



FLOWlines



Finger Lakes-Ontario Watershed Paddlers'



Volume 11, Issue 1

January 2006

FLOW Winter Party

This year's winter shindig will be at Jack Ryan's (825 Atlantic Avenue, Rochester) on Friday January 13th (how fitting) at 6 pm. If you'd like to amaze your fellow paddlers with your culinary artistry, let Andy Cook know ASAP what you plan to bring (email acoo0802@brockport.edu). Submit your recipes and receipts to him on the night of the party and you'll be promptly reimbursed. In addition individual contributions, the club will provide pizza, wings, chili, veggie chili, veggie platter, snacks, beer, soda and wine. We'll also have the usual revelry and an amateur film festival. If you have any video to contribute, please let Andy know ASAP. The map to Jack Ryan's is on *page 6*.

Cracked Yakers

You didn't think we were going to skip it this year, did you?

January 14, a week earlier than the last few years. Same format as last year. We'll have a big air competition and a downhill race with prizes. We'll sell cookies and coco and take collections for FLOW\ACA and... someone else that we need to pick. Last year it was FLOW and AW.

The location will again be Ellison Park (take 590 to Blossom Rd. going east, turn left onto N. Landing Rd. and then take the first right into the parking lot) with an after party at Jack Ryan's (see map on *page 6*).

Wade also has Kayakepelli stickers for sale. I have about 100 of them, all different colors. Not quite as cool as Stevie Gs of yesteryear, but still pretty cool. \$1 donation a sticker. I am not reimbursing myself for them, so 100% of your buck goes to FLOW and... whomever. Stop into Oak Orchard or pick them up at the event.

If you would like to help or have any suggestions, contact Wade Bowman at NewTest@Rochester.rr.com.

Dan and Jerry's Great Adventure 2

This is the second in our series of annual paddling adventures that take us to different rivers outside our typical Western New York locations. We thought you may enjoy reading about our most recent adventure, especially since it's probably snowing and blowing outside as you receive this December FLOWlines. We wanted to share some of our experiences with other Club members as a way for you to perhaps consider some other paddling destinations, and think about joining us sometime. The trips tend to cost us about \$50/day/person. The total cost of this trip for two people, with two vehicles was approx. \$425. This included everything: gas, food, accommodations, and all incidentals that we could remember to keep track of.

Saturday August 6th: Great Adventure 2 began (sort of) with the annual FLOW picnic at the Salmon. It was a standard run from Trash Compactor to Black Hole at 750cfs additive flow, which put the run at about 1050cfs. A great run, with great people on a beautiful day. It culminated in the FLOW picnic with plenty of great food and drink for all after a good day working a local river that is real gem in our own backyard. Subliminal message – don't overlook it or miss it when you have a chance.

Sunday Aug. 7th was available for a run of either the Salmon, or the Black, but we opted not to do either given what was coming up. Needed to be back at our respective homesteads to earn the last pile of paddling points that were going to get redeemed later that week. Included a work day on Monday August 8th (yes, need to earn paddling points at work too!) with final packing for an early departure Tuesday Aug. 9th and rendezvous at the first stop on GA2.

Tuesday August 9th, first stop, Sacandaga River from Stewart's Reservoir Bridge to the Hudson (Class II+/III):

The Sacandaga is a great place to pull-off, take a break from driving, and paddle for a few hours. This Class II+/III run is about 3 miles in length, and was running at the standard daily summer release of 4,000cfs. We did two runs in about 4 hours – yes two runs! It is an easy put-in and take-out and running shuttle is a piece of cake.

—continued on page 4.

Don't forget to renew your membership!

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
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www.jackryansbar.com.

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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

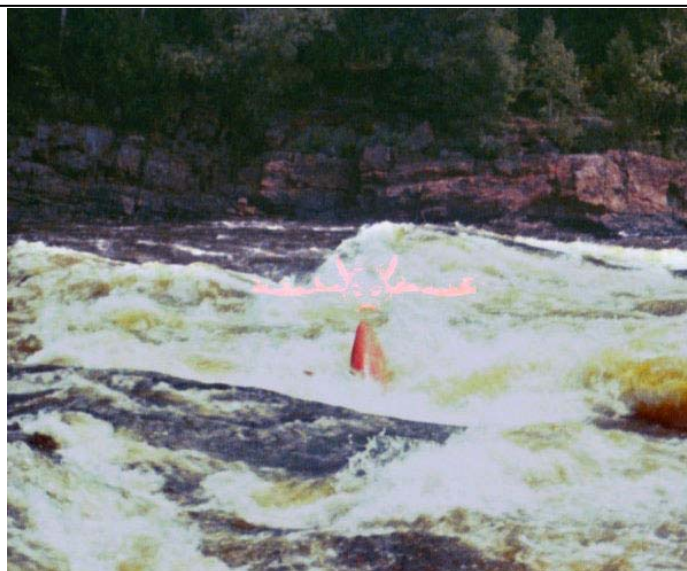
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Hand crafted lightweight canoe manufacturer
www.hemlockcanoe.com

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

Pack, Paddle and Ski..... 346-5597
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Talic Sport Hammocks..... 381-5401
Wooden canoe and kayak stand manufacturer. www.talic.com

WEEKLY WORLD NEWS



Van Skinter surfing Lucifer's Anus

“I was a suppository in Lucifer’s Anus!”

65 year old paddler tells of 20 second horror

By Shiftpaddler, FLOW Reporter, August 4, 2005

Gatineau River, Quebec – “It was the most humiliating and intimidating experience of my life, but also strangely exhilarating” confided Van Skinter of Syracuse NY, a 65 year old paddler, about his wild ride in the “Anus”. “It could have been 20 seconds, or an eternity. Time seemed to rush past *and* stand still”.

Mr. Skinter was reportedly attempting to ferry his kayak between a river feature called Lucifer’s Anus and another hole just upstream, “threading the needle” as it’s called by kayakers, through a bubbling cauldron of boily water, when he was sucked inextricably but not inexplicably into the perfidious hole.

Onlookers saw Mr. Skinter being thrashed about, and could only watch transfixed in a mixture of dread and awe as the monster hole had its way with him. “He was upside down, right side up, window shading and flipping about like a dirty sock in the jaws of a rabid rotweiler” exclaimed one agitated observer. “I was amazed he came out of his boat in one piece! Hell, I was amazed the boat came out in one piece!” Another witness admitted “I wasn’t about to go in after him. I have a wife and kids, plus I haven’t been to confession in quite a while.”

The stouthearted paddler rode the anus until exhaustion, and finally had to pop his spray skirt when he concluded he wasn’t going to surf his way out of hell.

Local residents refuse to paddle the river, citing local lore that the hole is a subterranean link to the netherworld, and believe that those who do are “foufou”. Accommodations for those “foufou” enough to paddle this river are available at the Bonnet Rouge Campground (819-449-3360). Tell them that Lucifer summoned you.

As for Mr. Skinter, he plans on returning next year, intent on challenging the dark one again. With grim determination, he confided to us: “Next time, I’ll give HIM hell!”

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Dan and Jerry's Great Adventure 2 (continued)

Generally the rapids are wide, consisting mainly of waves with a few holes sprinkled in. There are primarily three sets of rapids with some flat water paddling in between. You will find the rapids sections to not be very deep at this flow level so good boat control, bracing, rolling and, if absolutely necessary, good swimming techniques (on your back, feet up, work toward eddies, etc.) are all you need. Swimming the last set of rapids would not be preferable, but in general just more bumpy than outright hazardous.

The first set of rapids (II+) is below the dam at the put-in, and there are nice large flatwater pools to warm up in. Once on your way, the river can be deceptively quick so be sure to catch what you want on the way by – because attaining is not much of an option! This is a great place to work catching mid-river eddies, as well as 1-2 boat eddies along the river's edges. Next a flat water section to take in the views, and decompress.

Next section (II/II+) has some surfing opportunities but really serves mainly to break-up the flatwater a bit. After the second set – you're into another flatwater section before you head into the last set of rapids.

The last set (solid Class III) present a number of options for you. Easily three different lines (left, center, right) with a multitude of combinations. This last set continuously builds. We opted to run a center-line, right down the seam of this wave train the first time – and found that to be, in general, the most turbulent choice. Waves 3-4 feet in height crashing and collapsing on us from both sides, with haystacks in front of us. Probably about ¼ mile or so in length, so needless to say – a great ride! Once at the bottom, we worked on surfing some of the larger waves and holes that you can reach by attaining. When we were satisfied, we decided a second run was definitely needed. Wanted to work different sides of the river this time, and try a different line down this last stretch. The second time, in the last rapid, we ran river left, which had a much more predictable, and less tumultuous path. Again, played for a while once we got to the take-out, which is right at the end of the last set of rapids.

We shuttled our way back, re-loaded boats by approx. 4PM and were on our way to the Deerfield River in MA. Deadheaded our way - both driving wise and music wise for about 4 hours and arrived at ZOAR Outdoor, to our “cabin in the sky” by around 8PM.

Wednesday Aug. 10th Connecticut River, Sumner's Falls/Hartland Rapid (Class III):

Caught a few extra Z's that morning so we opted to get a full afternoon of paddling in by heading North into Vermont to catch this feature that is billed as one of New England's most reliable park-and-play spots. Drive time from the camp was about 90 mins.

This is not a river run, and the “rapid” is not a single feature either, but rather a combination of about five different features. Total length is about 0.25 miles and the river is about 200-300 yards wide in this area. No “falls”, but all of this we knew going in.

Level when we arrived was running at approx. 750-800cfs which is on the low end of the suggested level, but a level that we were comfortable with given this was our first time there. The flow is dependent on the amount of hydroelectric demand satisfied from the Wilder Dam about 7 miles upstream. There are two turbines for outlet, each which provides an additional 4,000 – 4,500cfs. If both are running full out, you get levels of about 10,000cfs. Needless to say the features will be very different at those flows!

The river is channelized and each feature has good eddy service. The features are formed by slate and granite outcroppings rising vertically from the riverbed. Waves, holes, slot moves and side surfing opportunities abound. There are two locations to put-in. The upper put-in allows you to work through the first rapid that at this level was a small wave train with a reasonable run-out. We opted to put-in below this feature. River right leads to a 6-8 foot drop with a reasonable hole at the bottom. Center-line takes you down to some 2-3 foot ledges where the surfers rule. River left takes you to a wave where you can surf or rodeo your way around for as long as you'd like. The run out from this section takes you to another ledge drop where you can choose a couple of different lines. Right side lets you work on some slot moves; left side takes you to another small surfing opportunity. Want more? Just paddle up the large eddy and choose again!

The highlight of the day was Dan's excursion into “Stop Dead Eddy” where he made a great 1 boat eddy catch, and then reveled in it so much that he didn't want to leave, or was it that he couldn't.....?? Jerry side-surfing ruled the afternoon. We found a ledge with two excellent side-surfing waves adjacent to one another, with one slightly downstream of the other. So starting with a side-surf on the lower wave you could paddle up that wave trough and catch the upper one – and side-surf that one too!

Overall, we spent about 3-4 hours there! What a great afternoon. Had about 5 other groups of paddlers share the river with us, but never had to wait for a feature! Beautiful sunshine, temps. in the mid-80's and scenery that is reminiscent of the Ottawa River. We surfed so long that our arms ached.

Back at camp, steaks on the grill accompanied by some North Carolina Microbrew (Weeping Radish Brewery's Black Radish Dark Lager) made for the end of a great day.

Thursday Aug. 11, Deerfield River, Fife Brook Section (Class II+/III):

Release duration was a little longer this day (and we got up a bit earlier!), so we opted to spend some time with a good friend – the Deerfield, Fife Brook section. The run is about 9 miles long, and is Class II/III, with Zoar Gap Rapid, being the Class III point.

Release level was the standard 750cfs, which makes for some great opportunities to try more difficult moves on easier water, or just to work your way downriver, catching features and playing along the way.

First run began just as the dam opened at 10AM, and we chose to work on moves and try some of the things we learned at Sumner's Falls the day before. Spent about 3 hours getting to Zoar Gap, hopped out and scouted "The Gap", chose our lines and worked our way to the take-out. Looked at our watches and since it was only 1PM, we opted to do a second run, but knowing the release would end at 2PM, we had to move quickly in order to ride the bubble all the way. So our second run was a push because we also wanted to spend some time playing in Zoar Gap before the water ran out. We rode the bubble with no problem, and still played a bit along the way (how can you not ??!!) and got to "The Gap" in enough time to scout our lines again and take a second shot at perfecting them. Here our adventure took a turn.

While scouting we were approached by a paddler in his mid/late 20's who quickly stopped his car, jumped out, and asked "so you gonna run it?" To which we replied "yes" and after a short discussion he said that he was by himself and wanted to know if he could connect with us. Our answer was a cautionary "yes." We told him that first he needed to be clear on his line, (which we helped him with since he had not run this before) and second, he needed to hustle because we would be losing water. We told him we'd meet him at the bottom of the rapid and safety boat for him from there.

The two of us made it through and were waiting for him. We saw him reach the crest of the drop when he suddenly froze, stopped paddling, and his eyes got as big as full moons – at which point Dan agreed to "get the gear" and Jerry agreed to "get the paddler". He broke over the crest of the drop with a river-center line and found himself facing two large munchy holes. As he dropped into the first hole he did a magnificent (and very unintentional) stern ender. Completely airborne, with his entire hull visible, he hurtled into the second hole that promptly showed him who was boss! Needless to say, he didn't roll up and as we gathered him and his gear he felt that he wanted to run it again, because that "Stern Wheelie" was pretty cool! After replaying for him what just happened, since we weren't too sure he really comprehended it all, he was sure that he wanted to run it again as long as we were staying to assist which, needless to say, we volunteered to do.

So as we described the Class IV scramble back up to the top he began to tell us a few more tales. He was from Florida, not a state known for its raging whitewater! He had been in his boat a total of three times. Got the boat for \$350 but had to work over 300 hours to afford it. Doing the quick math we realized that "Stern Wheelie Man" works for about \$1/hour. We didn't think he was delirious, although he did take on some Deerfield water the first time (upside) down through "The Gap". So he ventured up the 70 degree slope, eventually getting back to the top of the rapid. This time he had only a slightly better line, but more balance and better boat control. He still dropped into the first hole, but stayed upright, and thought his work was over, until he started getting back-surfed! We gave a plea to "PADDLE!!" which he did, and although he got out of that hole, he dropped right into the second hole again! He stayed upright, although a bit shaky, and made his way through the run-out, paddling quite frantically forward, not wanting to experience any more back-surfs. Rightfully so, "Stern Wheelie Man" as he will forever be known, added a Rebel Yell to his ear-to-ear grin. His day was complete. We peeled out, loaded up and headed back to camp, leaving Stern Wheelie Man to ponder and search for his next whitewater conquest!

Friday August 12, Deerfield River, Fife Brook Section (Class II+/III):

Had the choice of doing the Deerfield Dryway section (Class III/IV) or the Fife Brook section again. We decided to do the Fife Brook section again because we did the Dryway section as part of our Great Adventure 1 trip and we had a long drive back that day to get home since we weren't staying over.

—continued on page 6.

So another run down the Fife Brook section it was. Same 750cfs level as the previous day and a full 4 hours of river running. A successful run up, down and across this section of the Deerfield – we paddled it all! We both got to the end of the run and didn't really want to leave, although we knew we had to, so we eddied out, loaded up and headed home. About 6 hours later, we were home, tired but content, all was right again with the world.

Another successful Great Adventure. Three states... five days...four rivers...seven runs...forty miles...of some excellent Class III whitewater.

Not sure where Great Adventure 3 may take us, but this much we do know:

- we'll try to have it around the FLOW picnic weekend in August. Either the week before, or the week following the picnic.
- it will take us to yet another set of pretty cool paddling locations, at least we think so!
- it will be open for others to join us if they'd like. We

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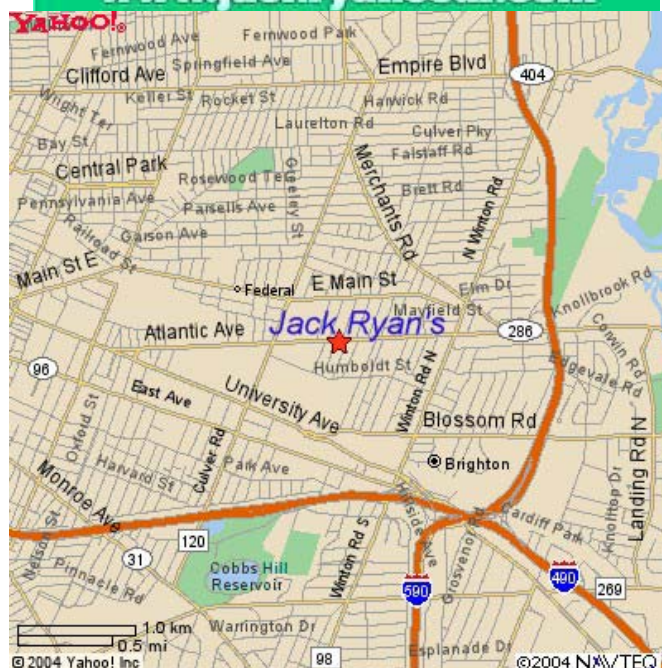
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FLOW Paddlers' Club C/O

Simon Barnstett getting everything organized in June. Stay tuned.

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