



FLOWline



Finger Lakes-Ontario Watershed Paddlers'
Club Newsletter, Rochester, NY



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December 2004

FLOW Winter Party

This year's winter shindig will be at Jack Ryan's (825 Atlantic Avenue, Rochester) on Friday January 14th. Miriam has volunteered to coordinate the food. If you'd like to amaze your fellow paddlers with your culinary artistry, let Miriam know before Christmas what you plan to bring. Submit your recipes and receipts to her on the night of the party and you'll be promptly reimbursed. In addition individual contributions, the club will provide pizza, wings, pulled pork, beer and wine. We'll also have the usual revelry and an amateur film festival with approximately 1-2 hours of video shot by club members.

2004 Elections Slate

- Treasurer – Jerry Koehler
- Flat-water VP – George Scherer
- Whitewater VP – Norm Deets

Please be prepared to vote at the Winter Party. If you fail to vote you will be sternly reprimanded and denied tasty beverages.

Budget Summary

FLOW was well under budget this year, bringing in \$8,234 against expenses of \$5,951 for a surplus of \$2,283. One reason for this is that we are up to 101 individual and 61 family memberships. Thank you to all you new members! In addition, FLOW gained three corporate sponsors, Whitewater Challengers, Jack Ryan's and Braddock Bay Paddlesports. Everyone should extend a big thank you to these sponsors as well as our longtime members Oak Orchard Canoe and Kayak and Bay Creek Paddling Center. The complete 2004 Budget and the projected 2005 Budget are available at any steering committee meeting (at Jack Ryan's on the last Tuesday of the month at 7pm.

Email Distribution

Thanks to those members who have recently taken online distribution of the newsletter, we are now sending half of the newsletters electronically. However, we still have halfway to go. If you have a computer, an email address and Adobe, please take online distribution so that we can spend FLOW's surplus funds on more worthy causes.

Flatwater Planning Meeting

Looking for new places to paddle? Interested in a weekend paddle? Could you use some tips, techniques, and practice time (or share tips and techniques)? Come to the Flatwater Paddling meeting on February 10th at the Genesee Waterways Boathouse.

We'll plan trips, clinics and weeknight floats for the season. Bring your suggestions and ideas on where you want to explore or favorites you'd like to share with others. We want to book a variety of flatwater options.

Directions to the Genesee Waterways Center, 149 Elmwood Avenue, Rochester, New York. GWC is located in Genesee Valley Park near the city ice rink: From I390, get off at the Scottsville Road (NYS Rt. 383) exit which is on the southwest side of Monroe County. Travel north on Scottsville Road for about 2/3 mile and then bear to your right onto Elmwood Ave. Proceed 1/4 mile on Elmwood Ave and turn right into Genesee Valley Park. Go another 400 feet until you see the GWC facilities and park in the designated areas.



Paddler Health Alert—Leptospirosis

This past week a good paddling friend of mine was admitted to West Virginia University Hospital in Morgantown after three days of pounding headaches, severe muscle aches, and a fever of 104 degrees. He thought he had the flu, but initial tests gave early indications of kidney and liver damage. Further testing revealed that he had Leptospirosis, a rare water-borne bacterial infection. Antibiotics were administered intravenously and he was kept in the hospital for several days. He is now cured, and says he would have gotten to a doctor a lot faster if he'd knew about this condition. He also learned that another kayaker, an Emergency Room physician at the hospital, contracted the disease last year.

Leptospirosis is caused by water contaminated with the urine of infected animals. The bacteria have been found in cattle, pigs, horses, dogs, rats, and wild animals. Humans become infected through contact with water, food, or soil contaminated by their urine. The infection usually begins with skin contact, especially via mucosal surfaces like as the eyes or nose, or through broken skin. The bacteria survive in fresh water for as many as 16 days and in soil for as many as 24 days. The time between exposure to the contaminated water and the onset of sickness is between 2 days and 4 weeks. The bacteria can spread to any part of the body but the liver and kidneys are especially at risk.

Leptospirosis is a known occupational hazard for farmers, sewer workers, veterinarians, dairy farmers, and military personnel. It's known to infect campers, swimmers, waders, and paddlers who use contaminated lakes and rivers. In 1997 a group of Americans who went white-water rafting in Costa Rica contracted the disease. In 1998 a number of athletes developed Leptospirosis after completing a triathlon in Springfield, Illinois. The event included a swim in Lake Springfield. An outbreak also occurred among those competing in Eco-Challenge Sabah 2000 in Malaysia.

My friend traces his infection to a late fall run on the nearby Little Sandy & Big Sandy Rivers. They came up after an intense local storm dropped 2 inches of rain in just over an hour. Many nearby roads were badly eroded. The rain actually fell on a very small area. The Little Sandy and Sovern Run were quite high, but the river at Rockville was moderate and at Bruceton Mills it was too low to paddle. Cattle ranching is a major occupation around here, and cows live on all the surrounding hills.

Symptoms of leptospirosis include high fever, severe headache, chills, muscle aches, and vomiting. It may include jaundice (yellow skin and eyes), red eyes, abdominal pain, diarrhea, or a rash. If the disease is not treated, the patient can develop kidney damage, meningitis, liver failure, and respiratory distress. Some people die; others have no symptoms at all and become carriers of the disease. Treatment includes antibiotics like doxycycline or penicillin, which ideally should be given early in the course of the disease. Intravenous antibiotics are required for persons with more severe symptoms.

Charlie Walbridge
AW Safety Editor
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Owasco Outlet's whitewater secret

By Lauren Ober / The Citizen

Andy Baldwin, an amateur kayaker, contends that Owasco Outlet is one of the best runs around and his fellow area paddlers agree that the outlet, which has long been a secret known only to intrepid paddlers, is as challenging as many neighboring runs. "I didn't know it was here before I started. It's one of the best kept secrets in whitewater," Baldwin said.

The river level is controlled by the U.S. Army Corps of Engineers, which sets the guidelines for the water level on the lake. The corps has laid out that 712.5 to 713 feet is the ideal conservation water level between the months of April and October. During October and November, the water is slowly let out to get down to the lake's target winter height of 710 feet.

When water is released from the lake, kayakers put their boats the outlet at Canoga Street Bridge and ride the rapids three to three and a half miles to Turnpike Road in Throop. Baldwin says the section of water can be classified as Class II rapids, though when the water is higher, they can reach Class III out of a scale of Class I to V.

"This year we had a lot of rain and it gets really interesting when it gets to be high," said Baldwin, who is now a certified kayaking instructor.

The run from Canoga Street to Turnpike Road takes kayakers about an hour and a half to two and a half hours to paddle, depending on how much you play. Baldwin, who owns Thumpernet, a local Internet service provider, belongs to an informal group of paddlers from the central New York area. They come from all over the area, from Utica, Pulaski and Cortland to Ontario County and beyond and travel across the region, from Letchworth State Park in Wyoming County to Old Forge in the Adirondacks to find the best spots to paddle. Baldwin and other local kayakers are trying to bring the sport to more people and show them the whitewater playground in their own backyards.

He's trying to get an introductory class together at the YMCA in town and he's hoping that the city's proposed whitewater park becomes a reality so that more people can get into the sport. "The outlet really has a lot of potential and it's good for the sport in the area," he said. For the full article from the Auburn *Citizen*, go to: <http://www.auburnpub.com/articles/2004/10/12/features/feat01.txt>



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Secretary of State Reviews Owasco River Waterfront Development Plans

ALBANY - (November 16, 2004) - Secretary of State Randy A. Daniels today met with Auburn Mayor Timothy Lattimore and other local officials and reviewed recently completed plans for the development of waterfront access and other improvements along the Owasco River in Auburn. Secretary Daniels joined Mayor Lattimore for a walking tour of the project area. Preparation of the plans is being financed through a \$90,000 Environmental Protection Fund - Local Waterfront Revitalization Program grant awarded to Auburn during 2002.

"Across New York State, communities are rediscovering their waterfronts and the vast potential these sites have for promoting tourism, generating new economic development, and enhancing recreational opportunities," Secretary Daniels said. "The strong partnership between the State and the City of Auburn clearly illustrates the success of these efforts."

Mayor Timothy Lattimore said, "We appreciate the partnership we have with the Department of State and wish to thank Secretary Daniels for his help to allow us to revitalize our downtown and reconnect Auburn with its Owasco River Waterfront."

The \$90,000 EPF grant is being used by the City to prepare detailed plans for development of Owasco Riverfront Park, a major recreation facility which will occupy up to 15 acres along a ½ mile stretch of the Owasco Lake Inlet waterfront. Elements of the Riverfront Park will include: enhancements to the existing Market Street Park; creation of additional waterfront parkland and trails; removal of two traffic lanes from the downtown Loop Road; and improvements necessary to establish a nationally-recognized white water kayaking course.

Development of the Owasco Riverfront Park is a priority of the City's Local Waterfront Revitalization Program (LWRP), which is currently under preparation by the City in coordination with the State University of New York College of Environmental Sciences and Forestry and the Owasco River/Downtown Advisory Group. Development of the park is seen as key to downtown revitalization.

The Department of State administers EPF matching grants to local governments for the preparation and implementation of Local Waterfront Revitalization Program (LWRP) and inter-municipal water body management plans, development of coastal education programs, creation of blueway trails and urban waterfront redevelopment. Since 1995, more than \$68 million has been awarded through nearly 700 LWRP grants for waterfront projects.

Secretary Daniels also encouraged local officials and organizations, and the public to visit the new Department of State Division of Coastal Resources website, www.nyswaterfronts.com, which contains multi-media information to help local communities and grassroots organizations improve access to the water and redevelop abandoned buildings. Instructional videos also are available on request.

The New York Secretary of State's office works to defend the public's safety, protect and develop a sustainable environment and strengthen local communities. To learn more about how the Secretary of State contributes to New York's future, visit the Web site www.dos.state.ny.us.



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The Beaver – Taylorville – Revised Description

By Rick Mauser

Maybe Joe was right. He took one look at each drop and then walked it, muttering something about there being more rocks than water. He boogied down to the Salmon and had a great time. Since I think I had persuaded him to try the Beaver, I owe it to him to offer this revised and perhaps more balanced river/trip description.

There were many on the trip who had solid, excellent runs, Adrian, RonO, SteveB, Scott, Tommy, 95% Tony, Zack, etc. – the kind that make us want to come back and run it again next year – but that doesn't provide much grist for the writer. Sorry, guys.

The Taylorville section is labeled class III to IV, depending on what kind of day you are having. The action starts immediately at the first rapid, **Come Home to Jesus**, aptly named, and I do not encourage anyone to run this. I have seen most people sneak it, some people punch it, some scramble for their life and get a major whooping, and some go in just to play. Intermediate first timers are wise to put in below it.

Reasonable advice, but we witnessed some other alternatives. One way to run it is by flipping on the ferry just above it. It will give you plenty of time to ponder the deeper meaning of it's name and wonder if the time has come for you to "get yours". Apparently the upside down maneuver has an advantage in flushing the foolhardy paddler through the hole. .Yes, it really works! I can personally vouch for it. But it doesn't hone your paddling skills.

Another method is to surf the scary ferry across the percussion wave just above the hole. Tony ran it with great bravado – scoring 1 for 2. On his second run, he surfed a little too low and bought himself some quality time down-in. It was said that the hole was all over him like a groupie on a rock star – tried to grab the foam padding right out from under his helmet, dragging it down over his forehead. Yet after it all, Tony remained unruffled. Disheveled, but unruffled.



The next drop is the **Big Slide**, a 30 feet high granite slope with a small diagonal ledge drop at the top, a small hole on the way down and a larger hole at the bottom that looks like the wake behind a power boat. Paddle paddle, stay upright and pointing downstream. If you get sideways on the slide, you can correct it before you hit the bottom. The bottom hole flips many boaters, but if you duck and leave your paddle extended, it nicely flips you back up. It did for me last year, anyway. **A contrast in styles**

Zack chose to run the **Big Slide** tight to the left, spinning halfway down to run the bottom backwards. (This move, executed with precision, did not meet with the approval of Steve, who apparently has mellowed with age). Never to be outdone, Hoppy ran it sideways . . . on his side . . . several times. Now, that has got to hurt – but Hoppy is not one to complain and has been reticent with the first hand narrative.

Next is a choice – an **S-Turn (Dog Leg)** to the right of an island or a chute on the left side of the island. The S Turn offers more technical thrills, and the chute can be run by portaging up from below, so you don't really have to choose. The total drop in this rapid is approximately 20 feet After the S-Turn comes a rock garden. If you flip, it is always better to try one more roll than to swim, especially through a rock garden (from experience).

Listen to Tony and run the S-Turn far right and eddy right after the first drop. It is readily achievable and you can then ferry across to a big eddy on river left to set up to run the rock garden below. If you don't listen to Tony, you can flip, take a pounding, get pinned, roll, flush out of the bottom of the eddy and run the rock garden backwards or upside down. The choice is yours.

Wade opted for a more dramatic line, flipping about ten feet into the drop and putting numerous battle scars on his helmet before making his roll – empirically confirming Joe's hypothesis. Data collection hurts.

After S-Turn, you can carry up and run what I now call the "Ratty Chute". (The name is my feeble attempt at revenge.) Remember to "lean into the foam pile" (translation: "edge your boat") so that your paddling companions won't have to listen to the bottom of your boat resonate with the sound of you pounding on the rocks. Yeah, that hurts.

Like the first slide? Good, because the next one puts a twist on it – but it is not as tall. The chute is clean, but be careful not to ram the boulder. (hear me? DON'T RAM THE BOULDER!) The far left hand side is easier than the middle, and far easier than the far right. (boulders!)

Jim versus the sluice

Looking for a more challenging line, Jim decided to run the middle and boof over the center boulder. Unfortunately, the river decided that he should run the drop far, far (I mean like river) right . . . backwards . . . finishing it upside down. Jim is doing fine but his boat now sports a butt-dimple compliments of another rock – and new ratchet straps for his thigh braces. Yeah, rapid deceleration hurts, too!

After the second slide comes a couple of ledge drops that are not particularly dramatic and get little respect, but they do screw up a few paddlers who are focusing further down stream, and if I ever see that pointy-eared Vulcan who was yelling "yeah – work it man, work it!" as I was trying to extricate myself from one of those sucky little drops

Next is an easy 6 foot waterfall drop. Set up to run it center-left and boof, baby, boof!
Dan Bounces Back!

Was it sheer bravado, or the recirc at the ledge drops that inspired Dan to run the waterfall without his paddle . . . or boat? To his credit, he portaged back up and ran it again in full gear, the right way. I heard he made his line both times! Kudos to RonO for his expert paddle wrangling.

Wade once again went for a more dramatic line, going left over the waterfall, but moving right in the recirc, not unlike the action of the carriage return of an old fashion typewriter, hitting his head once more for good measure, and giving his fingernails a "seaweed enema".

The last feature is a surf wave. Someone rigged a pair of water-skis to a chair, on a towline, permanently attached to a cable that spans the river. Given my day on the river, maybe I should have given that a try. Yeah, right.

The run is short enough to run twice, if you set up shuttle before the release starts and don't dawdle. Given the travel time to get there, it's worth doing twice, as long as you do it right.

Epilogue

Zack went on to flat spin off the 15 foot waterfall on his unscouted first descent of the Moshier section. (This move, executed with precision and to the roar of the crowd, also did not meet with the approval of Steve who apparently has mellowed with age.) Dan is writing a screenplay called "Without A Paddle". Jim got busted for boat abuse. Wade went on to redeem his reputation on the Bottom Moose. The author decided to save that goal for next season.

Disclaimer: No animals or humans were harmed in the making of this report, at least not permanently. Can't say the same for boats and gear.

Road Trip? Scientists to force Grand Canyon flood

Saturday, November 20, 2004

PHOENIX, Arizona (AP) -- Environmentalists have complained for years that the Colorado River below a manmade dam was washing away natural sediment in the Grand Canyon, wiping away beaches and native fish and plants. On Sunday, a simulated flood will allow scientists to see whether the Glen Canyon Dam -- the root cause of many of the problems -- can also help fix them.

Officials plan to release a controlled flood, opening four giant steel tubes at the base of the dam and sending a torrent down the Colorado and into the canyon. An estimated 800,000 metric tons of sediment will be stirred up during its 90-hour run. "We're trying to mimic the role of all that sediment that used to be there before the dam," said Dennis Fenn, director of the Southwest Biological Science Center, under the U.S. Interior Department. "Water that goes through the dam is clear, and sediment-free. The sediment is trapped behind the dam and doesn't come down like it used to."

Fenn said only about 7 percent of the historical sediment that was there before the dam was built remains.

Glen Canyon Dam, built 40 years ago upstream from the Grand Canyon, forever altered the landscape. Four of the canyon's eight native fish species have disappeared and prospects for the fifth, the endangered humpback chub, are grim.

Before Glen Canyon Dam's construction, natural flooding built up backwaters, eddies and sandbars with silt distributed from the Colorado's tributaries -- landscape features within the river considered essential to native plant and fish species, including the humpback chub and the razorback sucker.

Officials have unleashed high flood waters before to see how the environment responds. The Interior Department began studying the effects of the dam on the Grand Canyon in the early 1980s -- and soon found beaches were washing away. In 1996, officials flooded the canyon with an 18-day water release, although only about five of those days produced high floods.

"We learned a lot from that study," Fenn said. He said a major problem was that scientists overestimated the sediment in the bed of tributary rivers that flow into the Colorado River below the dam. The initial high flood waters redeposited sediment in the Grand Canyon. But steady, lower flood waters began undoing the good, eroding the moved sediment.

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