



FLOWlines



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



Volume 10, Issue 5

July 2005

Salmonfest

On July 23-24th, the Slammin' Salmon will host a paddling festival that will include whitewater demos from local paddling shops, organized trips and the requisite party at Stoney's. Whitewater Challengers will provide a shuttle from Black Hole to Route 2A on Saturday and possibly Sunday as well. There will be a Ladies' Paddle, meeting at 10:30 at the Route 2A put-in. This year Stoney has assured us that there will be NO HIPPIY FESTIVAL!!

This Festival is brought to you by the producers of Moosefest, who would like to thank their sponsors: Bay Creek, FLOW, Northern Outfitters, Oak Orchard, Thumpernet and Whitewater Challengers.

If you have any questions, go to <http://www.nyriverfestivals.com/> or contact Chris Craigmile at ccraigmile@hotmail.com or (315) 404 7843. Thanks for your hard work Chris.

FLOW Picnic at Stoney's

Please join us for FLOW's ninth annual Summer Picnic on August 6th. Make sure you bring your WW boat for the weekend's 750 cfs. We'll have the traditional FLOW cook-out on Saturday night followed by a Stoney-style bonfire. The steering committee would like to request your help in preparing the evening's festivities. If you could contribute anything, please email steering@flowpaddlers.org

Vote on Insurance

At this year's summer picnic, we'll vote on increasing club dues in order to cover the increase in the cost of ACA insurance. ACA's insurance price for FLOW increased by \$5 per member. FLOW will vote to increase FLOW dues by \$5 per member to cover this cost without sacrificing other expenditures (such as the summer picnic). For more information on this proposal, please see "Dear FLOW Members" in *FLOWlines*, May 2005.

Cheat Takeout Secured

—submitted by *Charlie Walbridge*, edited by *FLOWlines*

Mountain Streams and Trails, the oldest outfitter in West Virginia's Cheat Canyon, recently purchased the takeout for both the Cheat and Big Sandy Rivers. This key piece of property, located just below the High Bridge at Jenkinsburg, has been used continuously by canoeists, kayakers, and rafters since the mid-1950's. Increased use by ATV riders and college party groups during the last two decades has caused considerable damage to the land. Jenkinsburg is now known for terrible erosion and industrial strength litter.

After more than five decades in the hands of a regional power company the property was sold to Allegheny Wood Products, a large hardwood timber producer based in Petersburg, West Virginia. Efforts to negotiate an access agreement with AWP was unsuccessful. Although the access remained open, there was no formal agreement and the the company regularly threatened to close it down.

During the past year Dave Hough, the managing partner of Mountain Streams and Trails, negotiated a land swap. He traded a portion of his property below Albright for the Jenkinsburg Access. He and his company are committed to maintaining river access for private paddlers but they need our support.

American Whitewater has agreed to take responsibility for upgrading and maintaining the upper parking lot, which is where most private paddlers park. The area is now filled with deep potholes and truck-stopping mega-puddles(I saw a yellow lab swim through them), so considerable grading and filling is needed. The project is currently going out to bid, and ball-park estimates range from \$5000 - \$10,000.

We need your donations to make this happen and to fulfill our promise to the outfitter. Any money raised beyond the cost of improving the parking lot will be used to pay for other improvements at the site and to fund a police presence during busy weekends.

American Whitewater has established a Cheat River Fund at their relocated offices in the Washington, DC area. Your gifts will be tax-deductible. To donate, make checks out to American Whitewater - Cheat River Fund and mail to: American Whitewater - Cheat River Fund, 204B Philadelphia Avenue, Takoma Park, MD 20912.

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 #
July 10	Int	Salmon River, Pulaski (750 cfs)	III	Richard Mauser	(585) 473-2162
July 16	Int/Adv	Black River Gorge	III-IV	Jim Dobbins	(585) 217-1259
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

FLOW Flatwater / Open Water Trip Schedule

Date	Time	Where	Coordinator	Email
7/12	TBD	Black Creek West from Churchville	Melissa Hofer	Mellissa.A.Hofer@usa.xerox.com
7/21- 7/24	TBD	Adirondack Adventure	Sheila Wagoner/Steve Kittleberger	sheila.wagoner@kodak.com
8/4	TBD	Keuka Lake East, Penn Yan	George Scherer	george.scherer@kodak.com
8/20-22	TBD	Keuka Lake paddle Fest	George Scherer	george.scherer@kodak.com

New Year, New Gear!
 [see our Stores or www.oakorchardcanoe.com for details]
FLOW members save 10% on all 2005 gear.
Empire Blvd.'s ONLY Authorized Dealer for
MAD RIVER, WILDERNESS SYSTEMS, RIOT, LOTUS DESIGNS & WAVESPORTS.
www.oakorchardcanoe.com
OAK ORCHARD CANOE KAYAK EXPERTS
 1350 Empire Blvd. 2133 Wtp.t. rd.
 Rochester, NY 14609 Waterport, NY 14571
 585-288-5550 585-682-4849
 2005 gear in stock, FLOW members save 10%.

Congrats Joe and Karen!



Jack Ryan's
 825 Atlantic Ave.
www.jackryansbar.com

Dear Flow Members,

I am writing to request the Finger Lakes Ontario Watershed Paddlers' participation in **Paddle for a Cure**, a fundraiser to finance research for a cure for Spinal Muscular Atrophy, the disease that took our daughter Audra's life last year. The event will be hosted by the Genesee Waterways Center, located in Genesee Valley Park on **September 17th**. Participants will have the options of paddling along the Genesee River or walking through Genesee Valley Park for the pledges they collect. The proceeds from the event will go to Families of Spinal Muscular Atrophy, a non-profit, 501(c)(3) tax-exempt organization. FSMA is the largest private funder of SMA research. Our goal for the event is that all the pledges collected by the participants will go directly to FSMA, with all the event costs being covered by corporate sponsors.

Why are we asking you? My husband and I searched for a way that we could make a difference. Some families set up foundations in their child's memory; others held black tie affairs or golf tournaments. We did not see how we or our friends could do these types of things. Then it occurred to us that we were connected to a group of caring people that could help us fund the search for a cure, while at the same time bringing attention to an under-appreciated stretch of water. That is how we came to organize the first annual **Paddle for a Cure**. We would love to see everything; canvas, aluminum, woodstrip, plastic, rubber, kevlar and fiberglass floating down the Genesee River in the form of canoes, touring, recreational and whitewater kayaks, and rafts that day! (We are even trying to get a Hydrobot).

Please be a friend of Families of SMA, and be part of Paddle for a Cure. Right now there is neither a cure nor a treatment for SMA; however the research into SMA is moving forward at an ever accelerating pace, and a cure or treatment for SMA is a realistic and attainable goal. Two years ago Families of SMA entered into one of the largest, most aggressive drug discovery programs ever launched by a non-profit organization- a 5.2 million dollar program with deCODE Genetics to develop a treatment for SMA. As a result of this research there are 3 Phase II (with humans) drug trials being conducted this year. The National Institutes of Health have identified SMA as one of the most curable genetic diseases. Because Spinal Muscular Atrophy does not have the market that diseases such as diabetes or high cholesterol have, the primary funding for this research is from families and friends like you.

Paddle for a Cure will be a fun, family event with lunch, and entertainment for the kids provided. There will be a 7 mile, 3.5 and 1 mile paddle, and a 3.2 mile walk to choose from. Registration is \$25 for adults, \$10 youth, and children under 10 are free. One free registration and grand prize raffle ticket are given for every \$100 in pledges collected. The first 400 registered participants are guaranteed a t-shirt, and every participant will receive a ticket to the general raffle. The general raffle includes items donated by Wenonah, Lotus, MTI and Fox paddles, as well as local artists and restaurants, and entertainment venues. The Grand prize at this point is a Bed and Breakfast getaway, though we are working towards something "grandier". More information and a downloadable registration/pledge form and flyer are available at www.wnyfsma.org/pfac.php, or call Douglas or me at (585) 544-9725. The official, formal, final brochure and registration form will be included in August's FLOWlines.

Respectfully,
Dorothy Caine
Paddle for a Cure
P.O. Box 77214
Rochester, NY 14617-8214



*Audra Claire Caine
December 14, 2003 -
June 27, 2004*

River Stewardship Institute

Charlemont, MA
July 28th - 31st, 2005

What is a River Stewardship Institute?

The River Stewardship Institute is a three day program designed to give everyday river users the necessary skills they will need to ensure the health of their rivers.

The goal of the training is to educate everyday river users on what they can do to protect the rivers they treasure. The training will cover conservation techniques, urban river revitalization, management of dammed rivers, and much more.

What are River Stewards?

River Stewards are river users who take an active interest in protecting our rare whitewater resources. To act as a river steward you must be aware of what is taking place on your local rivers, what threatens them, what protects them, and know what you can do to keep them safe from harm. American Whitewater is excited to bring river stewardship skills to everyday river activists.

Who can attend?

The training is open to the public with discounted rates for members of American Whitewater and local paddling organizations. AW will host the training the evening of July 27th through July 29th on the Deerfield River in the northwest corner of Massachusetts.

More about American Whitewater:

American Whitewater is the only national organization working to conserve and restore America's whitewater resources, and to enhance opportunities to enjoy them safely. American Whitewater started the Deerfield River Festival in 1994 to celebrate the start of scheduled releases on the river. Due to the work of American Whitewater and local partners the Deerfield River has had 106 days of scheduled flows on the Fife Brook Section (Class II - III) and 32 days of releases on the Monroe Bridge Section (Class III - IV) each year since 1993.

Details:

This three day training cost \$40 for members of American Whitewater and \$75 for non-members. For more information about this program please contact Ben VanCamp, AW's Outreach Coordinator at ben@amwhitewater.org <<mailto:ben@amwhitewater.org>> or by phone at (828) 252-0728. Additional information on the Deerfield River Festival, the River Stewardship Training and American Whitewater is available at www.americanwhitewater.org

Absentee Ballot

If you can't make it to the summer picnic, please fill this out, tear it off and send it to:
FLOW Paddlers Club, c/o Simon Barnett
72 Maple Park Hts.
Rochester, NY 14625

Are you in favor of raising FLOW membership dues by \$5 per member in order to cover ACA membership? (check one)

YES NO

FLOW Steering Committee Meeting

Steering committee meetings are open to all members.

Feel free to just show up - your input is welcome and encouraged.

We welcome you to share your ideas, comments and questions about club business and invite you to vote on all the issues of the day. If you are not available but have an idea, send email to info@flowpaddlers.org

Looking for Flatwater VP

George Sherer has stepped down as FLOW flatwater vice president, and we're looking for someone to fill his shoes. If you have any interest in the position or if you just want to find out more about it, contact steering@flowpaddlers.org or drop by the next steering committee meeting.

Lock 32 Adult Club

Every Tuesday (5-8 pm.) at Lock 32, for \$15 (\$10 for GWC members) we'll teach you whatever you'd like to learn. Topics include: swiftwater rescue, stroke development, slalom practice, playboating or anything else you'd like. You get three hours of instruction for the same price as a day pass. We also have a kids club on Monday nights.

Date: Tuesday, July 26

Time: 7:00 pm

Place: Jack Ryan's (825 Atlantic Ave.)

Whitewater Challengers

New York's #1 Dealer in Kayaks, Canoes and Gear!

We have everything you need to play on the water.

Our brands include:

- Pyranha
- Wavesport
- Jackson Kayaks
- Prijon



We're so close to the Moose River, we consider it family!

315-369-6699

Rt. 28, Old Forge, NY

wcmoose@capital.net



BayCreek Paddling Center
1099 Empire Blvd
Rochester, NY
(585) 288-2830
www.baycreek.com



144 Genesee St. Suite 307
Auburn, NY 13021

www.thumpernet.com

info@thumpernet.com

Internet service since 1995,
offering dial up, email, web
hosting & design, virus
scanning and spam filtering.

(315) 282-0020

(800) 241-0104

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

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

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

