



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 7, Issue 11

November 2002

November General Meeting

Date: Thursday, November 14
Time: 7:00 pm
Place: Brighton Town Hall, 2300 Elmwood Avenue
We will discuss officer nominations, programs for next year, and Art Miller will be the guest speaker. Come give us your input - food and soda provided!

Guest Speaker - Art Miller

Cascade Falls Whitewater Park, located on the Keuka Outlet in Penn Yan has been selected by the New England Slalom Series (NESS) Board of Directors to participate in its series. The first race connected to NESS will be held in May of 2003.

This is a very positive move for upstate New York; the NESS is the oldest and one of the most respected slalom racing series in the United States.

This past summer members of the NESS Board and USACK visited and paddled the slalom course in Penn Yan and were very impressed with the site. The course is approximately 1400 feet long and ranges in difficulty from class II to class III+. Slalom races for beginners as well as experts can be held at the Park, along with rodeo and downriver competition. There will also be competitions held for creative and artistic fall jumping.

The downriver and slalom course have a beautiful bike and hiking trail that runs along the entire length of the outlet (6-7 miles). The Cascade Falls Slalom Course is considered to be the premier Competition and Training Center in the East because it can offer a vast variety of training and recreation opportunities.

Come to the meeting and find out all about this valuable local resource.

Canoeing In Costa Rica

A group of 4 from Albany is looking for two more canoers to join them on an excursion to Costa Rica. The trip will take place from Febuary 24th to March 9th and the cost is \$2100. They will be paddling many rivers (class 1 - 3), taking canopy tours, exploring volcanoes and hot springs, and searching for sea turtles, iguanas and other wildlife. Great lodging, with knowledgeable local and American guide. Contact Rick at Ricksthere@yahoo.com.

GWC Kayak Polo Schedule

Submitted by Rob Blake

The Genesee Waterways Center will have two kayak polo sessions this winter. This is a great way to stay in shape and work on your paddle strokes, rolling and boat control. We will play on Sunday evenings at the MCC pool from 6-8 pm. In addition, we may have some competitions with other teams in the northeast. The cost is \$95 per session (\$85 for students). The first session runs from 11/24 - 2/9 and the second session runs from 2/23 - 4/27. If you are interested in participating, please contact Rob Blake at (585) 315-3000 or blake6@frontiernet.net.

Paddle Stroke Workshops at MCC

Submitted by Art Miller

Beginning in January, two hour workshops will be held every Saturday night from 6 pm to 8 pm. Sessions will be divided into two groups meeting on alternate weeks. There will be classes for Advanced paddlers as well as Beginners. For the beginner groups no experience is necessary. Equipment will be provided as needed at no additional cost. Each group will meet between 6 and 8 times depending on the weather. The fee for the winter sessions is \$125 and is payable to MCC. The classes are taught by Art Miller with assistance from guest instructors. For more info, please call Art at (585) 377-1994.

Strainer Cleanup Day A Success!

Thanks to Wade Bowman for organizing the cleanup and hosting the post-cleanup party, and all of the participants who helped haul away debris. Our local streams are now a safer place to paddle!

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Letters Needed to Support Big Cheat Canyon and Big Sandy Land Purchase

Submitted by Jerry Hargrave

The WV Division of Natural Resources (WVDNR) is seeking to acquire approximately 6,500 acres of land in Preston County currently owned by Allegheny Energy (AE). Approximately 4,700 acres is in Cheat Gorge; the remaining 1,800 acres are along the Big Sandy. This represents a unique, once-in-a-lifetime opportunity to protect a significant stretch of wild land. Your letters to West Virginia Governor Robert Wise are needed to support this purchase.

The Cheat and Big Sandy Rivers are both famous whitewater runs. They attract thousands of paddlers from all over the East Coast and support a modest whitewater rafting industry. The Allegheny Trail, a 330-mile long footpath running from the Pennsylvania Line near Bruceton Mills to the Appalachian Trail near Glen Lynn, Virginia, parallels the river throughout the canyon. A second footpath follows the Big Sandy from Rockville downstream to Wonder Falls and Big Splat. Both areas offer moderate hikes that are popular both with tourists and local residents.

AE wants to sell these lands as soon as possible. The company currently has other buyers for the property, but is willing to donate 25% of the acreage to WVDNR if the state can purchase 75% of the land. At present, WVDNR has funds to acquire approximately 13% of the lands. If acquired, these lands would become WVDNR wildlife management areas. We need your support to raise the money for the rest. Your letters will make a difference.

Please Write WV Governor Wise to support land acquisition cheat gorge/big sandy river corridor. His address is:

Governor Robert Wise
1900 Kanawha Boulevard, E
Charleston, WV 25305

A sample letter is available on the web at www.americanwhitewater.org/archive/article/642/



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Instructor Certification Course

Submitted by Ardie Shaffer

The 2003 Instructor Certification Course will be conducted at the Monroe Community College pool. This certification course will award *Intro to Kayaking* instructor certification which allows you to teach to all types of kayaks (recreational, sit-on-top, sea kayak, whitewater) on flat water with minimal current. In this course you will learn how to:

- Teach basic strokes and maneuvers
- Teach safety and rescue
- Recognize and teach to differing learning styles
- Identify design and performance characteristics of different types of kayaks and the appropriate waters to paddle them in
- Additional topics as necessary, time permitting

You DO NOT need a roll to qualify for *Intro to Paddling* certification.

On Saturday, January 25th from 1:00 - 4:00 PM there will be an informational meeting to outline course expectations, answer questions, and film a "baseline" video of stroke techniques for those who decide to continue on with the course. If you're interested in instructor certification and want to see what's it's all about, but you're not sure you want to take a certification course just yet, come to this meeting. There is no obligation to continue.

The course itself will consist of four 3-hour sessions in the pool on February 21, March 1, March 22, and March 29. All sessions will be from 1:00 - 4:00 pm.

The certification exam will be outside, hopefully by mid-April. We'll plan to do this on a Saturday if possible for consistency. You should plan on a full 8-hour day for the certification exam. We'll hold the exam on the easy moving water of the Genesee River at the Genesee Waterways Center, Genesee Valley Park, Rochester.

Cost for this course will be \$250, plus ACA membership. This fee includes the "Red Book" instructor's manual.

If anyone in the group is interested in pursuing Basic River Kayaking certification (formerly "Moving Water"), we'll arrange a second examination day at Lock 32 following the opening of the course in early May. There will be an additional \$50 charge for this certification level due to the extra testing day, however this level will allow you to teach classes at the Lock 32 whitewater course.

If you have questions or want further information, please contact Ardie Shaffer at ardie@rochester.rr.com, (585) 334-4487 (home) or (585) 258-2261(work).

Ardie Shaffer
ACA Instructor Trainer
Genesee Waterways Center

Carnage on the Indy — Safety Re-thunk

Submitted by Sharon Heller

The Independence River was quite an experience. It was still rising ...eventually to 600cfs! The upper part was really fast continuous class III action and fun...before the carnage began. Before I tell you about the carnage, here's a list of bad decisions and mistakes that we made regarding safety.

My borrowed Salto had no floatation, only one small float bag and no rope. We were paddling with a group we had never paddled with before, and who were pretty inexperienced. Two were in playboats on a class III-V creek. We all made assumptions about each others' abilities. We made assumptions about the river level (it was at 350cfs before we left home and rose to 600), and none of us had run it over 300cfs. We never talked about safety. We neglected proper safety procedures. We didn't communicate with each other well on or off the river. We put on even though we knew we were under-prepared. We were lucky that no one got seriously injured or died...including myself. Here's how the day went.

We met up with Philbo, an NPMB contact, and his girlfriend. They brought another young dude with them. GF and Dude were both in playboats. I was a bit concerned at this point, but Philbo had assured me that they would be fine and had the skills. I had never paddled with these folks before, so I didn't know what their abilities were. GF seemed pretty nervous. But with no safety or river plan the five of us put on and headed downstream.

Within 5 minutes, we were in continuous and pushy class III. Bubba plowed on ahead of everyone and didn't catch an eddy. I tried to catch up to him, as he was out there alone in continuous water. GF, the least experienced boater, eddied out to rest, but no one noticed. I had stopped also catch my breath, but peeled out to catch up with Bubba. I quickly realized that GF was alone behind me so I kept my eye on her. Suddenly she capsized and ended up swimming. Luckily I was nearby and was able to alert Phil. Her boat got stuck under a tree and she was standing on a rock 15' from an eddy next to the opposite shore. I ran up to assist her...but, shit, I didn't have a rope. Turned out Phil had two! Boy, I was looking and feeling pretty inadequate at that moment...I could have tethered her to shore. The other three guys were downstream on the other side of the river trying to pull her boat from the tree. GF decided to try to jump over the current to get into the eddy next to the shore. She missed the first eddy but was able to get into the next one by grabbing a downed tree...by pure luck. We rolled the dice, but it turned out okay that time.

When the boat was dislodged, no one was in his boat to chase. Phil and I jumped into our boats and chased it down the river. The boat eddied out but escaped before we arrived. After another chase we

finally got it to shore. We had to tether it across the river to get it to the GF. She opted to walk all the difficult stuff and join us down the river in the calmer water (which there wasn't too much of that day).

A little farther down, Bubba ran right into a really sticky, river-wide hole and got a major surfing. I tried to knock him out of the hole as I went by, but to no avail. I was able to get on shore, now with one of Phil's ropes, to assist Bubba. Luckily he was able to work himself out. I was also able warn the others about this sticky hole.

We ran the first 12' drop without setting up throw ropes. But it was pretty straightforward, and we did okay. Another roll of the dice fell our way.

At the slide we ran into another group of paddlers while scouting. Four of them ran the slide. The ferry to avoid the gnarliest chute was tough, pushy and shallow with no purchase, but they did okay.

We decided not to run the slide, portaged around it and proceeded downstream. But the other two guys decided to ferry to river right, hike up and run that channel. Through a communication breakdown, we didn't know this before we took off downstream. We were in an eddy waiting and they didn't turn up, so we got out waited and scouted the section just above the bridge while they hiked and ran the lower part of the right channel. The GF who had swum earlier had taken off and was set up for safety near the bridge. We later learned she had little to no experience with a rescue rope.

Bubba was now getting chilled and desperately wanted to take off, so he opted to run the next section to where he could take just below the closed bridge. Safety was set on river left. That section had 3 big holes to punch and then a small falls into a calm eddy. Maybe class -IV. Bubba had a good run. I waited for the other guys and began to get cold as well. Finally they appeared. I waited in hopes of running the last section with them with good safety. Unfortunately, Phil swam out from the falls due to a blown skirt and his boat went down the last part of the river without him. He got to shore quickly and was fine, but had to walk to the take-out to get his boat.

I had had a really clean run thus far and was very comfortable and happy with the borrowed Salto. I had confidence in my boating and was psyched to run the last section and go and drink a beer.

Three of our party at this point were helping retrieve Phil's boat. Two of us were on shore near the bridge scouting the next drop. The Dude was set on running a rocky sneak on the right, but I was concerned about getting pinned on the rocks. I wanted to run the meat on river left up against a

rock wall. I told Dude that I didn't feel comfortable running this section without support, so he said he'd sneak the right first and be below to help me if I needed it. This was probably the stupidest thing we did that day, among a lot of other stupid things, but the choices were not good. Here were the options:

1. Shoulder the boats, walk to the take-out and call it a day.
2. Hop in our boats, try to get down the rapid quickly to help with the boat rescue.
3. Walk to the take-out and arrange to set up safety for our run.

It was getting cold and shady on the river. We were close to the end and wanted to finish in the next 15 minutes. I had run it before, Dude and I really wanted to run it and felt confident as well. What would you have done in this situation?

Well, we went. Dude made it down the right side and was out of sight when I went for the left chute. I had a clean line, caught an eddy about 15 yards upstream from the very last pour-over. The eddy was small and dynamic and the rocks were too steep for me to get out of my boat. I did a quick boat scout, picked my line and went for the home stretch.

I got slowed down by a wave just before the final pourover, so I didn't make the boof to avoid the hole. I penciled in and stuck. I tried to side surf it for a bit, but was so wedged into the left side crease that I couldn't pry myself out. When I flipped, I bailed out of my boat and got really stuck in the hydraulic...every paddler's nightmare. I tried to swim for it, but unfortunately I was just like a small log getting re-circulated in that very sticky pour-over. I was able to get small gulps of air to keep me alive, but I could not get out. I tried balling up and going down to catch the bottom current, but my PFD kept me too buoyant, so I just kept trying to grasp for air and hoping that someone was getting a rope. Unfortunately no one was there.. they were still on the boat rescue.

I just kept trying to stay alive for maybe one full and very long minute, though it seemed like an eternity. I struggled...I was able to grab my paddle to pry myself up for air but it got wrenched out of my hands...gulp of air, not enough, try to get another...how am I gonna get outta here...help... Just when I thought it was going to be 'it', I surfaced...flushed out...grabbed onto the boat, which got flushed with me, and made it to a rock near shore. I was so exhausted and weak I could barely hold onto the Salto that was full of water. I looked downstream and there was everyone waving to me. They saw what happened, but were unable to assist soon enough. It took me a long time to recover, and I had no strength to turn my boat over to dump the 50+ gallons of water. That's over 400lbs! Today I'm sitting with an icepack on my back typing this, as I wrenched my back out trying to move the boat.

Dude said that he got a little pinned and messed up on his run, and was upside down somewhere too. He was unable to help, although he did recover my paddle.

We made some really bad safety (or non-safety) decisions that has got me re-thinking the whole subject. There really should have been someone standing on the rock with a rope before I went. How many times had we been 'lucky'? I believe many of you have overlooked adequate safety yourselves. I'm sharing this with you all so that you don't make these kinds of mistakes again. At least we are all still alive to talk about it, and maybe if we really think about safety and prepare adequately we can avoid a calamity.

A lot of mistakes made on the Indy. I certainly learned a few things and I will be much more cautious in the future. I am lucky I was able to self-rescue, and we were lucky that no one got seriously hurt or lost or broke any gear.

In the past we have been generally lax about taking the extra efforts to set up safety. We should really make those efforts in the future, before someone dies or gets seriously injured. We need to watch out for each other and ourselves on the river more with some basic safety procedures, starting with a little 'safety chat' before we paddle, especially class IV and harder, and even class III especially when it is pushy and there are nervous/less experienced people in the group. By safety chat, I mean we should see who has what experience, keep safety boaters in the rear to sweep, determine who has ropes and floatation and a first aid kit.

This trip report makes me look like a really stupid boater, and I'm willing to cop to that, and I'm willing to change that. I'm sharing this embarrassing, yet life-altering experience on Saturday with you, so that we can all learn from it. I'm going out to buy a throw rope and take a boater safety course as soon as I can. I will make sure my boat has adequate floatation. I will talk to people before we put on about safety. I hope you will too. I hope everyone will.



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Classified Ads

Ok folks - there's a lot of stuff listed here from a long time ago. I now have to use an 8 pont font to make it all fit! If your stuff sells, please remember to let me know so that I can remove your add. Send email to newsletter@flowpaddlers.org

I need four Y-30 clips to attach a Yakima rack to a gutterless, aero-style roof on a 4-door 1992 Honda Accord LX. If you have some, please call Emily at (585) 346-5597 or email her at epleger@hotmail.com.

Perception Ultra Clean, green/blue fade, \$350. Contact Phil at PMenard@entrecs.com or 281-4903.

Thule Model 1050/33 Ski Racks (Mount on Thule Cross bars), 2 sets, each holds 3 pairs of skis. \$12 per set. Call Doug at 734-9026.

Perception AMP for sale. It's well outfitted and in excellent condition. This boat is good for river running, surfing, spinning and cartwheeling. \$525. Contact Pam at (518)766-0621 or Wwsurfergirl@aol.com

Riot Slice (red) \$300. **Riot Kix** creek boat \$300. **Pyranha Micro 240** \$400. Lets make a deal. Jim Albano. (585)202-3899

Riot Trickster (color blast) for sale. This boat is new (\$1089.99) and has never seen the water. Nice 3d seat. I will throw in a Harmony skirt (\$129) and a black Riot Helmet and Paddle. Pick up in Rochester NY. All for \$650. email paddldude@hotmail.com

Folbot "Super": 17 1/2 ' X 37". Two person. Assembled in 1964. Excellent family boat. Includes sails. Good condition and indestructible! \$495 or B.O. Call Larry at (585)786-8542. Leave a message if I'm not there, please. Boat located in Silver Springs, NY (near Letchworth).

For sale: swift canoe 17' Outiffer (now called Algonquin) glodenglass layup, contour carry yoke, web seat, bow sliding seat, ash trim, cherry decks, emerald green, excellent condition \$850.00 e-mail e_e_volk@yahoo.com or call rick at (585)762-8154
Crosslink Z orange, red, purple \$400. Prozone 235 yellow, mango and black with custom foot bumps \$400. Dave Meyer (585)937-9652 E-Mail wvrpm5@aol.com

Showbiz with flotation, medium PFD., skirt, and Ryde paddle. \$200 Contact information: Stone, chihrong_shyr@urmc.rochester.edu (585) 273-4502

17" Wood and canvas Chestnut Cruiser, by Don Frasier who purchased the original Chestnut molds. Perfect, like new condition. Call Jerry at 387-9271.

Violet **Perception Dancer-XS** for persons 120 lbs. or less. Great for kids! Includes airbags and sprayskirt \$350. Yellow **Perception Dancer**, includes airbags, sprayskirt and paddle \$350. Call Pam (585) 785-0515.

Riot Booster 55 for sale. Only paddled once on the Hudson. \$900/bo. Call 585-395-0201 or e-mail dmallaber@yahoo.com

Booster? BOOster? You don't need no stinkin' BOOSTER! Not when you could be paddling a **mango Super Sport!** And for a song (\$325) its yours! Call Shifty at 473-2162 and have your cash ready. This baby goes fast! I'll even throw in a slightly used paddlin' glove and a large float bag. Lucky you.

Piranha Prozone 235, 2001 playboat, used less than one season, excellent condition. 350\$ or best reasonable offer. *No Rick, you can't pay squat for it.* Doug 544-9725 or dcaine@fisherassoc.com

For Sale: great condition **Dagger Ultrafuge**, blue and black, Bomber backband. \$490 Contact Randy French at Scodese@juno.com.

Dagger Ultrafuge 50 gals. great condition, Bomber Backband, outfitting and bumped for my size 10 feet. Blue, Green and White. \$400 call Rick Williams 585-381-3418.

Custom made 4m. Photon (Kevlar) whitewater slalom kayak. Sized for 5'2" to 5'4" user. Approx. 10 yrs. old. No skirt or paddle. Asking \$550. Phone (315) 986-4224.

Dagger Outburst, blue with red and yellow swirls - \$475. Small **Perception Spray Skirt**, LC-1 EZ, like new - \$65. Medium farmer john **wet suit** - \$75. Contact Karen at wave@rochester.rr.com or call (585) 461-1513*1

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Looking for a used canoe (aluminum or fiberglass), lifejackets, and paddles. Cosmetics don't matter, just needs to float. I'd like to spend less than \$300, if possible! Evan M. Lowenstein, Rochester Area Community Foundation 271-4271 x4311 elowenstein@racf.org

FLOW Paddlers Club
43 Whelehan Drive
Rochester, NY 14616

