



FLOWlines



Finger Lakes-Ontario Watershed Paddlers'



Volume 11, Issue 5

July 2006

FLOW Marks 10th Anniversary with Picnic, Tee-Shirt

FLOW will be 10 years old in August. To those who have been with FLOW since the beginning, it seems like just yesterday. The event will be officially celebrated at the annual summer picnic, which is July 22 this year. Save the date, and watch for details of this event to be posted here in the next month or so.

The club will mark the event with a new Tee shirt, to be offered for sale at the picnic. The design contest was won by Meaghan Carney and the T-shirt will be sold for \$10 at the picnic.

We'll carry on the traditions at the summer picnic with good drinks and great food. Jack Ryan's will be providing the beverages. Tom Congdon will be serving pork tenderloin, kielbasa, beef on wick, salt potatoes and whatever else he comes up with. Don Nelson will trash can a turkey.

This is always a great event and I always have a good time and wind up with an incredibly full belly. Come help us out with all the food and help us celebrate ten years of club history.

Co-Editor Needed

After three years as FLOW's sole newsletter editor, I'm in serious need of some help. With Lock 32 getting busier, the necessity of finding a "real job" and many other commitments, finding the time to volunteer for *FLOWlines* has gotten harder and harder.

If you're interested in helping you'll need a copy of Microsoft Publisher or Word, internet access, a willingness to write and edit articles, help with layout and/ or distribution and some ideas for what you'd like to see in *FLOWlines*. Any help would be greatly appreciated. If you have any questions at all, please feel free to contact me at acoo0802@brockport.edu or 585-747-8478. Thanks,

Andy Cook
Beleaguered *FLOWlines* Editor



Lock 32 Whitewater Park will hold it's second annual Lockapalooza on Saturday August 19th. We'll be open for paddling from 5-dark on Friday, 9 am -dark on Saturday and 12-6 on Sunday. We'll have boat demos, food and soft drinks available all day (BYOB). Normal entrance fees apply (\$15 per day or free for members) Here's a list of the events:

Friday

6-8 pm—free instructional clinic for members; topic and instructor to be determined

Saturday:

2 pm—Slalom Race

4 pm—BoaterCross (mass start downriver) Race

6 pm—Rodeo

9 pm—Bonfire and Videos on the big screen

Sunday:

2 pm—Rescue Rodeo: teams of four will do timed rescue scenarios

If you have any questions, would like to volunteer or would like to become a sponsor, please contact Andy Cook at acoo0802@brockport.edu or 585-747-8478. More information can be found at <http://www.lockapalooza.org>

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

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/

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.

Rochester Canoe and Kayak Park..... 377-1994

Director: Art Miller ACA Certified WW Instructor; USACK Certified Olympic Development Coach.

rockpark@rochester.rr.com or www.kayak-adventures.org

Talic Sport Hammocks..... 381-5401

Wooden canoe and kayak stand manufacturer. www.talic.com

Tony Hernandez..... 820-6538

Whitewater and flatwater instruction. ACA Whitewater and Wilderness First Responder certifications. k1tony@mindspring.com

Basic Maneuvers: Eddy Turns

One of the most important skills for every kayaker to know is how to get into and out of eddies effectively. The goal of any eddy turn is to get you from one current to another smoothly while preserving your forward momentum. To do this you need to cross the eddy line. The eddy line is the area where one current meets another. At the eddy line, the two currents swirl around and try to flip unsuspecting boaters. The solution to that is to get across the eddy line as quickly and smoothly as possible.

There are three factors that determine how successful your eddy turn will be: speed, angle and lean. In order to get across the eddy line you need lots of speed. The more speed you have, the easier it's going to be to punch across the eddy line. Throughout the eddy turn, make sure you keep paddling, using strokes that increase your forward momentum. These strokes will not only give you more speed, but also make you more stable by keeping your blade active in the water.

Angle refers to the angle of your boat to the current. When leaving an eddy, if you're pointed to



Figure 1

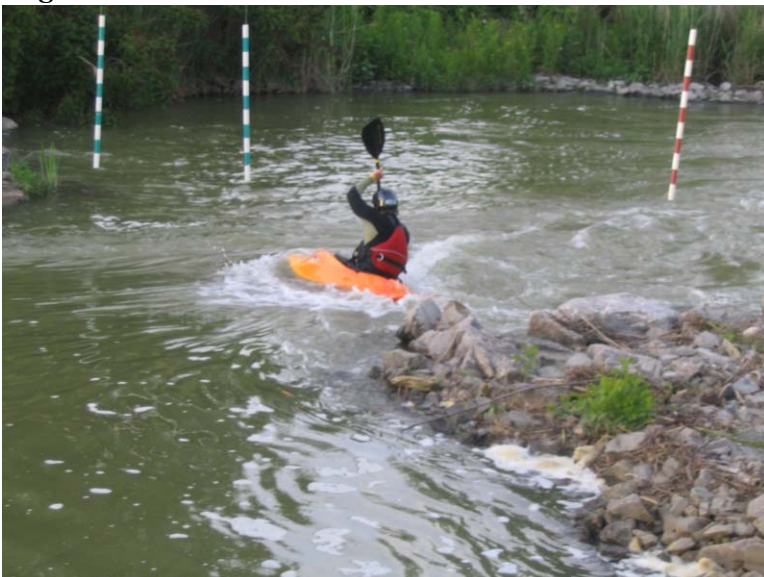


Figure 2

far downstream, the current will spin you around, kill your momentum and stick you on the eddy line. Instead, you want to point your boat upstream so that the current ferries your boat out into the current. When you're coming into an eddy, you want to point downstream into the eddy and make a nice wide turn so that you end up well into the eddy, not stuck on the eddy line.

If you lean your boat correctly every time, you'll never need to brace or roll. In kayaking, we lean into everything: we lean into turns, into holes, into pillows and into rocks. What gets us into trouble is when we either try to keep our boat flat or when we stop being aggressive and start leaning away from stuff like rocks, holes, etc. With eddy turns it's super important to crank your boat up on edge and carve a nice smooth turn. If we don't aggressively lean our boats we either flip or spin out, killing our forward momentum.

So, tons of speed, point your boat upstream when leaving an eddy and aggressively lean into your turn. In *Figure 1*, Kurt is angled upstream, he has lots of lean and has a power stroke in the water. By *Figure 2*, he's carved his turn and is completely out into the main current. When you've gotten the hang of this, experiment with using different angles to control how wide you make your turn. Good luck and have fun!

—by Andy Cook

2005 FLOW Whitewater Trips

Date	Level	Trip Description	Class	Coordinator	Contact
Jul 22	Int	Salmon River, Pulaski, FLOW picnic Sat. pm. (750 cfs)	III	Denny Deets	(585) 224-9349
Jul 23	Int	Salmon River, Pulaski (750 cfs)	III	Joe Ryan	(585) 749-6860
Jul 23	Int	Black River Park and Play	III	Andy Cook	(585) 747-8478
Aug 5	Int	Salmon River, Pulaski (750 cfs)	III	Dave Fulle Nicole Whiteaway	(585) 259-3242
Aug 5	Novice	Salmon River, Pineville section	II	Joe Ryan	(585) 749-6860
Aug 6	Int	Salmon River, Pineville to Black Hole (750 cfs)	III	Joe Ferrerio	jfferrerio@aol.com
Sep 2	Int/Adv	Beaver River, Taylorville section	III-IV	Andy Cook	(585) 747-8478
Sep 3	Adv	Beaver River, Moshier section	IV-V		
Sep 9	Int/Adv	Beaver River, Taylorville section	III-IV	Kurt Fisk	(585) 313-1136
Sep 16	Novice	Genesee River in Letchworth	II	Denny Deets	(585) 224-9349
Sep 23	Novice	Genesee River in Letchworth	II	Cathy Rague	(585) 721-5093
Sep 30	Int	Fish Creek (no rain date)	III	Chet Bunn	(315) 638-1920
Oct 1	Novice	Genesee River in Letchworth	II	Joe Ferrerio	jfferrerio@aol.com
Oct 7	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Oct 6 - Oct 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 (Moose Fest) from Singing Waters to McKeever	III	Ed Keidel	(716) 741-3914
Oct 14	Int/Adv	Lower Moose River (Moose Fest) from to Fowlersville	IV	Ben Bramlage	(518) 792-3277
Oct 21	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Nov 4 - Nov 5	Int	Tohickon Creek, PA-camp nearby	III-III+	Steve Kittelberger	(585) 734-6138
TBD	Adv	Lachines & 67 Wave	IV	Paul Twist	(585) 313-8035



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Ohiopyle Falls - Waterfall Clinics to be offered

by Ben Van Camp

American Whitewater is pleased to announce that Ohiopyle Falls State Park will allow experienced paddlers to run Ohiopyle Falls on three separate days this year. In recent years the falls have been open to paddlers for only one weekend annually. This decision comes as the result of several meetings and proposals set up by American Whitewater with Park and agency officials.

On the days when paddling the falls is allowed, all paddlers must participate in a waterfall running clinic, which will be led by renowned and experienced paddlers. Paddlers who participate in the clinics will get peer advice on technique, have a rare opportunity to run the falls, and may be eligible for future opportunities to run the falls. American Whitewater has proposed that all clinic participants be allowed to run the falls in the near future when conditions are appropriate. This proposal is under favorable consideration, and is the most likely means of providing reasonable paddling access to Ohiopyle Falls in the near future.



FLOW member Paul Twist placing fourth at the 2001 AWA Ohiopyle Falls Race & Freestyle event.

American Whitewater and Wilderness Voyageurs along with Wavesport, Jackson, and Riot Kayaks are offering the "How to Run a Waterfall" Clinics July 8, August 5 and August 26 at Ohiopyle Falls for intermediate to advanced paddlers. In addition, Immersion Research (IR) and the PA Organization for Watersheds and Rivers will also be sponsors. The initial two clinics are scheduled from 2 to 7 pm. The third clinic will be held during the Ohiopyle Over the Falls Festival on August 26, 2006, which will be an all-day event.

Wilderness Voyageurs School of Paddling will be the main sponsor of the first two clinics. Instructors for these clinics will be some of the best paddlers in the country. Jimmy Blakeney and Bryan Kirk from Wavesport will lead the first clinic on July 8th. We have tentatively scheduled Eric Jackson from Jackson Kayak to lead the August 5th, 2006 clinic. Jeff and Jim Snyder will also be on hand to impart their wisdom during these clinics. In addition, Spencer Cooke from Riot Kayak and Roger Loughney from IR will also be instructors at one or more of these clinics.

Check www.FallsRace.com for updates and further details on the above events as they become available. There will be a registration fee of \$15 for the first two clinics. You will be able to register in advance via the above web site or the day of the clinics. We think these clinics will be a fun and educational way for experienced paddlers to support river access in Ohiopyle State Park. We would like to thank the Park for allowing the clinics to occur, and for considering future access improvements. In addition, do not forget about the Ohiopyle Over the Falls Festival on August 26, 2006, (one day only) where paddlers from all over the nation are invited to participate in the annual race and freestyle event over the falls. Along with the competition we will have a clinic and numerous practice runs. Other features include the Falls Under the Lights, Laurel Highland's Town Party with Live Music and Film, Silent Auction and food booths. For added challenge and entertainment, we will also be holding the Wilderness Voyageurs Upstream World Championships on Entrance Rapid of the Lower Yough. High water cancellation dates for the Festival are August 27, September 16 or 17, 2006.

There are no make-up dates at this point for the clinics in case of high water.

Thank you,

The Ohiopyle Falls Access Committee

Barry Tuscano - Charlie Walbridge - Barry Adams - John Lichter - Kevin Colburn

Contact: Barry Adams 412-242-4562 – bj2adams@juno.com or Wilderness Voyageurs – 800-272-4141

FLOW Steering Committee Meeting

Date: July 25, 2006
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.

This summer and fall are especially important times for you to attend the steering committee meetings. Over the course of the next six months, FLOW will need to pick a new slate of officers. In order for our officers and steering committee to reflect the wishes of the club membership, you need to participate in the officer selection process.

If you would like to take a more active role in the future of our club, or know someone who would be good at one of the officer's positions, or if you just want to find out more about the process, please come to the meeting or email steering@flowpaddlers.org



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