



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 8, Issue 1

January 2003

Annual FLOW Winter Party

Date: Wednesday, January 15
Time: 6:00 pm
Place: Johnny's Irish Pub
1382 Culver Road

The weather's cold and nasty so let's get together inside, recall past paddling seasons, and plan for the future. Bring a paddling video (homegrown or commercial), and any pictures and stories that you have to share from the 2002 paddling season. Pizza, beer, and soda will be provided by FLOW.



January Steering Committee Meeting

Date: Wednesday, January 8
Time: 6:00 pm
Place: TBD - Will Be Posed On Web Site

Steering committee meetings are open to all members. Feel free to just show up - your input is welcome. If you are not available but have an idea, send email to info@flowpaddlers.org.

Election Of Officers

The Nominating Committee of Steve Baker, Ardie Shafer and Tony Hernandez have been hard at work since October identifying a slate of officer candidates. With the resignations of Mike Shafer and Ed Boggs, a new president, treasurer and secretary are needed. The nominating process is now nearly complete. The new officer candidates will be presented to the Steering Committee on January 8. The final ballot of candidates will be presented for membership approval at the January 15 meeting and winter party, as specified in the Flow constitution. Be sure to attend the party at Johnny's Smokefree January 15 for food, friends and to vote for your new officers.

2003 Pool Practice

Once again FLOW is sponsoring two locations. Due to the rising cost of pool time and insurance, the fees will be as follows:

- \$4/FLOW member
- \$4/family if you have a family membership
- \$6/person for the general public

Boats must be clean - make sure that there are no leaves or dead fish. And please park in the school parking lot!

Place	Pittsford Middle School 75 Barker Road, Pittsford
Time	Wednesdays, 7:30 to 9:30 PM
Dates	February 26 March 5, 12, 19, 26 April 2, 9

The Wheatland-Chili dates are still tentative, so check the web site or February newsletter before heading out!

Place	Wheatland-Chili High School Corner of North Rd. and Rt. 386, Scottsville
Time	Tuesdays, 7:00 - 9:00 PM
Dates	February 25 March 4, 11, 18, 25 April 1

Finger Lakes Ontario Watershed Paddlers' Club Membership Application

Name:		
Address:		
City:	State:	Zip Code:
Home Telephone:	Work Telephone:	
E-Mail:	Date OF Birth:	

Paddling Interests		
		Level of Experience (novice, beginner, intermediate, expert)
Whitewater Kayak		
Sea Kayaking		
Whitewater Solo Canoe		
Whitewater Tandem Canoe		
Flatwater Solo Canoe		
Flatwater Tandem Canoe		
C1		
C2		
Whitewater Slalom Racing		
Flatwater Racing		

Please indicate if you can help out with...	
Programs for Monthly meetings	
Newsletter	
Website	
Instruction	
Trip Coordinator	
Steering Committee	
Other	

Membership Dues are \$30 per person (\$35 per family) per year. All membership applications must include a signed waiver to be accepted. Families will need to sign a separate waiver for each family member.

Memberships are for one calendar year, from January 1 to December 31.

FLOW is an affiliate of American Canoe Association's (ACA) Paddle America Club.

Return completed application and signed waiver, along with a check payable to: FLOW Paddlers' Club
 43 Whelehan Drive
 Rochester, NY 14616



AMERICAN CANOE ASSOCIATION WAIVER AND RELEASE OF LIABILITY (IMPORTANT - READ BEFORE SIGNING!)



In consideration of being allowed to participate in any way in The American Canoe Association, Inc. athletics/sports program, and related events and activities, the undersigned:

1. Agree that prior to participating, they each will inspect the facilities and equipment to be used, and if they believe anything is unsafe, they will immediately advise their coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accept personal responsibility for the damages and medical expenses following any such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue American Canoe Association, Inc., its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.
5. This waiver may not be modified in any way. If any part of this waiver is determined to be invalid by law, all other parts of this waiver shall remain valid and enforceable.

The undersigned have read the above waiver and release, understand that they have given up substantial rights by signing it, and sign it voluntarily.

Name: _____ Signature: _____ Date: _____



AMERICAN CANOE ASSOCIATION
WAIVER AND RELEASE OF LIABILITY FOR MINORS
(IMPORTANT - READ BEFORE SIGNING!)



1. In consideration of being allowed to participate in any way in The American Canoe Association, Inc. athletics/sports program, and related events and activities, the undersigned:
2. Agree that the parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating, he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
3. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence, but also the actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
4. Assume all the foregoing risks and accept personal responsibility for the damages and medical expenses following any such injury, permanent disability or death.
5. Release, waive, discharge and covenant not to sue American Canoe Association, Inc., its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releases", from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.
6. This waiver may not be modified in any way. If any part of this waiver is determined to be invalid by law, all other parts of this waiver shall remain valid and enforceable.

I/WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT VOLUNTARILY.

Participant's Name: _____ Signature: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ ACA #: _____ Club/Organization: FLOW Paddlers Club

Name of Parent/Guardian: _____ Signature: _____ Relationship: _____



Aaahhhh... remember the summer picnic – no cold weather gear in sight... it **will** come again!

Steering Committee Minutes

December 18, 2002

- I. Pool Practice
Rates may increase due to new school district safety regulations.
Schedules for Wheatland-Chili and Pittsford are set. Schedules at other pools discussed.
- II. January Party
Location and dates discussed. Mike to finalize party details.
- III. Zoar Party
Zoar has invited FLOW members to get together during a Salmon release in July at Stoney's.
Details to come.
- IV. Renewals
Renewals will go out in January 2003.
- V. Budget
The budget has been revised for 2003 and is pending approval.
- VI. Officers
Steve Kittleberger will oversee the efforts of the nominating committee and report back at the next Steering Committee Meeting on January 8, 2003.
- VII. General Meetings
Discussion deferred until January 8, 2003.

Snow Kayaking

For those of you who can't wait for the water to get flowing, snow kayaking is here! Several kayakers were flying down the hill at Ellison Park the weekend after Christmas — see the movie posted at www.kayakporn.com/HQsled.wmv.

The "Cracked Yackers" are planning another outing on Saturday, January 11. This time there will be a competition with all proceeds going to the Rape Crisis Center. Even if you don't want to compete, come out and watch! For details, see the thread on the FLOW message board or call Wade Bowman at (585) 394-3103.

Letter To The Editor

Greetings Fellow Paddlers!!!

My name is Keith Shaw and I have a formal request... but first a little info about myself. I joined FLOW because I wanted to learn how to kayak, and I'm learning. Many people have taken the time to work and play with me, and I am very thankful for that. But I also joined to meet people and socialize, which is another great way to learn.

Imagine if you will, an environment where people get together and share stories, pictures, movies and perhaps a cocktail (or two). Now, imagine this happening on a regular basis, say for example at the monthly meeting! Now...hold that thought. We are 200+ members strong. I see people with camcorders and still cameras all the time. Where are all the pictures and movies? Can't we share these things? Share experiences? Hell, we might even enjoy ourselves!

In closing, I am what is referred to as a "newbie". I, like many others look forward to hearing the stories, seeing the pictures, watching the videos. The experiences that many of you have had become hopes, aspirations and motivation for those of us who have not....YET! Think about things like.... How did you learn? Who or what inspired you? Was there anything you learned or improved upon by watching someone else or talking to them? Where would each of us be if there were no books, tapes, videos or instruction?

Now for the request... **please** take time to get involved...Don't just read the message board... **reply...share** your thoughts and experiences... Who knows, you too may gain something... at the very least a night out and a few laughs!

Thanks and See You at the Winter Party
Keithman

A Safer Whitewater Experience

By Janice Arenofsky

When Michael Cordeiro heard the words "life and death" and "helmet" used in the same sentence, he immediately rose to the challenge. "We got to work on a product that could save peoples' lives," says Cordeiro, a 2002 mechanical engineering graduate of Johns Hopkins University in Baltimore, Maryland.

The product was a safety helmet for whitewater enthusiasts such as kayakers and rafters. It was Cordeiro's top pick out of 11 assignments funded by corporations, government agencies, and nonprofit organizations for his Senior Design Project course. Cordeiro learned that helmets currently in use fail to protect the entire head, a fact made all too clear by 22-year-old Lucas Brandon Turner, who died in a kayaking accident on the Payette River in Idaho in 1998. An expert kayaker, Turner would've survived his tumble and resulting collision with a boulder in the rapid-filled river if his helmet hadn't slipped backwards. As a result, the helmet exposed his forehead and brain to traumatic injury.

Not long after the death of his son, Gil Turner, a retired businessman living in Park City, Utah, started crusading for a safer helmet. He founded the Whitewater Research and Safety Institute (WWRSI) and spent two years digging up every piece of information he could find about whitewater injuries and helmets. At that point, the nonprofit joined with the Center for Injury Research and Policy at Johns Hopkins University's Bloomberg School of Public Health. Their plan: to co-fund the design and testing of a safer helmet.

Cordeiro, 21, who played soccer for Johns Hopkins, related to the sports aspect of the project, and as a summer sailing instructor from San Diego, California, he knew about water-related injuries. Still, he and partner Chang Lee knew the success of the helmet prototype would rest on their expertise in designing a product that absorbed shock better and prevented injury-related drownings. Says Cordeiro, "I knew I could have an impact and possibly see the project go to market."

Cordeiro's interest in design work dates back to his childhood. Starting with legos and later advancing to models, he exhibited a natural talent for building. In high school he excelled in math and science, so engineering made a natural career choice. During college, he spent summers interning for BP Chemicals and an engineering company specializing in heating, cooling, and plumbing -- experiences that sharpened his product design and testing skills.

To launch the project, Cordeiro and Lee brainstormed ideas, then progressed to researching head injuries in general. They used the college library and the Internet, discovering that a third of the 65 to 70 whitewater fatalities each year resulted from blunt head trauma. The pair also asked kayakers for input. Gil Turner communicated with the team throughout the project. Despite engineering's product orientation, Cordeiro reveals the project mainly taught him about "organization, communication, and deadlines." The two students consulted with many people, who gladly contributed to the lifesaving project.

But Cordeiro and Lee already knew where they were headed. They had received two pages of specifications dictating the weight, buoyancy, and durability of the product as well as laboratory testing procedures. The helmet had to float, weigh less than 30 ounces, and fit comfortably. Furthermore, it had to appeal aesthetically to whitewater sports people. And Cordeiro and Lee had to accomplish all this within a budget of \$5,400.

"The hardest part was keeping the cost of the materials within a range that allowed the sponsor (Turner) to make it for under \$25," Cordeiro relates. After eliminating all expensive and heavy materials, the team chose EVA (ethylene vinyl acetate), a lightweight, porous material, and ABS (acrylonitrile butadiene styrene), a lightweight, moldable, and durable plastic. Both materials had been used in other helmets. Once Cordeiro and Lee obtained the materials, they built the helmet in only a few weeks.

In the prototype, three layers of EVA lined the helmet's shell, made from ABS. Although plastic head coverings usually require an expensive molding process, Cordeiro and Lee used a high-tech rapid



Will Kirk

As his senior design project, Cordeiro (left) worked with Chang Lee to develop a safer helmet for whitewater sports.

prototyping machine, which significantly cut their cost. The EVA foam layers inside the shell varied in density, but their closed-cell manufacture repelled water and protected the wearer from impacts.

Surprisingly, the toughest part of the project was building the test apparatus. First, the team built a dummy head to fit under the prototype helmet. The first test, the helmet-water interaction test, simulated a fast-moving river. Cordeiro and Lee used a high-pressure fire hose that pumped out water at 30 mph. Straps on the helmet held it securely in place, telling Cordeiro and Lee the wearer's head would be well protected. Next, the pair assembled an apparatus to test for high-speed collisions for example, between the helmet and a rock. Constructing this apparatus took the most time and money, says Cordeiro. The test showed the helmet could absorb enough energy to prevent a serious head injury.

Although Turner says he would have liked to see more impact testing under different temperature conditions, he was extremely satisfied with the results. So were Cordeiro and Lee. "Now that we have some reliable evidence the helmet works," says Cordeiro, "we can strap it to someone's head and send them down the river."

Cordeiro and Lee turned the prototype over to Turner, who had the design patented. The WWRSI and an Asian partner intend to manufacture and market the helmet by 2003. Turner, understandably, is eager to get the helmets on store shelves. "I don't think they realize 30 million people participate in whitewater sports," says Turner, referring to the fact the government or any other organization has yet produced safety standards for whitewater helmets. Most enthusiasts, Turner says, now use a helmet intended for inline skating, with a single chin strap -- the same helmet that directly contributed to Lucas Turner's death. On a more positive note, Turner believes Cordeiro's and Lee's design work will save lives. "They've produced the world's safest whitewater helmet."

Meanwhile, Cordeiro's participation in the project has propelled him down another career path. He plans to attend law school and specialize in patent law. "That will allow me to use my technical background," says Cordeiro. "As a patent attorney, I feel I'll be at the forefront of new technology."



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Black River News

A section of the canyon wall on the Black River collapsed near Cruncher rapid. This has greatly changed the rapid, so be sure to get out and scout it before you run it. There are several web sites with pictures of the collapse:
www.splitrockvideo.com/cruncher.html
hamsterntreadmill.com/missingcruncher/index.htm



New International System for Rating Rapids

Submitted anonymously...found somewhere on the web.

Someone asked an anonymous boater about his class IV comfort level and he answered something along the lines of "I'm comfortable that I can usually find an eddy to swim to." Thus, the interviewer was inspired to offer this:

Class I, Easy. Fast moving water with riffles and small waves. Swimming is pleasant, shore easily reached. A nice break from paddling. Almost all gear and equipment is recovered. Boat is just slightly scratched.

Class II, Novice. Straightforward rapids with wide, clear channels which are evident without scouting. Swimming to eddies requires moderate effort. Climbing out of river may involve slippery rocks and shrub-induced lacerations. Paddle travels great distance downstream requiring lengthy walk. Something unimportant is missing. Boat hits submerged rock leaving visible dent on frame or new gash in plastic.

Class III, Intermediate. Rapids with moderate, irregular waves which may be difficult to avoid. Water is swallowed. Legs are ground repeatedly against sharp, pointy rocks. Several eddies are missed while swimming. Difficult decision to stay with boat results in moment of terror when swimmer realizes they are downstream of boat. Paddle is recirculated in small hole way upstream. All personal possessions are removed from boat and floated in different directions. Paddling partners run along river bank shouting helpful instructions. Boat is munched against large boulder hard enough to leave series of deep gouges. Sunglasses fall off.

Class IV, Advanced. Water is generally lots colder than Class III. Intense, powerful but predictable rapids requiring precise swimming in turbulent water. Swimming may require 'must' moves above dangerous hazards. Must moves are downgraded to 'strongly recommended' after they are missed. Sensation of disbelief experienced while about to swim large drops. Frantic swimming towards shore is alternated with frantic swimming away from shore to avoid strainers. Rocks are clung to with death grip. Paddle is completely forgotten. One shoe is removed. Hydraulic pressure permanently removes waterproof box with all the really important stuff. Paddle partners running along stream look genuinely concerned while lofting throw ropes 20 feet behind swimmer. Paddle partners stare slack-jawed and point in amazement at boat which is finally pinned by major feature. Climbing up river bank involves inverted tree. One of those spring loaded pins that attaches watch to wristband is missing. Contact lenses are moved to rear of eyeballs.

Class V, Expert. The water in this rapid is usually under 42 degrees F. Most gear is destroyed on rocks within minutes if not seconds. If the boat survives, it

is need of about three days of repair. There is no swimming, only frantic movements to keep from becoming one with the rocks and to get a breath from time to time. Terror and panic set in as you realize your paddle partners don't have a chance in heck of reaching you. You come to a true understanding of the terms maytagging and pinballing. That hole that looked like nothing when scouted, has a hydraulic that holds you under the water until your lungs are close to bursting. You come out only to realize you still have 75% of the rapid left to swim. Swim to the eddy? What #%^&*#* eddy!? This rapid usually lasts a mile or more. Hydraulic pressure within the first few seconds removes everything that can come off your body. This includes gloves, shoes, neoprene socks, sunglasses, hats, and clothing. The rocks take care of your fingers, toes, and ears. That \$900.00 dry suit, well it might hold up to the rocks. Your paddle is trash. If there is a strainer, well, just hope it is old and rotten so it breaks. Paddle partners on shore are frantically trying to run and keep up with you. Their horror is reflected in their faces as they stare at how you are being tossed around! They are hoping to remember how to do CPR. They also really hope the cooler with the beer is still intact. They are going to need a cold one by the time you get out! Climbing out of this happens after the rapid is over. You will probably need the help of a backboard, cervical collar and Z-rig. Even though you have broken bones, lacerations, puncture wounds, missing digits & ears, and a concussion, you won't feel much pain because you will have severe hypothermia. Enjoy your stay in the hospital: with the time you take recovering, you won't get another vacation for 3 years.

Class VI, World Class. Not recommended for swimming.



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Classified Ads

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' Outifter (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 wwrpm5@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

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

Brand new never paddled New Zealand "Evolution Classic" kevlar kayak, 20 ft. long, 17" beam, foam adjustable seat, kick up rudder, Wt. 28 lbs. Beautiful custom paint job, white hull and orange deck. Neoprene spray skirt and deck cover. This boat is for the experienced paddler. Asking \$1500.00 Call Bill 440-286-8241, e-mail wsalmon@aol.com. Pictures e-mailed upon request.

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

For Sale: **Pat Moore Reverie II canoe**. Pedestal seat, beautiful wood trim, light gray color. 13 ft., 30 lbs, fiberglass. Here's a chance to own a classic. For the freestyle enthusiast. This canoe is in mint condition. Asking \$1200. Contact Donn at (585)242-0846 or dwells8014@AOL.com.

For sale: **NRS "Steamer"** full-body wetsuit, XXXL. Fits approx. 6'3", 200-220 lb. Black w/blue. As new condition - hardly used and well cared for. New:\$150+. Your cost \$120. Rich Joki, jokird@flcc.edu, 585-367-3673.



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It's time to renew your FLOW club membership.

Membership runs from January 1 to December 31...What do we get for our years belonging? We continue our affiliation with *American Canoe Association*, one of America's leading voices in conservation issues affecting paddlers, bimonthly issues of *Paddler* magazine, quarterly newsletter *American Canoeist*, a great club *Webpage* - now including a message board for staying in touch - and monthly *FLOWlines* newsletter. We are working once again on a full year's trip and events schedule, including our upcoming annual Gear Swap, and winter pool practices.

And don't miss our annual Winter Party this January 15. If you haven't sent in your renewal by then, bring it with you...we'll see you there! A membership form and a minor waiver form have been included in this issue. You must return a signed waiver for each member of the family and a Minor's Waiver form for each member who is under 18. If you need more forms you can copy them or download them from the web:
www.flowpaddlers.org/misc/flowapp.pdf
www.flowpaddlers.org/misc/minorwaiver.pdf



Membership



Renewal Form Enclosed

FLOW Paddlers Club
 43 Whelehan Drive
 Rochester, NY 14616

