



# FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter  
Rochester NY

Volume 8, Issue 7

July, 2003

## July General Meeting & Roll Clinic

Date: Thursday, July 10  
Time: 6:15 pm until dusk  
Place: Mendon Ponds Boat Launch

Had any good swims lately? Is your C-to-C roll not reliable in your new planing hull boat? Is your new "EZ" not as easy to roll as the old RPM?

Come to the Roll Clinic at Mendon Ponds Boat Launch Thursday July 10th 6:15 PM till dusk to:

1. Polish up your old roll.
2. Learn a new roll.
3. Learn the difference between a bar of soap and a brick (cross section of displacement hull and planing hull cockpit).
4. Practice group rescues in sea/touring kayaks.
5. Demo a boat. Contact Wade at Oak Orchard (288-5550) or Steve at Bay Creek (288-2830) to arrange a demo. They can only bring a few boats from each store and will only bring what is requested.
6. Socialize on the beach.

Special Feature: The Sweep/C-to-C hybrid roll, AKA Screw Roll, Combo Roll, and Kent Ford roll that will reliably roll your playboat.

Don't forget your bug spray! Mosquitoes are voracious at dusk while you are trying to load your boat.

## FLOW Picnic Moved To August 2

Due to the changes in the Salmon River Release schedule, the annual FLOW bash at Stoney's campground in Pulaski NY has been moved to August 2<sup>nd</sup>. Final preparations are being made for the Saturday night picnic, both whitewater and flatwater events are planned, and Stoney is trying to figure out how to out-do last year's bonfire.

## Keuka Outlet Web Site

For the latest information about the Keuka Outlet Whitewater Park (including updated release schedules) check out [www.kayakracing.org](http://www.kayakracing.org)

## July Steering Committee Meeting

Date: Tuesday, July 15  
Time: 7:00 pm  
Place: Pittsford Barnes & Noble Cafe  
3349 Monroe Avenue

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](mailto:info@flowpaddlers.org).

## Salmon River Downriver Race 2003 Date Change!

Due to the Salmon River release date changes, the Salmon River Downriver Race is now scheduled for July 5, 2003 at 3pm. For more information, contact Dan Murn at [dmurn@usadatanet.net](mailto:dmurn@usadatanet.net).

## St. Regis Canoe Wilderness Trip

This trip, advertised for July 16-20, is a great opportunity to explore the St. Regis canoe wilderness near Saranac Lake. The area is upwards of 40 square miles and contains a couple dozen ponds and lakes. No motor boats are permitted. The typical portage between ponds is 1/4 mile.

We'll probably set off from Little Clear Pond, and our trail will depend on the interests of the group. Call if interested; we'll probably meet as a group a few days before setting off to coordinate cars, boats and gear. Steve Kittelberger 734-6138 or [stevekit@frontiernet.net](mailto:stevekit@frontiernet.net)

## Oak Orchard Canoe & Kayak

1300 Empire Blvd. Rochester, NY 288-5550  
Flow members save 10% everyday!

Welcome  
To Our New Store !

Canoe & Kayak Expo May 31 & June 1  
Lake Alice - Waterport, NY

[www.oakorchardcanoe.com](http://www.oakorchardcanoe.com)

## FLOW Organization

President ..... Don Shaw..... 223-5077  
 Vice Presidents ..... Steve Kittelberger... 442-6138  
 ..... James Hopkins..... 621-2721  
 Secretary ..... Cathy Rague. (315) 926-7890  
 Treasurer..... Joel Chastek..... 768-4651  
 Membership..... Wade Bowman..... 394-3103  
 Trips & Events ..... Ivan Rezanka..... 381-7475  
 Newsletter..... Simon Barnett..... 899-6803  
 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.

## 2002 Open Water Trip Schedule

Trip Leaders Wanted. Contact Jim Hopkins and fill in the blanks!  
607-281-2337 work 585-330-5649 evenings hoppyski@yahoo.com

Day	2003 Date	Time	Where	Trip Coordinator	Contact
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@frontiernet.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
Sat/ Sun	8/2-8/3		Pulaski, NY (August Picnic)	Norm Roof	Nroof1@rochester.rr.com
Th	8/7	6:15 PM			
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

## 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 must 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, call Ivan Rezanka, 381-7475.

Date	Level	Trip Description	Coordinator	Phone
July 4 - 6	Int / Adv	Ottawa River, Beachburg, Ontario. Class III - IV	Paul Houndt	585-342-3055
July 5 or 6	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	TBD - Check Message Board	
July 10	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
July 17	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
July 19	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Don Shaw	585-223-5077
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	Beginner	Genesee River in Letchworth. Class II	Cathy Rague	315-926-7890
July 31	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
August 2	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Richard Mauser	585-473-2162
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
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

## Fish Creek Take-Out Landowner's Dilemma

*Submitted by Rick Mauser, Posted on the Northern Outfitters web site*

I spoke with the land owner of the take out yesterday, and paddlers need to do something to help this guy out. The town and neighboring landowner are giving him a hard time about the paddlers at the take out.

What are the issues? People openly changing, parking on both sides of the road, and hanging out on the road slowing down traffic.

What can we do? I don't have an answer, but we should deal with it. The landowner is super nice guy, and wants to help out paddlers. Most landowners put up posted signs.

I asked what he would like us to do. He said, "The town complained about the sleds going down the sides of the

road, so I built a trail through my land. Paddlers come from all over the country for this creek so I built stairs, but I have to get the town off my back. I don't want to hear anymore about it. I can't stop it, the number's increase ever year. What I'd like to do is build changing rooms down near the creek, but I'm not paying for it."

He asked if there was a club that could help or if we could get some people to pitch in, and he'd build it. I'm trying to get the word out, so we can make for a happy landowner. I'm open for ideas and more than willing to help out, we all need to put some thought into and get the ball rolling. One guy suggested planting trees, but that takes years.

## Classified Ads

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

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

Used Canoes for Sale. Discovery 158's. Red with rotomolded 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](mailto:seayaker@seayaker.com).

Virtually new Folbot Greenland II and most of the accessories Folbot advertises for this boat. The boat has been wet only four times and shows new. It is assembled and located in Penn Yan and is available for close inspection. -Ken Williams at 315.536.8470 or [williams@usadatanet.net](mailto:williams@usadatanet.net)

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](mailto:ardie@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 email [dwells8014@AOL.com](mailto:dwells8014@AOL.com).

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](mailto:whimsy@rochester.rr.com).



**BayCreek Paddling Center**  
1099 Empire Blvd  
Rochester NY  
(585)288-2830  
[www.baycreek.com](http://www.baycreek.com)

PADDLING CENTER

Your Full Service Paddling Center  
On the edge of Rochester's Secret Wilderness






Flatwater - Openwater - Whitewater  
Sales - Rentals - Tours - Instruction - Kids Camp

## Rochester Kayak Polo

The First Annual Webster Classic Rochester Invitational Kayak Polo Competition, sponsored by the Genesee Waterways Center and the Webster Community partnership, will be held at the Webster Aquatic Center, 875 Ridge Road in Webster NY. Matches will take place on July 19<sup>th</sup> from 4-8 and on July 20<sup>th</sup> from 9-1. The entry fee is \$40 per person (which includes t-shirt and pizza party), and entries must be in by July 10<sup>th</sup>. So far there will be 3 teams from NYC, 2 teams from Boston, 1 team from Maryland, and 1 team from Rochester. For more details and an entry form, contact Dan Weiss at [dweiss@bcs.rochester.edu](mailto:dweiss@bcs.rochester.edu).

**FLOW Paddlers Club**  
3298 Freshour Rd.  
Canandaigua, NY 14424

