six class 3-4 drops. While some of the drops appear intimidating- particularly a steep 30-foot slide-the rapids are fairly straight forward and are appropriate for strong intermediate paddlers looking for an introduction to steep creeking. The Moshier section is the jewel of the river-a 4 mile run that includes two runnable waterfalls, a number of easy class 3 rapids, and concludes with a long, technical class 5 rapid composed of four discernable drops. The section is appropriate for experts or strong intermediates with judicious scouting and/or portaging. The Eagle section is short and demanding. Only a mile in length, the run starts off with four class 5 drops where the river drops the equivalent of 475/fpm. Eagle is a demanding expert run. The complete 2000 release schedule is as follows:

Sat. Sept. 2 Taylorville (am); Eagle (pm)
 Sun. Sept. 3 Moshier (am); Eagle (pm)
 Mon. Sept. 4 Taylorville (am only)
 Sat. Sept. 9 Taylorville (am); Eagle (pm)
 Sat. Sept. 23 Taylorville (am); Eagle (pm)
 Sun Sept. 24 Taylorville (am); Eagle (pm)

The Beaver River originates from Stillwater Reservoir in the western section of the Adirondack Park northeast of the village of Lowville. The area is undeveloped and camping is available throughout the area. Questions regarding the Beaver can be directed to Chris Koll at ckoll1234@aol.com or by calling (315) 652-8397.

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Thule H2Go Kayak Carrier, Still in Box, \$40, **Wavesport Kinetic**, New in Sept. 99, Great beginner kayak for a small paddler, \$550.00 Call Doug 716-734-9026 or droode@ulbi.com

Mohawk XL 13 Whitewater Canoe, Perception saddle, 2 float bags, paddle, \$275. Contact Marcia at 229-4313.

Do you have extra gear sitting in your basement, garage, or under you deck? Someone may want it and just think what you can do with the extra cash! Send your adds to the newsletter editors. See page 2 for contact information.

Lost And Found

Helmet lost at the Salmon. A light blue helmet with an AWA sticker on the back and another sticker with a battle ship design on the front was left at the take-out. If you know of its whereabouts, please contact kvoytac@bellatlantic.net

Next newsletter deadline is Sept. 21

More September Events

Don't Call This a Festival River Rendezvous
Belfort, NY/Beaver River
September 2 - 4
Contact: Chris Koll 315-652-8397,
ckoll1234@aol.com

Ottawa River Rodeo: Bryson, Quebec
September 2 - 4
Contact: Paul Sevcik (Rodeo) 416-222-2223,
(Fest) 800-267-9166

Adirondack Canoe Classic-Race: 90 mile paddle
from Old Forge to Saranac Lake
September 8, 9 & 10.
Contact: Saranac Lake Chamber of Commerce for
information and entry forms 1-800-347-1992,
northnet.org/saranaclake/canoe

Gauley Festival: Summersville, WV
September 16
Contact: Phyllis Horowitz 914-586-2355,
whiteh2o@catskill.net

Gauley River Race:
September 25
Contact: Donnie Hudspeth 304-658-5016,
dhud@geoweb.net

West River Whitewater Weekend: Jamaica, Vt
September 29 & 30 and October 1.
Contact: 1-800-299-3071, vtstateparks.com

FLOW Paddlers Club
43 Whelehan Drive
Rochester, NY 14616

