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FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 9, Issue 6

July 2004

July General Meeting

FLOW is finally getting together with ZOAR on July 10th @ Stony's. This will correspond with a 750 cfs. release. The party afterwards will be bring your own everything (except pallets). This is also SalmonFest Weekend, so come on out, demo some new boats and meet folks from other paddling clubs in the area.

Epic Play on the Ottawa

The annual 4th of July trip to the Ottawa is coming up and just to encourage some of the uninitiated and to stoke the memories of some of the rest of you....

This is big water fun. We paddle the Rocher Fendu section, which is only a portion of the total volume of the river, much of which powers a hydro plant. The class IV rating is related to the sheer volume (in the range of 10,000 to 25,000cfs) and pushiness (is that a real word?) of the rapids, but the 'serious danger of death' (SDD?) factor is pretty minimal. The choices start at the put in ... warm up on the flat water to Phil's Hole, or otter slide to a couple of back channel rapids to get your blood pumping. The adrenaline gets a boost right away with the second decision: to run Phil's right to left, or eddy right to surf and scary ferry to left, or for the run down the narrow center tongue between the two holes. Of course this decision is made while watching rafts, sans passengers, rotate indefinitely in the hole. Next is McCoys, which varies with the level from washed out to gnarly play hole with boaters and rafts lined up to get in. Did I forget to mention rafts? Nothing like the thrill of flying down the face of a big glassy wave and seeing this giant rubber thing appear on your horizon. Beware the floating blue undercut. --(continued on page 8)

Deerfield River Festival

The annual Deerfield River Festival, scheduled for July 30 - August 1, is an American Whitewater premier event, showcasing one of the great success stories in hydropower relicensing. For info, visit <http://www.americanwhitewater.org/events/info/DHome.phtml> (the box on the left side contains links for directions, river info, camping, etc.).

--(continued on page 8)

FLOW Picnic at Stoney's

Please join us for FLOW's eighth annual Summer Picnic on August 7th. Make sure you bring your WW boat for the weekend's 750 cfs. or a sea kayak for a trip on Lake Ontario on Saturday and a paddle on the Salmon River Reservoir. We'll have the traditional FLOW cook-out on Saturday night followed by a Stoney-style bonfire. If you have any questions or would like to help organize the event, please contact Steve Kittelberger at 442-6138 or stevekit@frontiernet.com.

If you'd like to learn how to paddle a kayak in whitewater, there's no better place than the annual picnic. GWC will be offering an Introduction to WW Kayaking for FLOW members on Sunday August 1st and Saturday August 7th. You'll get three hours of flatwater instruction and three hours in the whitewater of Lock 32 on the 1st. On the 7th, we'll take you down the Salmon and then join FLOW for food, drink and fish (specifically Salmon) tales.

For those who may not have heard, Doug and Dorothy Caine's daughter Audra passed away on Sunday. Our thoughts and prayers go out to Doug, Dorothy, and their family during this difficult time.



Audra Claire Caine

December 14, 2003 - June 27, 2004

In lieu of flowers, contributions may be made to [Families of Spinal Muscular Atrophy](#), P.O. Box 196, Libertyville, IL. 60048-0196

2004 FLOW Whitewater Trips

Date	Level	Trip Description	Class	Coordinator	Contact #
June 25-27	Advanced	Kipawa River Festival in Quebec (lots of bugs)	IV +	Vaughn Skinner	(315) 683-5379
July 3-4	Intermed/Adv	Ottawa River, Beachburg, Ont. (Annual gathering of FLOW paddlers to celebrate July 4 and Canada day)	III-IV	Steve Benedict	(315) 331-5198
July 10	Intermediate	Salmon River, Pulaski (750 cfs)	III	Richard Mauser	(585) 473-2162
July 17	Advanced	Black River Watertown and gorge	IV	Paul Houndt	(585) 342-3055
July 24	Intermediate	Salmon River, Pulaski (750 cfs)	III	Norm Deets	(585) 224-9349
July 31	Beginner	Genesee River in Letchworth	II	Don Shaw	(585) 223-5077
July 31-Aug. 1	Intermediate	Deerfield River, MA (Deerfield River Festival)	III	Norm Deets	(585) 224-9349
July 31-Aug. 1	Intermed/Adv	Gatineau River, Maniwaki, Que.	III-IV	Vaughn Skinner	(315) 683-5379
Aug. 7	Intermediate	Salmon River, Pulaski, NY FLOW picnic Sat. pm. (750 cfs)	III	Bill Kuipers	(585) 322-7742
Aug. 21-22	Intermed/Adv	Ottawa River, Beachburg, Ont.	III-IV	Steve Benedict	(315) 331-5198
August 21	Beginner	Genesee River in Letchworth	II	Don Shaw	(585) 223-5077
Sept. 4	Intermediate	Salmon River, Pulaski (750 cfs)	III	Don Shaw	(585) 223-5077
Sept. 4	Intermed/Adv	Beaver River, Taylorville section	III-IV	Richard Mauser	(585) 473-2162
Sept. 12	Intermed/Adv	Beaver River, Taylorville section	III-IV	Ben Bramlage	(518) 792-3277
Sept. 18	Beginner	Genesee River in Letchworth	II	Andrew Cook	(585) 461-9182
Sept. 25	Beginner	Genesee River in Letchworth	II	Ed Keidel	(716) 741-3914
Sept. 25	Intermediate	West River, Vermont	III	Ben Bramlage	(518) 792-3277
Oct. 2	Beginner	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Oct. 9	Beginner	Genesee River in Letchworth	II	Andrew Cook	(585) 461-9182
Oct. 9-10	Intermed/Adv	Hudson River Gorge. This is a 2-day trip with camping out of the boat. Terry will support the trip by carrying the gear on the raft.	III-IV	Terry Mcnamarra	(315) 339-1447
Oct. 16	Intermediate	Moose River from Singing Waters to McKeever (Moose Fest)	III	Ed Keidel	(716) 741-3914
Nov. 6 -7	Intermediate	Tohickon Creek, PA-camp nearby	III-III+	Steve Kittelberger	(585) 442-6138



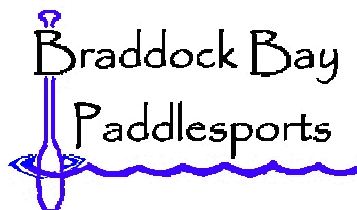
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2004 FLOW Flatwater Trip

Date	Time	Trip Description	Coordinator	Contact
TBA	TBA	When Surfs Up @ Durand Beach, Irondequoit Bay or Long Pond	TBA	Message Board
June 25-27	All weekend	GLASKA Rendezvous 2004—Parry Island-Georgian Bay	Rich and Carol Joki	(585) 367-3673 www.geocities.com/glaska/trip.html
July 15	6:30 pm.	Roll & OW Rescue Clinic @ Mendon Ponds Boat Launch	Jim Hopkins	(585) 330-5649 hoppyski@yahoo.com
August 7-8	FLOW Summer Picnic @ Salmon River	Sat--OW paddle on Lake Ontario Sat pm--FLOW Picnic and camping @ Stoney's Sun--Salmon River Reservoir	TBA	Message Board
August 12	6:30 pm.	Roll & OW Rescue Clinic; Erie Canal Widewaters @ Lock 32. Park at Canal Park or WW course	Jim Hopkins	(585) 330-5649 hoppyski@yahoo.com
Sept. 17-20	TBA	St. Regis area of Adirondacks; primitive inland camping; minimal portaging	Sheila Wagoner	(585) 224-0672 sheila.wagoner@kodak.com
Sept. 16	6:30 pm.	Farewell to Summer Surf Classic @ Durand Beach	TBA	Message Board

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Tidal Boring ??

So, you're helping a friend move to Portland, Maine and you have ½ a day free. The ocean surf isn't really up, and there's no time to do one of the more epic runs in "Vacation Land" (e.g. Dead, Kennebec, Penobscot). What's a poor boater to do???

The suggestion from Mike at Maine Outfitters was to drive about 45 minutes North of Portland to Sheepscot Reversing Falls, a tidal bore on the Sheepscot River. For those of you unfamiliar with tidal bores, they are essentially rapids that set up during the changes in the tide. Some tidal bores create good play spots when the tide is coming in **or** going out, thus giving you an opportunity to play every 6 hours. Sheepscot is not one of those – it is best at high tide, for about 2-3 hours or so as the tide goes out. Unfortunately, this only gives you a window every 12 hours. Luckily for us, high tide was right in the middle of our free time!

So off we went. A couple wrong turns later, after some helpful directions from a nice Mainer, we pulled up and parked next to the Grange building where we were told to put in. The landowner next to the actual play spot prefers that you not park on his land, so a little paddling down river is required to get to the "falls."

As you approach, you see a definite river-wide horizon line and, depending on when you've arrived, quite a few boaters in the river left eddy. The river left ½ of the drop forms up first, creating a huge glassy wave with a smaller wave/hole behind it. As the tide recedes this wave starts to break up, but an even better wave/hole forms on river right.



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Alli Kopelman surfing the river left wave

The center of this rapid looks great from above, but is slightly diagonal and can only be hit on the fly (or with a wickedly tough attainment move which my Super EZ did not have enough hull speed for). The locals say that the middle, known as "the

cleavage," is best when tides are particularly high, when it forms a great play hole. Nobody but me tried for the middle that day (is anyone surprised by this?).



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Local kid playing river left wave/hole

Both sides of this rapid have huge areas of squirrely water, and present some great opportunities to refine those eddyline squirts, stalls and cartwheels. The entire area is quite deep, especially as it first forms up, so you don't really have to worry about whonking yourself on a roll. Keep your eyes open as the tide recedes, I found some fun and challenging play spots which weren't frequented by the locals (a bit jaded, perhaps?).



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Alli playing in the river right wave/hole

Since you are in salt water at most tidal bores, I highly recommend thoroughly washing your boat and all of your equipment afterwards. I also found that I was much more thirsty than usual, so bring lots of water.

If you're ever in the Portland area and have some free time (around high tide), head for a tidal bore and have a hell of a time! Oh, and if you know Alli give her a call too...

-- Norm Deets

The Pictorial Guide to Tripping with the Covingtons:

Or, the adventures of 4 men, 4 women, a five year old, 3 dogs, a cat, 9 boats, 5 cars and a full-size school bus with an airplane inside...



Andy Cook surfing – Slippery Rock Creek, PA



Denny Robertson spinning – Lower Yough



Alli Kopelman stern surfs - Lower Yough



Jim Covington on Swimmer's Rapid – Lower Yough, PA



Andy Cook showing good form – Lower Youghiogheny, PA



Armin hand paddling Swimmer's – Lower Yough, PA



Andy and Jim impress the locals – Lower Yough, PA

FLOW Roll Clinic #1 at Mendon

Had any good swims lately? Want someone to spot your offside roll? Want to learn a new roll?

Come to the FLOW Roll Clinic at Mendon Ponds Boat Launch Thursday July 15th at 6:30 to learn new sea kayak rescues, polish up your roll, learn a new roll demo a boat (contact Wade at Oak Orchard [288-5550] or Steve at Bay Creek [288-2830] to arrange a demo), and socialize on the beach. Clinic #2 will be August 12th at the Lock 32 Widewaters.

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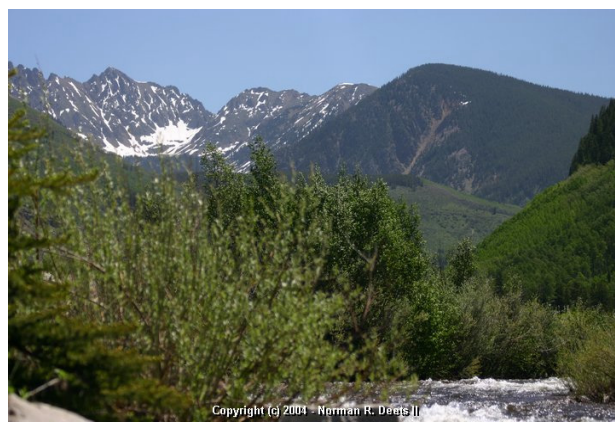
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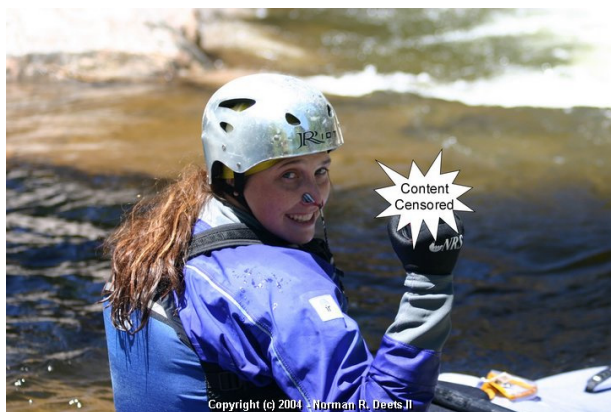
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Jim and Armin tag team Swimmer's - Lower Yough, PA



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View upstream on (very cold) Gore Creek - Vail, Colorado



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Maybe I shouldn't have said "Eddy Flower??"



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Melissa Covington makes me eat my words - Gore Creek, CO



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Armin was ripping it up for the Vailies - Gore Creek, CO



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Jim was kickin' some tail as well - Gore Creek, CO



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Liquid Logic's newest boat - the Sponge Bob SqAirhead...



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Corinne Olson (Sorry, it's the only pic I had!!) - Gore Creek

Epic Play on the Ottawa

Major choice of the day is which channel to do...the Middle, which has less volume, or the Main. Middle Channel has Iron Ring's pourover into a maelstrom, Little Trickle's more technical challenge, play at Angel Kiss, and the challenge of getting on Butterfly's glassy surface. Garvin's Chute, with its impressive pourover drop directly into an island, was once considered unrunnable, but now yahoo's (not I in this case) do it. Upper No Name's glassy wave, and the surfing, hole dodging run at Lower No Name complete the trip.

The Main Channel includes the Black Tongue, great surfing at Hawaii Five-O (where one might watch a pro like Eric Jackson tear up a wave that one had just been struggling to get on, much less play with.) Butcher's Knife is next, aptly named for

the rocks on river right, with its sucking whirlpools where you could pull a mystery move with a creek boat. Then there's Norman's, where the river bottlenecks a bit to generate the very definition of squirrely water. The fun of finding route through the explosive Colliseum is next, followed by Dog Leg where, for those with long memories, we used to spend hours in our Dancers doing enders. The next, and last, wave gives you the opportunity to burn off any remaining calories for the day. And the next day we'll do it again, maybe with some different choices.

We'll be camping at River Run, so hope to see you there. I hope to be up there Friday evening, if not before, and stay the next 2-3 days. The level is unpredictable, but it has been running over 12 feet lately. I've run it as high as 20 feet and as low as minus 3 feet. If you can't make it on the Fourth, then plan on August 21-22, when we'll be returning to the Ottawa.

Deerfield River Festival

I recently had the pleasure of paddling this river, during Zoar Outdoor's "DemoFest," which packed surrounding campgrounds and attracted both Corran Addison (with his new Drago Rossi kayaks) and Eric Jackson (with his new Jackson kayaks). The Deerfield River Fest will bring even more sponsors, live music, a kid's tent, a silent auction and a used boat sale (bring your boat, leave it with AW volunteers and your asking price and you might sell it without trying - AW keeps only 5% if you're a member or 10% if not).

For those not familiar with this river, it has 2 main sections, both of which are dam released (consider both to be bottom release - e.g. colder than you might expect). The Monroe Bridge section, aka "the Dryway", offers exciting Class III - IV boating for intermediate and advanced paddlers. The Fife Brook section offers class II boating with one class III rapid (the Zoar Gap). This stretch is ideal for beginners and budding intermediates. The Gap itself is a great park and practice run. There's some good play, but the best feature is an abundance of eddies on which you can practice class IV moves in Class III water. The releases overlap, offering the opportunity to run the Dryway in the morning, then wrap up the day practicing or playing at the Gap.

I am leading the FLOW trip this year, and I plan on doing the Dryway both days unless there are enough people interested in doing Fife Brook on Saturday. Watch for my posting on the web board or call me if you are interested in Fife Brook. I hope to see loads of people at this event - it's a really great river with something for everyone!! We might even hook up with the famous "Phantom Boater," or the infamous "Evil Dentist."

-- Norm Deets

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