



# FLOWlines



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



Volume 11, Issue 3

April 2006

## April General Meeting

**Date:** April 13  
**Location:** Genesee Waterways Center (*map page 6*)  
**Time:** 7 p.m.  
**Donation:** \$5/person  
Reservations suggested as seating is limited; call 328-3960

FLOW's general meeting for April is a co-production of GWC's Adventure Speaker Series. This month they're presenting "The Basics of Adventure Racing." Renowned adventure racers Erik Grimm and Michelle Weiler will talk about what it takes to become involved in the sport, including training, gear selection, mental demands, team dynamics and the skills required.

Adventure racing almost always has a paddling component. Most teams are generally weak in this area, so they're usually on the lookout for athletes with paddling skills. If racing is something you're interested in participating in or just checking out, this would be a great opportunity to find out more information.

## Lock 32 Grand Opening

**Date:** May 12, 2006  
**Location:** Lock 32 Whitewater Course (*see map page 5*)  
**Time:** 4 pm- dark  
**Suggested Donation:** \$5/person

As you've probably heard, Lock 32 has gotten a major facelift this year. (Come test out the new drops at the Grand Opening.

At 5 pm Andy Cook will give a tour of the facility, including a tour of the actual Lock, how the water gets around and through it (and how that affects our water levels), a talk on how the rapids were refurbished, what we've learned (or think we've learned) about hydrodynamics and the master plan for the future of Lock 32.

At dark we'll fire up the grill, break out the chips and talk about the season and the future. We welcome your comments on how the Lock could be improved. Also, GWC is giving FLOW members a discounted membership rate of \$150 (a savings of \$15 dollars) as long as you sign up before June 1st. This year your membership includes two free clinics per month throughout the summer and your entrance to Lockapalooza, the biggest whitewater festival in Western New York. It's going to be an exciting year. Make sure you're a part of it.

## Whitewater Construction at Lock 32

On Thursday April 6, 2006, GWC staff and volunteers poured four yards of concrete into three rapids at Lock 32. Here's the rundown of the anticipated changes:



**Cloverleaf** is more constricted and has a better ledge. The hope is that it will be a wave that is big enough to spin on.



We've completely rebuilt **Faceoff** (both the ledge and the walls) and our hope is that it should last for many years. It should be flat hole that's just retentive enough to toss ends.



We did our best to keep **Horton's Hole** the same as it was last year, while replacing the temporary structure with a concrete ledge.

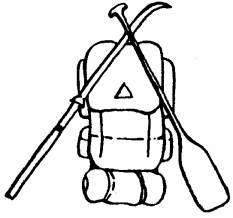
### Construction Methods

No one working on Lock 32 is in any way trained or educated for this type of construction. But, we've all studied whitewater, all played around with (**Cont'd on page 5**)

**Gone to Jack's**

**Jack Ryan's**  
825 Atlantic Ave.





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## River Rescue Training

What do you do when you capsize in swift water? Or when your partners flip? How do you cross a flooded stream? Is it safe? What if your boat pins? This will be a day of active practice in river rescue skills for yourself and others. Covers strainers, swimming rescues, capsizes, pins and broached boats, when to walk into the river and when not to, prevention, positioning of rescue teams and more. Basic moving water canoe or kayak skills required.

Meets at Letchworth State Park.

**Saturday, May 20th, 9:00AM-4PM; call PPS to register.**

## FLOW Steering Committee Meeting

**Date:**

**Time:** 7 pm

**Place:** Jack Ryan's

We would greatly appreciate your participation in the club's business. FLOW is a democracy, which means it's ruled by those who show up.

*Don't forget to renew  
 your membership!*



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## 2005 FLOW Whitewater Trips

Date	Level	Trip Description	Class	Coordinator	Contact
April 8	Novice	Canandaigua Outlet	II-III	Adrian VandenBout	(585) 770-3254
April 9	Int	Fish Creek (no rain date)	III	Chet Bunn	(315) 638-1920
April 15	Novice	Genesee River in Letchworth	II	Wade Bowman	(585) 507-6198
April 22	Int	Cattaraugus Creek	III	Ed Keidel	(716) 741-3914
April 29-30	Int/Adv	Park and Play on the Black River Inner City Wave or other feature	III/IV	Paul Twist	(585) 313-8035
May 7	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
May 13	Int	Cattaraugus Creek	III	Ed Keidel	(716) 741-3914
May 13	Adv	Hudson River Gorge	III-IV	Ben Bramlage	(518) 792-3277
May 14	Adv	Adk. River TBD by water level	III-IV	Ben Bramlage	(518) 792-3277
May 20	Novice	Genesee River in Letchworth	II	Ron Turney	(585) 766-7881
May 26-9	Int	Intermediate Southern Trip Slippery Rock, Lower Yough, Cheat or river TBD	III-IV	Tony Hernandez	(585) 820-6538
June 3	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
June 9-11	Novice	Lehigh River (PA)	II	Steve Kittelberger	(585) 734-6138
June 18	Int/Adv	Black River Gorge	III-IV	Kurt Fisk	(585) 313-1136
June 24-5	Int/Adv	Zoar Demo Fest	II-IV	Norm Deets	(585) 224-9349
June 24	Novice	Salmon River (400 cfs)	II+	Jerry Koehler	(315) 986-4526
July 1-2	Adv	Ottawa River	IV	Dave Fulle Nicole Whiteaway Chet Bunn	(585) 259-3242 (315) 638-1920
July 9	Int	Salmon River, Pulaski (750 cfs)	III	Denny Deets	(585) 224-9349
July 22	Int	Salmon River, Pulaski (750 cfs)	III	Denny Deets	(585) 224-9349
Aug. 6	Int	Salmon River, 2A to Black Hole FLOW picnic Sat. pm. (750 cfs)	III	Dave Fulle Nicole Whiteaway	(585) 259-3242
Aug. 6	Novice	Salmon River, Pineville section	II	Joe Ryan	(585) 749-6860
Aug. 7	Int	Salmon River, Pineville to Black Hole (750 cfs)	III	Joe Ferrerio	<a href="mailto:jferrerio@aol.com">jferrerio@aol.com</a>
Aug. 7	Int	Hole Brothers, Black River	II-III	Andy Cook	(585) 747-8478
Aug. 19-20	Adv	Ottawa River, Beachburg, Ont.	III-IV		
Sept. 2	Int/Adv	Beaver River, Taylorville section	III-IV	Andy Cook	(585) 747-8478
Sept. 3	Adv	Beaver River, Moshier section	IV-V		
Sept. 9	Int/Adv	Beaver River, Taylorville section	III-IV	Kurt Fisk	(585) 313-1136
Sept. 16	Novice	Genesee River in Letchworth	II	Denny Deets	(585) 224-9349
Sept. 23	Novice	Genesee River in Letchworth	II	Cathy Rague	(585) 721-5093
Sept. 23	Int	West River, Vermont	III	Ben Bramlage	(518) 792-3277
Sept. 30	Int	Fish Creek	III	Chet Bunn	(315) 638-1920
Oct. 1	Novice	Genesee River in Letchworth	II	Joe Ferrerio	<a href="mailto:jferrerio@aol.com">jferrerio@aol.com</a>
Oct. 7	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Oct. 6-9	Int	Intermed Southern Trip—Slippery Rock, Lower Yough, Cheat, or river TBD	III-IV	Tony Hernandez	(585) 820-6538
Oct. 14	Int	Middle Moose River from Singing Waters to McKeever (Moose Fest)	III	Ed Keidel/ Jerry Koehler	(716) 741-3914 (315) 986-4526
Oct. 14	Int/Adv	Lower Moose River from to Fowlersville	IV	Ben Bramlage	(518) 792-3277
Oct. 21	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Nov. 4-5	Int	Tohickon Creek, PA-camp nearby	III-III+	Steve Kittelberger	(585) 734-6138
Aug. ?	Adv	Lachines & 67 Wave	IV	Paul Twist	(585) 313-8035
Summer ?	Int	Flint Creek	III-IV	Denny & Norm Deets	(585) 224-9349
Aug.	Adv	Gatineau		Steve Benedict	(315) 331-5198

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## Guidelines for FLOW Trip Participation

### For Trip participants

1. You must be an ACA member in good standing (if you're a FLOW member you're also an ACA member) prior to getting on the water (signing up at the put-in is okay).
2. You must contact the trip leader prior to the event.
3. It is your responsibility to check the difficulty of the trip, the water level and other conditions. It is solely your responsibility to make sure you are ready and able to participate in the trip.
4. You must have had some instruction or equivalent experience BEFORE joining a FLOW trip.
5. You must have all required safety equipment.
6. You are expected to abide by all ACA rules and regulations for a Paddle America Club, which can be found at [http://www.flowpaddlers.org/forms/PAC\\_manual.pdf](http://www.flowpaddlers.org/forms/PAC_manual.pdf)

### For Trip Leaders:

1. You are expected to abide by all of the ACA's rules and regulations, which can be found at [http://www.flowpaddlers.org/forms/PAC\\_manual.pdf](http://www.flowpaddlers.org/forms/PAC_manual.pdf)
2. Please fill out all relevant ACA forms (which can all be found at <http://www.flowpaddlers.org/forms/>) and send them to Norm Deets at [ndeets@frontiernet.net](mailto:ndeets@frontiernet.net) or Norm Deets 108 Colbourne Rd. Rochester, NY 14609.

## Whitewater Construction at Lock 32 (*cont'd*)

the different ways that water moves over and around obstacles and have come to some conclusions that we've put to work. Some of them seem obvious and some are a little more confusing, but they're all really important in forming the shapes that we want (in water and stone). First, the higher in the water the ledge is, the stickier the wave or hole will be. Second, the more constricted the water is, the flushier the wave will be. Third, if a ledge is not level, the water will kick to the lower side. If the ledge is not perpendicular to the flow, more water will flow towards the ledge that's further upstream. Finally, if the drop is not evenly constricted it will be flushier on the side that's more constricted. These are some basic rules. However, moving water is affected by so many variables that it's nearly impossible to exactly predict what will happen.

Because of the restrictions of our lease from the NY Canal Corporation, we are not allowed to make any "permanent" structures. So, we can't just concrete the whole riverbed, for example. When I started working on the lock, the mode of construction used to make the ledges was to drop telephone poles in and hold them down with rocks on both ends. The downside to this was that there was tremendous pressure on the phone poles and they therefore tended to move around and take the rocks with them. The next year we acquired a load of concrete landscaping blocks. These were much easier to move around and easier to lock together into place. They also didn't allow the water to flow under them as easily and were therefore more solid than the phone poles. Last year we screwed pressure-treated 2" x 6"s to the blocks in order to easily modify the shape of the ledge. This produced some very good results in terms of the water features. However, by this winter I realized that the blocks were crumbling and the pressure treated lumber would probably not last another year. After brainstorming a bit I decided to build concrete forms in place and pour concrete in them to make the ledge. To make it "non-permanent, we laid a layer of ground cloth on the inside of the form and then a layer of heavy duty black plastic on top. This method had the advantage of allowing the concrete to conform to whatever was underneath it, hopefully making it more stable. We also cut up lengths of PVC pipe to stick down into the concrete. If we need to change the shape of the ledge in the future, we can build forms in the shape that we want to add. These forms will have a steel pipe sticking out of the bottom that we can then slide into the PVC pipe. There were numerous difficulties, but all of the concrete is in the forms and set up.

For more details and pictures, check out: <http://www.flowpaddlers.org/users/andy/speced/lockwork/lockwork.htm> and for tons of pictures see: <http://www.prestophotovideo.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.
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