



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 8, Issue 2

February 2003

Letter to FLOW Members

From our new president, Don Shaw

On behalf of the FLOW officers, I'd like to thank you for coming to the Winter Party and supporting our 2003 budget and the slate of club officers. I'm sure that you join me in thanking Mike Shafer and Ed Boggs for their valued contributions during their incumbencies as President and Treasurer. I know that the newly elected and re-elected FLOW officers will continue to depend on Mike and Ed's experience / advice in pursuing the goals of the club.

During the party I had the opportunity to speak with quite a few of you about topics of interest to FLOW and the paddling community. I'd like to bring these topics to future steering meeting to see how we can realize some of your ideas. These are some of the topics:

- River safety, in general
- River safety, as it applies to FLOW trips
- Membership cards
- Bringing the flat-water and whitewater people together
- Expanding flat-water activities and membership
- Recruiting new members in general
- Training classes: beginner, intermediate, advanced, whitewater and flat-water, swift water rescue
- The upcoming fundraiser event: Guinness Book of World Records for largest flotilla

I believe there is an open invitation for any member to attend our steering meetings. Please feel free to participate.

This months general meeting will be a social get-together at MacGregor's on Jefferson Road, in Henrietta (7:00 PM, February 20th). Please plan on attending so that we can continue these discussions. This will be a great opportunity for you to talk to the new club officers and says thanks to Mike and Ed.

I'm looking forward to paddling with you in the near future.

Thanks,

Don

February General Meeting / Social

Date: Thursday, February 20

Time: 7:00 pm

Place: MacGregor's Grill, Jefferson Rd. Henrietta

Say "Goodbye" to Mike and Ed ...

"Hello" to Don and Joel

As you all know by now, Mike and Ed have retired as president and treasurer. Stop by and have dinner or a beer and show them our gratitude for all that they have done for the club over the past years.

2003 Pool Practice

The last three Pittsford pool practice dates have been moved to Sutherland high school!

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

Place	Pittsford Sutherlad High School 55 Sutherland St., Pittsford
Time	Wednesdays, 7:30 to 9:30 PM
Dates	March 26; April 2, 9

The Wheatland-Chili pool practice has moved to Monday! We still do not have written confirmation, so please check the web site before driving out

Place	Wheatland-Chili High School Corner of North Rd. and Rt. 386, Scottsville
Time	Mondays , 7:00 - 9:00 PM
Dates	February 24; March 3, 10, 17, 24, 31

Fees are as follows:

\$4/FLOW member

\$4/family *if* you have a family membership

\$6/person for the general public

Boats must be clean. And please park in the school parking lot!

February Steering Committee

Date: Wednesday, February 5

Time: 7:00 pm

Place: Barns & Noble Cafe

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.

Newest FLOW Member

Hayley Edith-Louise Bogaard

Born: Jan.11, 2003

Wt: 7lbs. 3oz.

Hair: Didn't come from Dan...

Congratulations to Dan and Sarah Bogaard on the birth of their beautiful daughter Haley. Dan's already contacted Kokotat to find if they can make a dry-suit to fit her



Guinness Book World Record Paddle Sports Challenge

The Genesee Waterways Center is organizing an event to form the largest free-floating raft of canoes and kayaks in an attempt to break the record for the Guinness Book of World Records. The event will take place on June 8, 2003 at Mendon Ponds.

The current record of 776 boats was set in May 2001 in Hinckley, Ohio. (This is currently being challenged). The previous record is 649 canoes and kayaks, which gathered on the Rock River in Byron, Illinois on August 17, 1996. Before that, the record was set on May 21, 1995 at Cleveland, Ohio.

GWC is looking for both participants and volunteers to make this event a success. A Planning /Coordinating Meeting is being held on Thursday, February 13, 2003 at 7:00 p.m. at the Genesee Waterways Center 149 Elmwood Avenue. If you would like more information before the meeting or are interested in helping but cannot attend the meeting, please contact the Genesee Waterways Center at 585-328-3960

FLOW Election Results

The results of the FLOW elections are in. The slate of candidates was approved by a unanimous (37-0) vote. Committee chairs will be appointed at the next steering meeting.

- President Don Shaw
- Open / Flat Water Vice President .. James Hopkins
- Whitewater Vice President Steve Kittelberger
- SecretaryCathy Rague
- Treasurer..... Joel Chastek

The 2003 budget was approved as printed below with 34 votes for, 2 votes against, and 1 abstention.

Actual EXPENSES 2002	Amount
Pool practice insurance	\$30.00
Pittsford Pool practice	\$300.00
Wheatland Chili Pool practice	\$254.06
Website and Domain name	\$60.00
Jan. Party	\$439.85
Aug. Party	\$538.62
Meetings - BTH	\$175.00
Meetings - BTL	\$55.00
Meetings - MC Parks	\$70.00
Meeting equipment and food	\$165.02
Donations - AWA & NYRU @ 100 ea.	\$200.00
Miscellaneous	\$0.00
ACA dues	\$2,323.75
Mailings (180 / mo. Avg.)	\$1,034.52
Total	\$5,645.82
Actual INCOME 2002	Amount
Member Dues deposited (107/40)	\$4,595.00
Corporate memberships	\$150.00
Nonmember contributions	\$42.50
Pittsford Pool Practice	\$200.00
Wheatland Chili Pool Practice	\$127.00
Unknown	\$18.75
Total	\$5,133.25
2002 income (loss)	(\$512.57)

Projected EXPENSES 2003	Amount
Pool practice insurance	\$30.00
Pittsford Pool Practice	\$490.00
Wheatland Chili Pool Practice	\$375.00
Website and Domain name	\$60.00
Jan. Party	\$450.00
Aug. Party	\$520.00
Meetings - BTH - 5 @ 35	\$175.00
Meetings - BTL - 2 @ 55	\$110.00
Meetings - MC Parks - 2 @ 70	\$140.00
Meeting equipment and food	\$140.00
Donations - AWA & NYRU @ 100 ea.	\$200.00
Miscellaneous	\$200.00
ACA dues (161 memberships 114/47)	\$2,323.00
Mailings (180 / mo. Avg.)	\$1,082.00
Total	\$6,295.00
Projected INCOME 2003	Amount
Member Dues (161 memberships 114/47)	\$5,065.00
Corporate memberships (3 paying)	\$450.00
Nonmember contributions	\$42.50
Pittsford Pool Practice	\$455.00
Wheatland Chili Pool Practice	\$355.00
Miscellaneous	\$50.00
Total	\$6,417.50
Projected 2003 income	\$122.50

The Bombproof Roll by Eric Jackson

Here is how to take your roll from where it is to 100% effective.

Everyone learns to roll, then goes through some kind of regression, forgets their roll, then gets it pretty good again giving them 90% confidence in it, then oops, what happened.

At this point, where you are, you will either rise up, or go down forever. There is no medium ground here. You know you have the skills to roll, it is a head game, here is what you do. (I have taught thousands of people to roll, and they never swim!)

1. You must be confident and proficient in your basic technique. So start at the beginning. Go to the side of the pool, practice the hip snap. You must pay attention when doing it (no going through the motions). Keep your head in the water until the cockpit hits you in the side (you have done a complete hip snap) then bring your head out. Remember, your body is weightless in the water, 1" out of the water and you weigh 150 pounds (or whatever you weigh) So upright the boat while weightless, then bring your body out.
2. Do the same exercise, but with your paddle on the side of the pool, drop in the water, hip snap up. Open your eyes and look at the bottom of the pool, don't take your eyes off the bottom until your boat is upright.
3. Do the entire roll a couple of times having someone watch for proper technique.

If you can roll again, with 75% proper technique or better, you are ready for the next step, becoming a roller for life.

ROLLING VS. SWIMMING IS A NO COMPROMISE MENTAL DECISION!

When you are underwater, your ability to make quality decisions is limited. In fact, I wouldn't want to rely on any decisions I make underwater. So it is critical to make all important decisions in advance of getting in your kayak.

#1 Decision - When I flip over, I roll up. This is an easy one. If you are walking across the street and you fall down, you just stand up and walk to the other side. You don't lay there and wait for someone to help you. Why? Because you know how to stand up. If you try to get up and fall again, what do you do? You stand up and walk across the street before you get run over by a truck. If you tip over, you roll up, if you miss a roll, you set up and do it right the next time.

Rolling is easy- you know how to do it on both sides. The only time you don't roll is when you aren't focused on the task at hand - SET UP, COCK UP, HIP SNAP, HEAD DOWN.

That is all you can do when underwater.

IMPORTANT FACTS

1. All you can do underwater is roll up.
2. If you think about anything but rolling up, you will have more trouble rolling.

Scenarios

- You tip over and your paddle hits a rock underwater - Set up and roll
- You are set up but your head bounces on a rock-roll up
- You feel a huge boil and swirly water and you are having trouble setting up - Set up and roll (it may take another 5 seconds)
- You are up against rocks on one side - Set up and roll on other side.

Get the point- Everytime you are upside down, you focus on the roll and roll up.

The option- Swim (It takes at least 5 more seconds to get air than rolling, you bang your legs, waste 5 minutes, get cold, endanger yourself and everyone with you) So swimming is not an option.

HOW DO I PRACTICE MY ROLL TO HAVE TOTAL CONFIDENCE IT WILL ALWAYS WORK?

Once you are confident in a pool that you will get back up if you tip over (you can roll) you can begin your real roll practice.

Never, never, never tip over with your paddle set up in roll position!!!!

This will never happen in a river, so practicing this way means every time you tip in a river it will feel different to you than in practice.

Your goal is to get comfortable with every conceivable position to start your roll from underwater.

Examples: Tip with your paddle behind your back, over your head, holding with one hand, backwards, bad grip, etc. Tip with your paddle off to the side of the boat, look for it and swim to it, grab it set up and roll.

Time yourself underwater - practice extending your time underwater with a reasonable comfort level. (The average person is comfortable for 10-15 seconds on the first try and 15-30 seconds on the second try. This means it is possible for you to double the time you have to be comfortable underwater with a little practice (underwater is no big deal unless you feel panic, extending the time you have before panic is easy and critical)

Learn an "intuitive roll"- You can now roll any old which way but loose. You no longer roll set up. You

can pass your paddle over the boat while underwater, etc. Awesome. One more step...

Getting past the "learned, mechanical roll". You do a sweep roll, or a C to C roll. Fine. Rolling though is simply getting a bite on the water and hip snapping up. (you should take your roll past the beginner phase and learn to roll in all kinds of positions of paddle and body)

Here is how you do it-

1. Flop in the water with your paddle in the high brace position and roll back up (deep high brace)
2. Same thing but let the paddle go underwater to a 30 degree angle then roll up.
3. Do it again letting the paddle go deep to 60 degrees, then roll up.
4. go to 90 degrees then roll up.

(miss a roll?, no problem, set up and roll normally)

What you are trying to achieve in the above exercise is to learn what you can get away with and still roll up. It is not necessary to "set up do a C to C roll" every time. In fact, most of the time you should be able to turn a flip into a quick hip snap back up. Why? Because you generally tip over with the paddle in a position that is similar to one that you are practicing above (60 degrees into the water for example)

You can always set up and do the "proper roll technique" if you miss a quick roll up. However, if you don't learn that you can roll from any position, you won't ever have an intuitive roll.

Summary:

1. Decide that you NEVER swim. (The only time swimming is safer than staying in the boat is when the boat is pinned solid to something)
2. Practice "combat rolls" only — that is the only kind you will ever have to do.
3. Extend the amount of time you are comfortable underwater (a bath tub is good for this too)
4. Learn an "Intuitive roll"- rolling any which way, (it is all about getting a bite on the water with your paddle and doing a good hip snap, keeping the head down.)
5. Imagine every possible situation that could possibly occur in the river and try to simulate it in the pool (use the sides, use other kayakers, use a broken paddle, etc)
6. Learn a hand roll after the intuitive roll.

ONE MORE THING. TIME TO PUT AN OLD WIVES TALE TO REST ONCE AND FOR ALL

It is not better to roll leaning forward vs. leaning back!

The last three years there has been some kind of underground cult that has ruined the rolls of thousands of boaters, endangering them in the river, ruining their confidence, and their on the water enjoyment. This cult has been teaching that you should ALWAYS roll up leaning forward. BS, NO GOOD!

Their theory is by rolling up leaning forward you protect your face from hitting rocks. Wrong!! By the time you have done your hip snap and are coming up, if you are leaning back your face is pointed at the sky, not the bottom of the river.

Leaning forward during hip snap hinders your hip snap by 50%. This means you will be missing many more rolls than if you lean back. It also raises your center of gravity on the roll by 50% taking more energy to roll up.

You want to nail your first roll every time! This means good hip snap (leaning back a little or all of the way), keep your center of gravity low (leaning back) and finish every roll in bracing position (leaning back, paddle out to the side) Leaning forward means missing rolls, slamming rocks on your way back in, coming up out of position for a good brace to keep you up, etc. SAY NO TO THE CULT!

With all of this said remember....

You will see me, and all of the best boaters breaking all of the rules mentioned about (except the swimming part) because our rolls are so intuitive that we just "roll up" with no regard to technique or a consistent approach. (I rarely ever set up and roll, I often lean forward so I am in position to take my next stroke, I will lean back if it is important that I stay up) etc. You too can get there, but a breaking out of the "mechanical roll" mold is the first step.

I hope this was a worthwhile rolling article for everyone.

See you on the water,

EJ

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Classified Ads

To have your boat or equipment listed, send email to newsletter@bluefrognet.net. Items will be removed after 6 months.

For sale: swift canoe 17' Outfitter (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.

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.

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

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.

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.

Used Canoes for Sale. Discovery 158's. Red with roto-molded seats. Good condition. \$225.00 each. Call Adventure Calls Outfitters (585)-343-4710. Sea Kayaks- 2 Wilderness System Sealutions- 16.5 ft., 22" beam, Expedition equipped, \$550 & \$600. Harry at (315) 524-9295 or seayaker@seayaker.com.

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

Save FLOW's Money

Get The Newsletter By Email

At the last steering committee meeting, we were discussing how we could save money for the club. Several people said that they would rather get an e-newsletter once a month instead of a hard copy in the mail. Last year we spent over one-thousand dollars on distributing the newsletter. If 50% of the club members would rather get the newsletter by email it would save us a significant chunk of cash. If you are interested in getting your newsletter electronically, send email to newsletter@flowpaddlers.org.



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