



FLOWlines



FLOW Paddlers Club is affiliated with the American Canoe Association
www.acanet.org

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



Volume 10, Issue 3

April 2005

Catch the Outlaw

Author Dennis Squires (aka the whitewater outlaw) will speak at FLOW's April general meeting. The author of *New York Exposed: The Whitewater State* is writing a book on whitewater runs in Western New York. He'll talk about the rivers he's researched here and in the rest of the state. The program will include lots of photos and/ or videos. Dennis would also love to sell you a book.

Dennis has been paddling creeks and rivers in New York for 14 years and shares his experience through his guidebooks and at FLOW's May general meeting. Dennis throws everything you need to know into his books, including the location of the nearest store for last minute supplies. Personal anecdotes, hand drawn cartoons, outrageous stories and plenty of humor are the signatures of his style. "Most guidebooks are a little too cold," Squires said. "I wanted mine to have a lot of information, some stories about my experiences, both good and bad, and humor."

With the proliferation of disciplines within paddling (think rodeo, creeking, squirt boating, striding, etc.), Dennis would like to add "adventure paddling," going places you've never gone before to creek, run rivers, play, whatever.

Dennis is also compiling a book of paddling stories that promises to be a comprehensive profile of the mania that is the New York kayaker. Dennis has a ton of stories already, but is on the lookout for more. So if you've got a great one (don't we all?), write it up and bring it to the meeting. You never know, you to could be a whitewater outlaw at heart.

May General Meeting

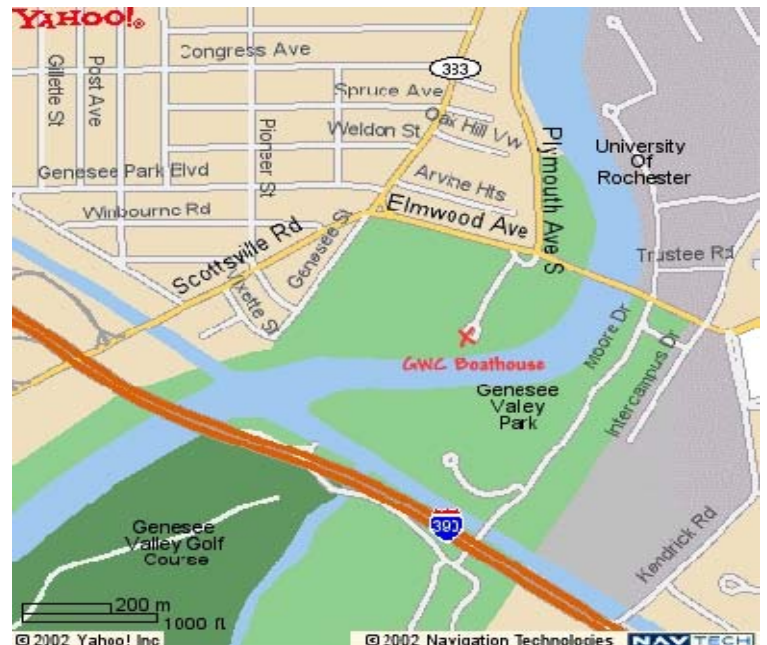
Time 7:00 pm.
Date Thursday April 14
Location Genesee Waterways Center
BYO Camp Chair

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FLOW Organization

President.....	Don Shaw.....	223-5077
Whitewater VP.....	Norm Deets.....	224-9349
Flatwater VP.....	George Scherer.....	381-2104
Secretary.....	Cathy Rague.....	721-5153
Treasurer.....	Jerry Koehler... (315)	986-4526
Membership.....	Simon Barnett.....	899-6803
Corporate Liaison.....	Rose Conley	
	rosems@rochester.rr.com	
Newsletter.....	Andy Cook.....	747-8478
Instruction Advisor.....	Art Miller.....	377-1994

Newsletter Submissions

Send trip reports, articles, letters to the editor, rants, photographs, additions, corrections, deletions or anything else that you would like to see in *FLOWlines* to newsletter@flowpaddlers.org or

Andy Cook
515 Meigs St.
Rochester, NY 14607

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

Membership / Address Changes

To join FLOW, download the membership form from www.flowpaddlers.org, fill it out and send it with \$35 (\$40 for family rate) to:

FLOW Paddlers' Club C/O Simon Barnett
72 Maple Park Hts.
Rochester, NY 14625

If you don't have access to the web, contact Simon at the above address. Please send any address changes to Simon as well.

Upcoming Trips and Events

Whitewater trips.....	Norm Deets.....	224-9349
Flatwater trips.....	George Scherer.....	381-2104

National Organizations

American Canoe Association.....www.acanet.org
American Whitewater.....www.americanwhitewater.org

Local River Gauges

Genesee River (Letchworth).....	468-2303
Cattaraugus Creek.....	(716) 532-0626
Black Creek at Churchville... (800)	452-1742 #361131
Salmon River..... (800)	452-1742 #365123
Waterline Site Codes.....	www.h2oline.com

Paddling Contacts

FLOW Corporate Sponsors

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

Whitewater Challengers.....(315) 369-6699
20% coupon off kayaks, canoes and gear and FLOW discount.

Wcmoose@captial.net or www.wc-rafting.com

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

Jack Ryan's Bar.....288-2830
Offering nightly specials on fine liquor, wine, ales and lagers and a 10% discount to FLOW members.
Located at 825 Atlantic Ave. and
www.jackryansbar.com.

Braddock Bay Paddlesports.....392-2628
Canoes, kayaks accessories, rentals, tours and instruction. 10% off accessories for FLOW members.
Located at 416 Manitou Rd. in Hilton and
www.paddlingny.com.

Businesses Offering FLOW Discounts

Colorado Kayak Supply.....www.coloradokayak.com
15% off accessories (must supply ACA number)

Get Out & Stay Out.....427-0960
10% off all hiking, camping and climbing gear
getoutstayout@hotmail.com

Nantahala Outdoor Center.....www.noc.com
10% off all goods

Northern Outfitters.....www.noh20.com
10% off all retail items

Paddle Hut.....www.paddlehut.com
10% off boats and equipment

Zoar Outdoor.....www.zoaroutdoor.com

Local Businesses & Instruction

Adventure Calls.....(888) 270-2410
Whitewater rafting and boat shuttle in Letchworth State Park.
www.adventure-calls.com

Art Miller.....377-1994
ACA WW instruction & USACK WW slalom instruction.
artm@rochester.rr.com or www.kayakracing.org

Charles Feller.....226-8505
ACA & ARC canoeing, small craft safety & Basic Water
Rescue Instruction. ChasFeller@alum.rit.edu

Genesee Waterways Center & Lock 32.....328-3960
ACA Whitewater Kayak and rowing instruction.
www.geneseewaterways.org

George Scherer of Sea Kayak Rochester.....381-2104
ACA certified open water coastal kayak instructor
Georg.scherer@kodak.com

Hemlock Canoe Works.....367-3040
Hand crafted lightweight canoe manufacturer
www.hemlockcanoe.com

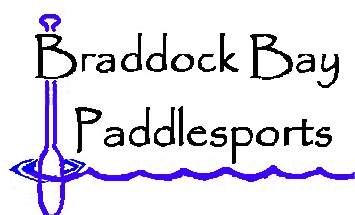
Karen Bader.....377-4326
ACA certified flatwater instructor kmbader@aol.com

Pack, Paddle and Ski.....346-5597
Flatwater, whitewater, canoe, kayak & sea kayak instruction.

Talic Sport Hammocks.....381-5401
Wooden canoe and kayak stand manufacturer. www.talic.com

2005 FLOW Whitewater Trips

Date	Level	Trip Description	Class	Coordinator	Contact #
April 9	Novice	Genesee River in Letchworth	II	Bill Kuipers	(585) 322-7742
April 16	Novice	Genesee River in Letchworth	II	Scott Conley	(585) 473-3193
April 22-4	Int/Adv	Stony Creek Rendezvous (PA)	II-IV	Tom Congdon	(607) 698-4091
April 30- May 1	Int/Adv	Park and Play on the Black River Inner City Wave or other feature	III/IV	Paul Twist	(585) 229-4454
May 8	Novice	Genesee River in Letchworth	II	Wade Bowman	
May 14	Adv	Hudson River Gorge	III-IV	Ben Bramlage	(518) 792-3277
May 15	Adv	Adk. River TBD by water level	III-IV	Ben Bramlage	(518) 792-3277
May 21	Novice	Genesee River in Letchworth	II	Dan Washburn	(607) 276-6655
May 20-22	Advanced	Ottawa River	IV	Paul Twist	(585) 229-4454
May 27-30	Intermediate	Intermediate Southern Trip— Slippery Rock, Lower Yough, Cheat or river TBD	III-IV	Tony Hernandez	(585) 820-6538
June 11	Novice	Lehigh River (PA)	II	Steve Kittelberger	(585) 442-6138
June 19	Int/Adv	Black River Gorge	III-IV		
June 25-6	Int/Adv	Zoar Demo Fest	II-IV	Norm Deets	(585)2249349
June 25	Novice	Salmon River (400 cfs)	III	Jerry Koehler	(315) 986-4526
July 10	Int	Salmon River, Pulaski (750 cfs)	III	Richard Mauser	(585) 473-2162
July 23	Int	Salmon River, Pulaski (750 cfs)	III	Don Shaw	(585) 223-5077
Aug. 7	Int	Salmon River, 2A to Black Hole FLOW picnic Sat. pm. (750 cfs)	III		
Aug. 7	Novice	Salmon River, Pineville section	II	Joe Ryan	(585) 749-6860
?	Int	Gatineau River, Maniwaki, Que.	III-IV	Steve Benedict	(315) 331-5198
Aug. 20-21	Adv	Ottawa River, Beachburg, Ont.	III-IV		
Sept. 3	Int/Adv	Beaver River, Taylorville section	III-IV	Tom Congdon	(607) 698-4091
Sept. 4	Adv	Beaver River, Moshier section	IV-V	Dave Meyer	(585) 937-9652
Sept.4	Int	Salmon River, Pulaski (750 cfs)	III	Don Shaw	(585) 223-5077
Sept. 10	Int/Adv	Beaver River, Taylorville section	III-IV	Richard Mauser	(585) 473-2162
Sept. 17	Novice	Genesee River in Letchworth	II	Dan Washburn	(607) 276-6655
Sept. 24	Novice	Genesee River in Letchworth	II	Dave Meyer	(585) 937-9652
Sept. 24?	Int	West River, Vermont	III	Ben Bramlage	(518) 792-3277
Oct. 1	Novice	Genesee River in Letchworth	II	Andy Ball	(585) 374-6671
Oct. 8	Novice	Genesee River in Letchworth	II		
Oct. 7-10	Int	Intermed Southern Trip— Slippery Rock, Lower Yough, Cheat, or river TBD	III-IV	Tony Hernandez	(585) 328-9873
Oct. 15	Int	Middle Moose River from Singing Waters to McKeever (Moose Fest)	III		
Oct. 16	Int/Adv	Lower Moose River from to Fowlersville		Ben Bramlage	(518) 792-3277
Oct. 22	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Nov. 6 -7	Int	Tohickon Creek, PA-camp nearby	III-III+	Steve Kittelberger	(585) 442-6138



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The State of the Black, Part II

By: Andy Cook

On Thursday March 18, Michael Harvey and Scott Shipley of Recreational Engineering and Planning, based in Boulder, Colorado, presented their study of the Black River to city officials, rafting outfits and paddlers. This is all part of Watertown's Waterfront Revitalization Plan, which is exploring ways to bring the focus of the city back to the river. This is an attempt to revitalize a declining economy by creating opportunities for recreation and commerce involving the river. REP's mission is to improve access, safety and whitewater features in order to draw more boaters to the area. This is a small piece in the overall plan to reconstruct downtown so that it faces toward the river as a centerpiece rather than away from a eyesore. REP has designed over 30 whitewater parks around the country, including those in Reno, Boulder and Salinas. They are also designing the National Whitewater Center in Charlotte, North Carolina.

REP's overall vision is a stretch of river that is boatable and attractive from the Route 3 Wave through downtown, all the way to ARO and Hole Brothers, the start of the present river trip. This would be a monumental undertaking. The river is block in this stretch by dams (at least three). At Beebee's Island, REP proposes to use a Mill Race to bypass the dam at the Mill Street Bridge. However, this channel has multiple buildings in and over it. The consultants are fully aware of the challenges. "This is kind of pie in the sky, kind of what could happen," said Shipley, a three-time member of the U.S. Olympic Slalom Kayak Team. Issues such as constructibility, funding and hydroelectric leases are the next issues to be dealt with, but were not included in this study. Shipley says that "we [REP] don't want to be the people to eliminate any possibilities." Watertown just needed to have a proposal in place before applying for more funding.

REP has produced drawings for their vision of the Black through Watertown and made them available to the public at <http://www.wwparks.com/blackriver.htm>. At the controversial Route 3 Wave (Delano Island), they propose to improve access for kayakers and spectators and construct chutes that would allow boaters to paddle down the dam upstream of the wave, but not to modify the feature. "Route 3 is about as good as it gets as far as urban boating goes," said Michael Harvey, "If there's a whitewater feature that's being used and there's not a safety hazard, like a chunk of rebar that everyone's saying we've got to get rid of it, we're not going to touch it, we're not going to say we can make it better." REP and the assembled paddlers seemed to agree that it would be better to build something elsewhere rather than to change an existing feature.

Below Route 3 Wave at Diamond Island there is a low-head dam that the consultants propose to modify, either just making it passable, or creating features with the fall that is there. Low-head dams are obvious targets for development because they offer the opportunity of turning a hazard into attractive whitewater.

At Sewall's Island, REP offers three possibilities, a channel on either side, or through the island. This could be a park and play, teaching and/or slalom facility. On the coexistence of multiple uses and users, Harvey says "none of them work as well if they don't work together."

As mentioned above, Beebee's Island presents many challenges. The river divides around the island, with the river right channel plunging over an approximately 50 ft. dam/waterfall. The left channel is cluttered with debris and buildings and is apparently dewatered. This site, however, is one of the most important to the overall Revitalization Plan, because it is in the heart of downtown. It has the most visibility and the most opportunity for viewership of any on location on the Black. "This is probably the most exciting site," Shipley said, "but also the one with the most challenges."

Continuing downstream, REP proposed to build/ expand islands on either side of the main hole at Hole Brothers, but public opinion seems to have destroyed that. Instead, the designers plan to shore up both banks, improve river access (both for kayakers and viewers) and make general on-shore safety improvements. At Van Duzee St., they propose to improve an existing access site.

Much of the meeting was conducted as an open forum, a way for the engineers to gauge public opinion and the desires of local whitewater boaters. The City of Watertown and the local paddling community has been through contentious development plans before. Much of the tension created in the past is still near the surface. There is also extensive skepticism about the feasibility of the project. The operators of the dams have leases that extend many years into the future. The attendees of the meeting encouraged the designers to take a more practical approach by improving access and safety at current features. For example, there are remnants of a turbine at Hole Brothers (between Hudson River Rafting and the former site of the Red Lion Brewing Company) that has been the site of at least one injury. Also, there is no publicly owned access to the river above Van Duzee St. (which is below Hole Brothers). The present put-ins at Hudson (Hole Brothers) and at Adirondack River Outfitters (ARO) are by the grace of the rafting companies. The city owns land immediately downstream of ARO and could build a put-in there. This would take the burden of liability off of ARO and make the worst case scenario be that paddlers would have to access Hole Brothers by putting in downstream of ARO and taking out at Van Duzee St. It was also suggested that the City approach Hudson about buying the parking lot at Hole Brothers, thereby guaranteeing access. Several attendees also suggested that the area of river upstream of Hole Brothers (Brian's Wall Rapid/ S-Turn area) could be modified to create a new feature in order to relieve some of the crowding at Hole Brothers in the summer. REP promised to produce a drawing of potential development in this area.

It became clear over the course of the meeting that REP's overall plan should be viewed as a plan for the next two or three decades. It is likely that investments will be made to the most feasible of areas first, and then work will progress towards the long-term goal. This is all contingent, of course, on funding from the city and the availability of matching grants from the state.

CASCADE FALLS KAYAK ADVENTURES



PADDLE STROKE WORKSHOP FOR FLOW MEMBERS

Agenda:

1. Sign in
2. Introduction and overview of workshop
3. Start with warm up drills
4. Review of Basic strokes and individual stroke evaluation
5. Introduction of stroke drills designed specifically to improve turning efficiency and to help you understand what should be happening under your SKIRT.
6. Review of the fundamentals of the use of the Bow Draw and stroke drills to help you understand the concept.
7. Following the stroke evaluations and stroke drills there will be a practice session using the concepts that we have covered.

Feel free to ask questions at any time. Understand that you will be getting an overview of the basic use of these strokes and perfection takes time to develop.

Date: May 15, 2005

Location: Monroe Community College

Time: 5:30 to 7:30 PM

Presented by: Art Miller - Instruction Advisor for Flow
ACA Certified Instructor

USACK Certified Jr Olympic Development Coach

Specifics:

- For FLOW members
- Fee for Workshop is \$ 5
- Registration Deadline: May 10th.
- Call 585-377-1994 to Register.

**Workshop is designed for Whitewater boats.
You must register to participate!**

Thanks,
Art Miller

Executive Director Cascade Falls Kayak Adventures Penn Yan, New York, 14527 585.377.1994

Pool Practice

FLOW has again secured pool time at MCC and Wheatland-Chili HS. The sessions at W-C will start on Monday February 28 and run from 7– 9 pm. The sessions at MCC will be on Friday night from 8:30– 10pm and will run from 2/25 until 4/15. The prices for members will be the same as last year, \$5 per session, \$35 for an individual season pass or \$45 for a family season pass. The price for non-members is \$15 (\$5 for pool practice and \$10 for the ACA's one day insurance coverage. That means if you go to 3.5 pool practices you've paid for a FLOW membership.



Paul Twist, *Inner City Wave*, Black River



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FLOW Paddlers' Club C/O

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