



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 8, Issue 5

May 2003

May General Meeting

Date: Thursday, May 8
Time: 7:00 PM
Place: Brighton Town Hall
2300 Elmwood Ave.

Important Boating Issues

Steve Kittelberger will lead a discussion on three issues of interest to whitewater boaters.

- He will give a detailed history and current status of the Route 3 Wave issue: who is leading the charge to modify The Wave and where this stands.
- The wall at Cruncher on the lower Black collapsed last winter, and he will provide an update on what boaters can expect to find there this season.
- Fishermen have challenged DEC to reduce the number of releases on the Indian/Hudson, and he will relate what he knows about this issue.

Refreshments will be served.

Cascade Falls Spring Slalom

June 1, 2003

The Cascade Falls Spring Slalom will take place on Keuka Outlet in Pen Yan NY. Cascade Falls, a seven foot waterfall, marks the start of the competition course, which continues down stream for about 1400 feet.

The course will open Saturday, May 31, from 10am to 6pm for practice. Racers will meet on Sunday, June 1, at 8:30am with the race following immediately.

The race entry fee is \$10 for each entry with a maximum of three and the classes are the same as a all NESS events.

Cascade Falls Kayak Adventures (CFKA) is a registered Not for Profit Corporation with direct connections to USA Whitewater Slalom Grass Roots Development. The CFKA center of operations is located at the Keuka Outlet Visitors Center in Penn Yan, NY. Volunteers, working in conjunction with the Friends of the Outlet, provide the general public opportunities for hiking, biking, fishing, and recreational or competitive canoeing and kayaking. See www.kayakracing.org for more information.

FLOW Monthly Evening Paddle

Open Water - Exploring Irondequoit Bay
Thurs, 5/29 at 6:30 PM

Ever paddle through a tunnel with a hidden vine covered entrance? Join us as we tour part of the bay to seek out Densmore Creek. Basic paddling skill set required. For more details, contact trip coordinator Harry Weidman, (315)524-9295
seayaker@seayaker.com.

Lock 32 Whitewater Park Opening

Final preparations are underway for Lock 32 Whitewater Park's third season. Located at 2767 Clover Street (near the corner of Jefferson Rd. and Clover St.) in Pittsford, the park offers instruction and open paddling. The season begins on May 9th and operations will continue through October 31.

A host of classes will be offered this year, including Intro To Kayaking (Level I and II), Advanced Kayaking, Play Boating (Level I and II), Rolling, and River Safety. In addition, youth camps will be held during the summer. This year there is a new rodeo hole at the last drop which is good for practicing advanced freestyle moves.

Fees for the 2003 season are as follows:

Adult Season Pass.....	\$265
Student Season Pass.....	\$255
Weekend Pass.....	\$155
Month Pass.....	\$125
Evening Pass (4:00 - Dark).....	\$15
Friday Evening Pass (4:00 - Dark)	\$7
Waterbooklet (10 4 hour passes).....	\$125
On Site Kayak Rental	\$10
Annual Boat Storage	\$50

For those looking for a chance to volunteer, lock cleanup and work parties will be held on the last Wednesday of each month from 6 - 8 pm.(May 28, June 25, July 30, and August 27)

For more information, check out the Genesee Waterways Center web site
www.genesee-waterways.org or call Jason Lehmbeck at 249-5082.



FLOW Organization

President.....Don Shaw.....223-5077
 Vice Presidents.....Steve Kittelberger...442-6138
 James Hopkins.....621-2721
 Secretary.....Cathy Rague . (315) 926-7890
 TreasurerJoel Chastek.....768-4651
 MembershipWade Bowman.....394-3103
 Trips & EventsIvan Rezanka.....381-7475
 NewsletterSimon Barnett899-6803
 Education/Instruction Ardie Shaffer.....334-4487
 Conservation/Access. Jerry Hargrave .k1c1c2@aol.com

Newsletter Submissions

Send us trip reports, articles, letters to the editor, rants, photographs, ads for our classified section, or anything else that you would like to see in FLOWlines. Send items to newsletter@flowpaddlers.org. If you do not have e-mail, send items to:

Simon Barnett
 72 Maple Park Heights
 Rochester, NY 14625

The newsletter deadline is the next-to-last Thursday of the month.

Membership / Address Changes

To join FLOW, download the membership form from the "How To Join" page on www.flowpaddlers.org, fill it out and send it with \$30 (\$35 family rate) to:

FLOW Paddlers' Club C/O Wade Bowman
 3298 Freshour Rd.
 Canandaigua, NY 14424

If you don't have access to the web, contact Wade at the above address or NewTest@Rochester.rr. Send address changes to Wade too.

Upcoming trips/events

Whitewater Trips: Contact Ivan Rezanka 381-7475.
 Flatwater Trips: Contact James Hopkins 621-2721.

Local River Gauges

Genesee River (Letchworth) 468-2303
 Catteragus Creek..... 532-0626
 Black Cr. at Churchville..... (800) 452-1742 #361131
 Salmon River..... (800) 452-1742 #365123
 Waterline Site Codes www.h2oline.com

Paddling Contacts

FLOW Corporate Sponsors

BayCreek Paddling Center..... 288-2830
 Boat/gear sales & rental, instruction, kids camp
 8% off stocked accessories
 www.BayCreek.com

Oak Orchard Canoe & Kayak (800)-4-KAYAKS
 1000 Boats, car & truck racks, parts, repair, ½ day river tours
 10% off accessories; 22% off plastic WW boats (in stock only)
 www.oakorchardcanoe.com

Businesses Offering FLOW Discounts

Colorado Kayak Supply (www.coloradokayak.com)

15% off accessories (Must Supply AWA Number)

Nantahala Outdoor Center (www.noc.com)

10% off all goods

Northern Outfitters (www.noh20.com)

10% off all retail items

Snow Country Sports..... 586-6460

10% off outdoor products (backpacking, camping, climbing)

Zoar Outdoor (www.zoaroutdoor.com)

10% off accessories and \$50 off boat prices

Local Businesses & Instruction

Adventure Calls (888) 270-2410

Whitewater rafting and boat shuttle in Letchworth State Park
 www.adventure-calls.com

Ardie Shaffer 334-4487

ACA certified whitewater instruction & instructor training
 ardie@rochester.rr.com

Art Miller..... 377-1994

ACA WW instruction & USACK certified WW slalom instruction
 artm@rochester.rr.com

Genesee Waterways Center & Lock 32..... 328-3960

Promoting the use of human powered watercraft
 www.geneseewaterways.com

George Scherer of Sea Kayak Rochester.... 381-2104

ACA certified open water coastal kayak instructor
 george.scherer@kodak.com

Hemlock Canoe Works..... 367-3040

Hand crafted lightweight canoe manufacturer
 www.hemlockcanoe.com

Karen Bader..... 377-4326

ACA certified flatwater instructor
 kmbader@aol.com

Pack, Paddle, Ski 346-5597

Flatwater, whitewater, canoe, kayak, & sea kayak instruction
 www.packpaddleski.com

Seayaker Outfitters (315) 524-9295

ACA certified Coastal Sea Kayak instructor / courses & tours
 www.seayaker.com

Talic Sport Hammocks 381-5401

Wooden canoe and kayak stand manufacturer
 www.talic.com

National Organizations

American Canoe Association..... www.acanet.org

American Whitewater www.americanwhitewater.org

Adirondack Mountain Club..... www.adk.org

Please send any additions, corrections, or deletions to
 newsletter@flowpaddlers.org



All phone numbers are in the 585 area code unless otherwise noted.

FLOW Paddlers' Trip Roles and Responsibilities

Over the past year or so there have been a number of discussions surrounding the role and responsibilities of a FLOW Paddlers' Trip Coordinator. The discussions focused primarily on concerns regarding the following four topics:

- New and / or inexperienced boaters
- Boater safety in general
- Trip coordinator liability
- Liability of the club

The Steering Committee has carefully considered the above and offers the following guidelines for the FLOW trip participant and the trip coordinator:

Participant

- Only paid-up FLOW members can participate in FLOW trips.
- The individual participant must sign a waiver form provided by the trip coordinator before FLOW trip starts.
- The individual participants are solely responsible their own safety and for staying together as a group during the FLOW trip.
- The individual participants are responsible for determining whether or not they are ready to participate in a FLOW trip.
- New or inexperienced boaters who have no paddling experience should obtain training from an accredited ACA instructor before participating in FLOW trips.
- The individual participants are solely responsible for providing their own safety equipment appropriate for the river difficulty, season, and weather.
- The participant is responsible for calling the trip coordinator prior to the trip and getting information on the put in, take out, and associated times - put in / take out times and places will not be published in FLOWlines.
- No one will participate in a FLOW trip unless they have contacted the trip coordinator prior to the start time of the trip.

Trip Coordinator

- The trip coordinator is also subject to participant's responsibilities 1-6.
- The trip coordinator will only allow current FLOW members to participate in a FLOW trip.
- The trip coordinator will obtain participants signatures on waiver form-before the trip starts.
- The trip coordinator will allow individuals to participate in a FLOW trip only if they have the minimum personal safety equipment appropriate for the trip.

- The trip coordinator is responsible for identifying the meeting places and times for the trip.
- The trip coordinator is responsible for canceling a scheduled trip if the conditions of the river or weather are undesirable.
- The trip coordinator will entertain phone calls from participants inquiring about the trip.
- The trip coordinator will set up necessary shuttles.
- The trip coordinator is not responsible for training any of the participants.
- The trip coordinator is not responsible for the personal safety of any trip participants.

These guidelines are consistent with the contents of the waiver form which all trip participants must sign prior to putting in. FLOW Paddlers is a social organization whose primary goal is to provide opportunities for members of the club to get together to enjoy each other's company while paddling.

National River Cleanup Week May 10-17 2003

If you're not already in the habit, take a few hours in May and pick up trash when you are out on the river. Government agencies, paddlesports enthusiasts, outfitters, businesses, civic, and conservation groups take part in National River Cleanup Week every year. Registration is FREE and groups receive educational and promotional materials on conducting cleanups of waterways. Cleanups groups vary in size and can be as small as five or ten volunteers to groups numbering in the thousands. A trash tracking form is sent to each registered group, and is used to report on the amount and type of litter recovered. For more information, check out the AW web site at www.americanwhitewater.org/archive/article/808/



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2002 Open Water Trip Schedule

Trip Leaders Wanted. Contact Jim Hopkins and fill in the blanks!
607-281-2337 work 607-330-5649 evenings hoppyski@yahoo.com

Day	2003 Date	Time	Where	Trip Coordinator	Contact
Th	5/15	6:15 PM	Black Creek, Churchville, Rt. 19	Jim Rausch	jrausch@rochester.rr.com
Th	5/22	6:15 PM	Black Creek	Scott Hardies	scottth@bikerider.com
Th	5/29	6:15 PM	Irondequoit Bay (See Page 1 for details)	Harry Weidman	seayaker@seayaker.com
Th	6/5	6:15 PM	Canadice	Rich Joki	jokird@flcc.edu
Th	6/12	6:15 PM	Mendon Ponds	Harry Weidman	seayaker@seayaker.com
Sat	6/14		Full Moon Paddle, Hemlock	Sheila Wagoner	Sheila.wagoner@kodak.com
Th	6/19	6:15 PM	Erie Canal west from Lock 32	Jim Hopkins	607-281-2337
Th	6/26	6:15 PM	Genesee Valley Park	Scott Hardies	scottth@bikerider.com
Th	7/3				
Th	7/10	6:15 PM	Roll Clinic Mendon Ponds Boat Launch	Jim Hopkins	607-281-2337
W-Sun	7/16-7/20		St. Regis Canoe Wilderness	Steve Kittelberger	Stevekit@frontiernet.net
Th	7/17	6:15 PM	Genesee River	Mike Marini	Marini@fronteirnet.net
Th	7/24	6:15 PM	Webster Park	Harry Weidman	seayaker@seayaker.com
Th	7/31	6:15 PM	Erie Canal, Ayrault Rd	Scott Hardies	scottth@bikerider.com
Th	8/7	6:15 PM			
Sat/ Sun	8/9-8/10		August Picnic	Sheila Wagoner Norm Roof	Sheila.wagoner@kodak.com Nroof1@rochester.rr.com
Th	8/14	6:15 PM	Erie Canal, Wildwaters Lock 32	Jim Hopkins	607-281-2337
Th	8/21				
TBA			Chimney Bluffs	Tricia Schank	triciaschank@hotmail.com

FLOW Open Water Paddling

The April FLOW General meeting was devoted to open water paddling. The meeting revealed the vast experience and knowledge that the group has collectively about paddling in many places around the country, around the world, and, most importantly, around the local area. A common desire was to be able to share in this information so that everyone had more options of where to paddle locally for a couple hours in the evening, for a day trip, or for a weekend camping trip. Interest was also expressed in finding other paddlers to boat with.

The general consensus was for one week-night paddle every week during the spring and summer; an occasional weekend day trip; and a full weekend camping trip.

The week night agreed upon was Thurs, (ADK offers trips on Wed.) It was agreed that a start time (being on the water) of 6:15 pm was convenient and offered more daylight for paddling. The difference between the arrival time at the put-in and the actual start time of the trip on the water was discussed. It was agreed that the time designated in the schedule would represent the start of the actual paddling, not the arrival time at the put-in.

Two paddlers offered to coordinate an open water trip on Aug 9 & 10 for paddlers who want to attend the Annual FLOW Picnic and campfire party near

Pulaski. Details will be published on the website and in Flowlines

Ed McDonald spoke about putting together another multi-day open water trip in northern Canada for 2004. Several paddlers at the meeting could attest to the great adventure these trips have afforded them in the past. Anyone interested should contact Ed at meh2.@frontiernet.net.

Open Water Paddlers were encouraged to use the message board to relay information about trips, whether looking for other paddlers or for information relating to logistics. The message Board can be accessed via the FLOW Paddlers web site at www.flowpaddlers.org.



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2003 FLOW Whitewater Trip 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. **We CAN NOT take non ACA/FLOW members on the trips.** To add trips, or change existing trip listings for the monthly update, call Ivan Rezanka, 381-7475.

Date	Level	Trip Description	Coordinator	Phone
May 3	Beginner	Genesee River in Letchworth. Class II	Richard Mauser	585-473-2162
May 10	Beginner	Genesee River in Letchworth. Class II	Jerry Koehler	315-986-4526
May 17	Advanced	Hudson River. Class IV.	Ben Bramlage	518-792-3277
May 31	Beginner	Genesee River in Letchworth. Class II	Eric Smith	585-576-1421
June 5	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
June 7	Beginner	Genesee River in Letchworth. Class II	Jerry Koehler	315-986-4526
June 7-8	Beginner	Lehigh River, PA; with camping in nearby state park. <i>Please Note Date Change</i>	Steve Kittelberger	585-442-6138
June 14	Beginner	Genesee River in Letchworth. Class II	Richard Mauser	585-473-2162
June 12	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
June 19	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
June 21	Beginner	Genesee River in Letchworth. Class II	Don Shaw	585-223-5077
June 20-22	Advanced	Kipawa River Festival in Quebec. Add 1 day each for travel to and from. Class III-IV	Vaughn Skinner	315-683-5379
June 26	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
June 28	Intermediate	Salmon River, Pulaski, NY. A scheduled 400 cfs release. Class III	Jerry Koehler	315-986-4526
July 4 - 6	Intermediate/ Advanced	Ottawa River, Beachburg, Ontario. The annual gathering of FLOW paddlers to celebrate July 4 and Canada day. Class III - IV	Paul Houndt	585-342-3055
July 10	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
July 12	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Bill Kuipers	585-322-7742
July 17	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
July 19	Beginner	Genesee River in Letchworth. Class II	Cathy Rague	315-926-7890
July 20	Advanced	Black River, Watertown and gorge. Class IV	Paul Houndt	585-342-3055
July 24	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
July 26-27	Int / Adv	Deerfield River, MA Dryway section Class III - IV	Steve Kittelberger	585-442-6138
July 26	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Don Shaw	585-223-5077
July 31	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
August 2	Beginner	Genesee River in Letchworth. Class II	Don Shaw	585-223-5077
August 2-3	Advanced	Gatineau River, Maniwaki, Quebec on Friday and Saturday. Class IV	Vaughn Skinner	315-683-5379
August 7	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
Aug.9	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. FLOW picnic Saturday Evening. Class III	Richard Mauser	585-473-2162
August 14	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
August 16-17	Advanced	Ottawa River, Beachburg, Ontario. Class III - IV	Steve Benedict	315-331-5198
August 21	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
August 23	Beginner	Genesee River in Letchworth. Class II	Cathy Rague	315-926-7890
August 30	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Bill Kuipers	585-322-7742
August 30	Advanced	Beaver River, Taylorville section. Class IV	Ben Bramlage	518-792-3277
Sept. 20	Beginner	Genesee River in Letchworth. Class II	Don Shaw	585-223-5077
Sept. 20	Intermediate	West River, Vermont, Class III+	Ben Bramlage	518-792-3277
Sept. 27	Beginner	Genesee River in Letchworth. Class II	Don Shaw	585-223-5077
Oct. 25	Beginner	Genesee River in Letchworth. Class II	Don Shaw	585-223-5077
Nov. 1-2	Intermediate	Tohickon Creek, PA Class III to III+. Camp nearby.	Steve Kittelberger	585-442-6138

Before You Practice Your Roll In One Of Our Local Waterways...

...you may want to check this out. There is a web site that has detailed maps that identify more than 17,000 Superfund sites, leaking tanks, hazardous spills, landfills and other toxic site categories. The maps are generated from government information and can be accessed by community name on a county-by-county basis. You may be surprised what is leaking through your back yard into a local stream. To access this information, point your web browser to www.toxicstargeting.com/toxicmaps/index.htm

Classified Ads

*To have your boat or equipment listed, send email to newsletter@flowpaddlers.org.
Items will be removed after 6 months. Feel free to re-list items that have not sold.*

Liquidlogic Session+ used but not abused...ie great condition. Blue. \$500or swap. (wavesport Ace 5.1)?? The right Creek Boat?? Call Steve 315-331-5198 or email whimsy@rochester.rr.com.

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.

Prozone 225 - like new - floated fewer than 10 times, with foot bumps, full outfitting, yellow, \$450 OBO. Contact Ben Bramlage, barkeater1@adelphia.net, (518) 792-3277. Located in Lake George.

For sale: Wavesport Siren, the kayak designed specifically for women. Yellow, 1 year old, like new condition. Paddled primarily in pool classes and a few times at the Lock 32 whitewater course in instructional classes. Asking \$550. Dagger Animas, blue/purple swirl, very good condition. Great river-running boat for novice paddlers. Bulkhead foot rests, asking \$350. Contact Ardie or Gary Shaffer 334-4487 or email ardie@rochester.rr.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.

Keuka Outlet Release Schedule

These water releases are make possible by Cascade Falls Kayak Adventures, the Friends of the Outlet, the Village of Penn Yan and the Keuka Lake Outlet Association. Our continued use of this beautiful natural resource in solely dependant on our behavior at the facility. If you have any questions, concerns or would like to volunteer contact Art Miller at artm@rochester.rr.com or take a look at <http://www.kayakracing.org/>. For all release dates, gates open at 8 am and close at 2 pm

May 4, 11, 25, 31
June 1, 15, 22, 29
September 13, 14, 20, 21
October 12, 13

June General Meeting

Thursday, June 12th at 7 PM - Hold The Date

The June General Meeting will be held at Mendon Ponds on Thursday June 12th at 7 PM. This will be an "on the water" meeting featuring a Greenland Paddle Demo by Harry Weidman and a Roll Clinic hosted by Joel Chastek. Both open water and whitewater members are encouraged to attend. Rumor has it that hot dogs and Italian sausages will be grilled and served by part time chef and club president Don Shaw. Bring your own Roloids!

FLOW Paddlers Club
3298 Freshour Rd.
Canandaigua, NY 14424

