



FLOWlines



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



Volume 11, Issue 2

March 2006

Tragic Loss

The Rochester paddling community has lost one of its most valuable members. On Monday March 6, 2006 Adam Horton took his own life. Adam was a friend to all of us and will be sorely missed. If you have stories or feelings to share please do so on the FLOW message board.

The viewing will be at Harris Funeral Home, 570 King's Highway (Southeast corner of King's Highway and Titus Avenue) from 4:00 - 6:00 pm on Thursday. The Memorial Service will be on Friday morning at 11:00 am at the Church of Jesus Christ and Latter Day Saints on Whipple Lane.

In lieu of flowers, memorial donations to AW in Adam's name would be appreciated. To donate, please call American Whitewater and talk to Carla Miner, her number is 801-649-2327. You can also donate online at <http://www.americanwhitewater.org/donate/> Make sure that in the COMMENT box you put in honor and memory of Adam "Freakshow" Horton. That way they can track all of the money that comes in under his name.



We'll miss you Adam.

Swap Meet

Date: Saturday, March 25, 2006

Location: Genesee Waterways Center.

Time: 8am - 9am - Sellers check-in and set up.
9am - 1pm - Swap Meet/Late seller check-in
1:30 pm - All boats and gear must be packed up and taken home. Arrangements can be made if you're occupied on the water.

Featuring: Corran Addison's new video: *Pororoco Experience* and other cool videos, food and raffle prizes.

Time to get serious about boating gear for 2006. Get out all of your last year's gear and bring it to the swap meet. That will give you plenty of room for all the new gear you're planning on buying this year! We're looking for boats, boating equipment, outdoor equipment, camping gear - flatwater, whitewater, canoes, kayaks, anything and everything. Bring your stuff to the FLOW Swap Meet at the GWC. This is near the bridge over the Genesee River at Plymouth and Elmwood Avenues, near the University of Rochester, behind the skating rink. See map. If you're going boating, stop by on your way! Or drop stuff off the night before at Cathy and Ed's at 27 Oxford Street, near University Ave. in Rochester - 585-721-5153. See consignment info below.

A \$10 donation to FLOW by **boat** sellers is required for registration. It's a \$5 donation if you're just selling gear. You can sell your gear yourself, or have FLOW sell it on consignment for you. If you choose the consignment option, 10% of the selling price will be donated to FLOW, and all items must be clearly marked with a price and seller's name and phone number. Buyers and browsers can enter for no charge.

Everyone is welcome - members of FLOW, non-members, families. No credit cards, but cash and checks with two forms of ID (as long as the seller agrees) are accepted. One or more of our local paddling shops will be represented with some great discounted gear. If you have any questions, please call Cathy Rague at 721-5153 or e-mail cmrague@rochester.rr.com. See you there!

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.....288-9709
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.

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
www.flowpaddlers.org/users/andy/

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

Don't forget to renew your membership!

MCC Pool Practice

Half price season passes are now in effect! That means you can get an individual pass for \$35 or a family pass for \$50. There are still five pool practices left and here are the dates :

- March 10, 2006
- March 17, 2006
- March 24, 2006
- March 31, 2006
- April 7, 2006

On another note, we need make sure to do a very thorough job of cleaning up after ourselves. FLOW has received complaints of leaves, twigs, hardware and foam being left behind. Please clean out your boats before you bring them in, or, if this is impossible, at least clean them with the hose at the far end of the pool. Any mess that we leave behind could jeopardize our ability to hold pool practices at MCC in the future.

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.

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Auburn, NY 13021

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(800) 241-0104

The derby is on!!!

After almost a decade of hibernation (and two years of planning), the next generation of the WWD is set to begin on **Saturday, April 29th at 11:00 a.m.**

It starts Saturday morning April 29th with a Pancake Breakfast (7:00 - 11:00am) hosted by the patriots of the American Legion. The breakfast is held at the Legion (Route 21, look for the jet parked in the side yard). All participants will be required to check in at the Legion prior to 10:30 for a mandatory safety update of the course (it's an insurance thing - you understand).

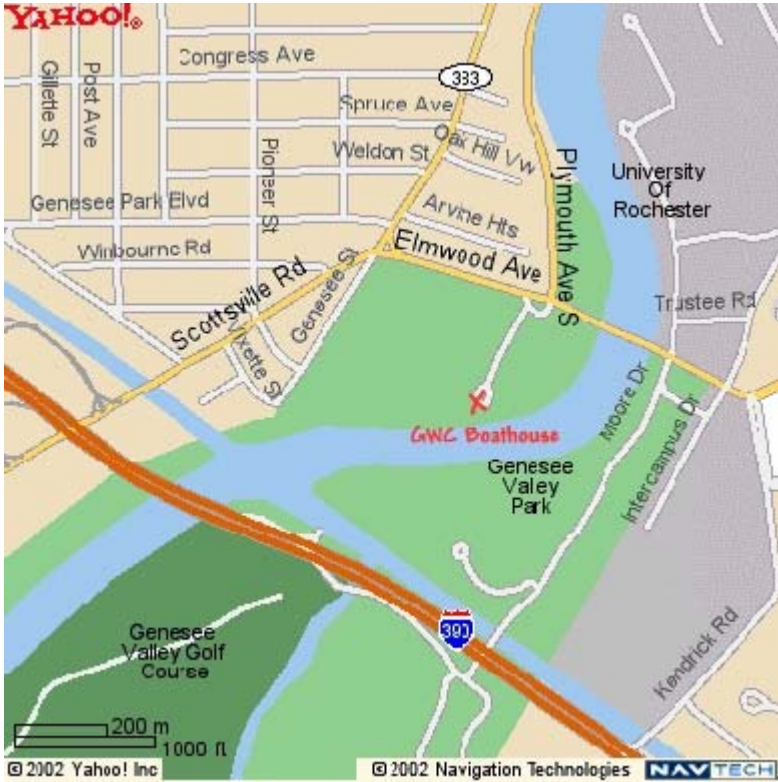
At 11:00am the first Kayak is cut loose and we are on our way. After the kayaks, come the canoes, and finally the rafts. Once the last raft has reached the finish line, an awards ceremony will be held at the American Legion. Buffalo Bills will have a band playing that night as well.

For the die-hard paddlers, the water will remain high on Sunday if you want to spend the night and run the course or play in the eddy's the following day.

Congrats Joe and Karen!



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



2006 Adirondack Paddlefest May 19 - 21, 2006

The 2006 Adirondack Paddlefest and Outdoor Show is growing! We're moving the show to Old Forge, NY! And it's getting better! More Boats, More Beach, and More Vendors! This year the show will include **Outdoor Gear:** hiking, backpacking, camping, and more! Industry Representatives will be on hand with Special Sales and to answer all your questions! RAIN OR SHINE! This year we'll have a 10,000 square foot convention hall available in case of bad weather.

- Over 1000 canoes and kayaks on sale.
- Over 75 manufacturers at the show.
- Admission to Paddlefest is FREE.
- 10% - 15% off accessories all weekend.
- Great Show specials.
- \$10.00 test paddle/day or \$15/weekend.
- Guest speakers, clinics and demos.

Come visit the Northeast's largest paddling destination.

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



Your Full Service Paddling Center
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FLOW Paddlers' Club C/O
Simon Barnett
72 Maple Park Hts.
Rochester, NY 14625

