



FLOWlines



Finger Lakes-Ontario Watershed Paddlers'



Volume 10, Issue 7

September 2005

October General Meeting at Lock 32

Date: Thursday, October 13th
Time: 4 pm.
Place: Lock 32 Whitewater Park

Help us close out the Lock 32 season right. FLOW and GWC will provide food. Bring

your own beverage. Lock 32 staff will be on hand to give you the tour, provide information about our programs and hear your comments and suggestions. GWC is offering a reduced entrance fee of \$5 for the night.

Dues Increase

FLOW's membership overwhelmingly approved the dues increase. This means that membership will now be \$35 for an individual member \$40 for a family membership plus a \$5 insurance fee for each person. This means that an individual membership will be \$35 plus the \$5 insurance fee, for a total of \$40. A family of four would pay \$40 for a family membership, plus the \$5 insurance fee for each person in the family, for a grand total of \$60. This is still incredibly cheap for a year's worth of insurance. If you have any questions, please contact Simon Barnett at info@flowpaddlers.org

Tony's Southern Trip Adventure I

--Edited and embellished by Rick Mauser from contributions by participants

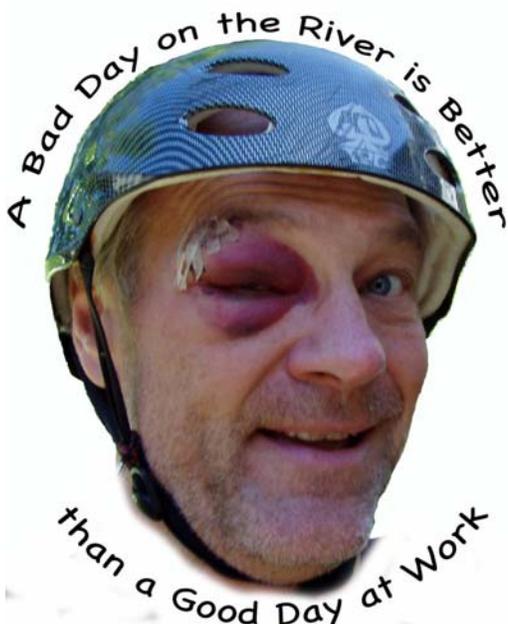
Day 1: Slippery Rock Eddy Hop and the Upper Yough

The trip started with a choice of easing into the trip by paddling Slippery Rock Creek, or venturing the Upper Yough. Adrian Vandembout championed starting with the hardest run and then easing off as fatigue takes its toll. Not surprisingly, Zach Baker, Jim Dobbins and Andy Cook had kindred mindsets. Tony had other responsibilities, and led the remainder down the Slip.

Upper Yough

Adrian recalled the Upper Yough as "Two miles of flat water on the way in. Zach prepped the crowd with morsels like 'the gnar must be around the corner' and 'uh-oh, I can't see around the bend, we may have to scout this corner'. The kidding stopped when the show really began and the water turned WHITE. I don't know how long the rapids lasted but it felt like 4 to 5 miles non-stop class IV. The ride out was class I/II that you paddled like a zombie trying to take in what you just ran."

Jim had what he described as the scariest moment of his boating career – and it wasn't even on the Class V sections: "We were running the Upper Yough, boat scouting our way down. For the most part we were all hitting our lines. I was pretty jazzed about the run and very jazzed about hitting my line at National Falls. Slightly after what someone told me was F***up Falls, in a easy class III section between the big rapids, the river taught me a valuable, scary and cheap lesson. I was looking behind me checking out the scenery, and then I looked forward and realized I was heading for some rocks. Not enough time to go left or right, but no worries – this is class III – I paddle through a small slot. As soon as I looked down the slot I knew I was pinning, and pin I did, *HARD!* Lucky for me I stabilized myself on a rock to my right. As I pulled my legs up the boat went deeper and water started rooster tailing over my head. I knew at that point I was almost out of my boat and I was going to be okay. I jumped up onto the rock without even having to swim. At this point my boat was completely under water. A guy named Travis (thanks again) helped me and Andy Cook



—continued on page 3

FLOW Organization

President.....	Don Shaw.....	223-5077
Whitewater VP.....	Norm Deets.....	224-9349
Flatwater VP.....		
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)

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

Andrew Cook.....747-8478
Whitewater and flatwater instruction. ACA Whitewater and Wilderness First Responder certifications. acoo0802@brockport.edu

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 #
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

Tony's Southern Trip (continued)

unpin the boat (and was rewarded at the take-out with free beer). With some drama of his own, Zach (what happens in WV stays in WV) chased down my paddle (also rewarded with beer) and the world was good again. I want to thank the group I was with for helping me unpin the boat and chase down my paddle and for not giving me too much s**t about pinning (I did deserve it). Also I wanted to give props to Zach, Adrian, and Andy for tearing up the Upper Yough without anyone showing us the way down. I can't wait to go back. One of the funniest parts was that I lost my Nalgene bottle while unpinning my boat and the guy that helped me and Andy found it later in the run and returned it to me at the takeout. This incident also prompted me to take a 2 day swift water rescue class. I suggest everyone I paddle with take it, so if I get into trouble again you can save my a**."

Slippery Rock

Slippery Rock was at a modest 0 feet but offered a nice warm up for those saving their adrenaline for later in the weekend. Sean and Liane Gallivan, Michelle Shoots, Andy and Caleb Ball, Dan Washburn, Ron Turney, Simon Barnett, Kurt Fisk, and I chose this option. Tony Hernandez led the trip as a practice session in eddy hopping and attainment moves, always good to know.

Karma Kurt

I'm not superstitious, but, when a guy steps forward and sucks up all the bad karma he can find, ya gotta thank him for clearing the way for everyone else – and it came in handy later. Kurt had the quickest dislocation / relocation I have ever seen. Does he practice this stuff? His camera was less fortunate, but his Cherokee has recovered from its electrical fuse-popping short circuit nervous breakdown just fine.

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Day 2: Lower Yough/ Tygart

Day two was a step up or down, depending on your previous river. At 3.1 feet, the Lower Yough was a comfortable run, with a newbie from another group providing entertainment at every drop. (A word to beginners: if your friends want you to run the Lower Yough first time in whitewater, buy a dry suit – and a long snorkel).

Swimmers' provided good surfing. Many of the guys threw themselves into it with gusto. For 50 cents, you can get Tony to do the same thing. Simon and I punched it on the way down, we'd like to say "for effect," but too many people could call our bluff.

Simon's favorite rapid was River's End: "At first there were no thoughts going through my head – just water. I got stuck in some kind of funky hydraulic which didn't flip me but put my boat in a position where the water was hitting the tip of my boat and jetting directly into my open mouth. I swallowed (and inhaled) more water (and river bacterium) there than anywhere else. It took about 5 days for my stool to return to a normal brown color, from bright green." I guess you have to see it to believe it.... Anyway, it looked pretty interesting from the eddy!

Middle Fork into the Tygart plus Moats Falls

Andy fills us in on the other trip: "Zach, Jim and I joined The Paul Twist for a decent of the Middle Fork River into Audra State Park. Zach provided the comic relief getting beat down in a hole that pummeled his head against the bedrock. He responded like the expert kayaker he is and swam. After a wicked boof move, we washed into the Tygart Gorge. No shoulders were snapped as we laid the smack down at Shoulder Snapper. Despite Zach's best efforts to get us to "run the meat," Paul, Jim and I showed the locals a new power ferry line that flung us across the river at Mach-2. After the walk out along a mile of train tracks we decided to go a-parkin' and a-huckin' at Moats Falls, farther down the Tygart. Moats is a beautiful 15 feet vertical drop into a friendly pool. After running it three or four times we chilled behind the curtain."

Day 3: The Cheat

I still stand by my opinion that there is NO LINE down through High Falls. Just follow a tongue that ends about 20 feet off the top, down through thrashy trash into the hole at the bottom, flip and roll up into the eddy. That's "the line" as far as I can see it. Simon offered this first time, first person account:

"I was following Zach when all of a sudden he disappeared. I tried to slow down to see what he went into and BAM! – I went sideways into the hole. It flipped me instantly. It was the first time I had been upside down in a hole of that size. It was the most violent experience I've ever had. Zach waves to the crowd from Big Nasty (I guess that also includes birth?) I was up

sidedown being bounced every which way. I felt my chin strap dig into my esophagus as the water tried to suck the helmet off the back of my head. I thought the water was going to tear off my PFD. But somewhere in that turmoil I put out my paddle and was able to roll up - still in the hole. I worked my way out of it and saw Zach sitting in an eddy with his whistle in his hand, and a look on his face that said 'I don't want to chase his boat and gear through the rest of this rapid.'" Yeah Simon, you found *the line!*



Zach waves to the crowd from Big Nasty (I guess that also includes birth?)

Fast Feet at Coliseum

Sometimes your feet are too fast for your head, as Jim discovered. We'll talk about that later. Most people ran it, and most of them right on line. Ya gotta love a hole named "Recyclotron", at least from a distance. The best way to portage it is on river left.

Andy contributes: “Mauser, Simon and Ron put a whoopin’ on Big Nasty even though we didn’t let them scout it. It really wasn’t that Nasty and some of us had some really good surfs. Jim said it was one of his favorite waves. Cueball (a hole shaped like a cueball) refused to make an appearance, but Typewriter was going off. Despite Jim’s best efforts to ruin the run with massive head trauma, we all had a great day pulling rock-spins, rock-splats and the infamous rock grind with cross bow rail grabs the whole way down the river.”

The class V Glenn Miller Shuttle always deserves some mention. Even if you don’t paddle, you have to do the shuttle at least once, and its only seven dollars. Just remember to obey orders – when the guy in front yells “duck” or “left,” do it, or suffer the consequences. It’s no wonder they offer beer. And the smell of tires rubbing on the wheel well liners Ahhhhh, priceless!

What happens in West Virginia is too good to stay in

Boy, how does a writer handle this one? Sometimes the partying can be rougher than the river. Various captions were offered up by those there and not there to express the spirit of the moment:

“Feeling confident?”

“What Zach does on the heavy ‘FLOW’ days”

“Kotex fits. Period.”

Feel free to submit yours to the *FLOWlines Photo Caption Contest*.“

Day 4: I forget

How can you top the previous days?

Product Testing: Pro-Tec versus Rock Hedz

We didn’t realize it at the time, and admittedly weren’t very scientific about it, but it turns out we got the low-down on helmet performance. Adrian chose Michelle’s Pro-Tech helmet for testing, applying about 1,200 pounds of pressure to it (Okay, so it was the rear tire of his truck. It’s still a test!). That sucker popped like an egg in a microwave. Luckily, it was not on Michelle’s head at the time. She now wears Adrian’s Predator helmet. It fits nicely, and she looks great in it. Maybe Adrian planned it that way.

Jim tested his Rock Hedz “Water Weapon” on rocks while it was on his head. At the time he was hustling a throw rope up to the top of Coliseum. His feet slipped out from under him on the slimy rocks and he went headfirst, down onto the rocks. Other than a few scratches, there was no damage to his neck, head or the helmet. Figuring that Jim is about 6 feet tall and gravitational acceleration at 32 feet / second, we calculated that he impacted at a whole lot of MPH. Think about that next time you take your helmet off at the side of the river.

Jerry Koehler recalled that Charlie Walbridge once mentioned that approximately 80% of all the accidents happen off the river, and are within 10 to 20 feet of shore! The type of situation that Jim had is exactly what he was talking about. It only takes a fraction of a second with slippery footing, a wedged foot between two rocks, etc. and before you know it - an injury has occurred. Always keep the helmet on when moving around, as well as the PFD cinched up. Stuff happens!!

The result: a resounding endorsement of the “Water Weapon”! Now if anyone wants to complain about this test being unfair, send your helmet to Adrian, and he’ll be plenty fair with you. For those who lament scratches on the helmet – remember that it is only then that the helmet is actually worth the money paid for it. Prior to that, it is purely a decoration.

Epilogue

Jim started a helmet testing business with Adrian, which lasted until Adrian refused to switch places with him. Zach signed a ten year contract with the Kotex Company after confusing the name with “Kokatat,” the paddlware company. Last we heard, they refused to let him out of the contract.

Overall, it was a great trip. How can you top it? Let’s see there’s another one on Columbus Day! To find out more about the trip, contact at k1tony@mindspring.net or just watch the message board.

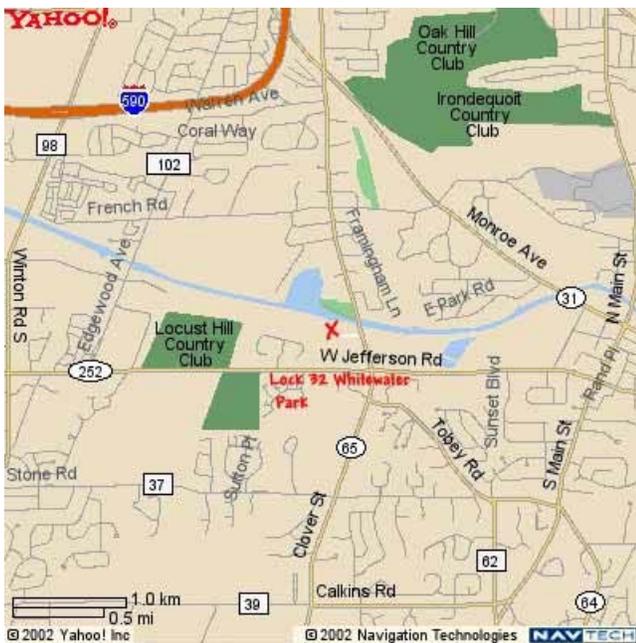


FLOW Steering Committee Meeting

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.



Date: Tuesday, September 27
Time: 7:00 pm
Place: Jack Ryan's (825 Atlantic Ave.)



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