



FLOWlines

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



Volume 13, Issue

April 2008

Lock 32 Opening Night!

It's that time of year again! FLOW and the GWC will kick off the season right with our annual party to open the Lock. We'll have burgers, hot dogs, soft drinks and free paddling.

Date: Friday, May 9th
Location: Lock 32 WW Park
2797 Clover (rt. 65)
Pittsford, N.Y.
Time: 4:00pm- dark

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 hydro-dynamics and the master plan for the future of Lock 32.



Also, please consider joining GWC as a member. Included in the benefits are use of the facilities, free instructional clinics covering swiftwater rescue, draw strokes, playboating and technique analysis. You'll

also become part of the Lock 32 community. We're striving to improve as an instructional school and continue to build the Rochester into a national paddling hotspot, producing excellent paddlers of all ages.

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Quit Your Hibernating!

I hope you're rested! The snow is melting. The days are getting longer. Rivers and creeks are swelling. By the time you read this winter will be officially over and spring will be here. Quit your hibernation! 2008 is shaping up to be a busy year for FLOW. So cinch up your backbands and get ready.

We started 2008 with a fabulous winter party with approx. half the membership in attendance. It was great to see everyone again. Food, drink, and revelry abounded. Our 2008 FLOW calendars were a huge success; we totally sold out. Everyone that purchased a calendar thought the photos and layout were excellent, so thanks to all those who submitted photos. We've got some outstanding photographers in the Club! We plan to do a 2009 calendar so I would encourage everyone to start collecting your shots. We'll call for photos in late November/early December.

In total, there had been sixteen pool sessions planned for members to participate in and they have been well attended at both the Harely School and GCC.

Here are just a few of the activities we've got planned for 2008:

- April 19th at 7:00PM we'll be at the Rochester Paddling Film Fest
- April 26-27 is the Canandaigua Wildwater Festival
- May 9th we'll kick off summer at the Opening Night of Lock 32
- June 21st we'll have a booth at ADK's Expo at Mendon Ponds
- July 19th is our annual FLOW Summer Picnic on the Salmon River
- August 16th will find FLOW at GWC's Lockapalooza festival
- October 18th-19th we will be at Moosefest

Not enough? We've got a full slate of trips for 2008 and the message board has the details. Most every weekend there is a FLOW trip somewhere and the trips cover the range from Novice to Expert. There is truly something for everyone.

AW Status We've again renewed our Affiliate Club membership with American Whitewater, and they in turn offer a reduced rate for AW membership for any interested FLOW members. Details can be found in later pages of this newsletter.

Getting your money's worth for your membership dollar??!! Those of us on the Steering Team certainly think so! Remember only \$15 for an Individual membership and \$20 for a Family membership. Hard to see where you can go wrong. Send Nicole Fulle your membership form and payment if you haven't done so already.

Quit your hibernating! We've got a busy year ahead of us. I hope you're rested!

See ya on the water,

Jerry K.



FLOW Organization

President.....	Jerry Koehler....	(315) 986-4526
Whitewater VP.....	Andy Cook.....	747-8478
Flatwater VP.....		
Secretary.....	Jim Dobbins.....	217-1259
Treasurer.....	Ron Turney.....	766-7881
Membership.....	Nicole Fulle.....	
Corporate Liaison....	Kurt Fisk.....	313-1136
Newsletter.....	Andy Cook.....	747-8478
	Dave Fulle.....	259-3242
Instruction.....	Tony Hernandez.....	820.6538
Access.....	Adrian VandenBout..	770-3254
Librarian.....	Alex Macur.....	265-9256
Quartermaster.....	Alex Macur.....	265-9256

If you would like to volunteer to help in any of these areas, please contact the person in that position or contact the steering committee at a monthly meeting or at steering@flowpaddlers.org

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 acook@bluefrog.com or

Andy Cook
515 Meigs St.
Rochester, NY 14607

Membership / Address Changes

To join FLOW, download the membership form from www.flowpaddlers.org, fill it out and send it with \$15 (\$20 for family rate) to:

FLOW Paddlers' Club C/O Nicole Whiteaway
103 Browns Road, Scottsville, NY 14546

If you don't have access to the web, contact Nicole at the above address. Please send any address changes to Nicole as well.

Upcoming Trips and Events

Whitewater trips.....	Andy Cook.....	747-8478
Flatwater trips.....	vacant	

National Organizations

American Canoe Association.....www.acanet.org
American Whitewater.....www.americanwhitewater.org

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

Charles Feller.....226-8505

ACA & ARC canoeing, small craft safety & Basic Water Rescue Instruction. ChasFeller@alum.rit.edu

Dogpaddle Canoe Works.....582-1153

Custom wooden canoe paddles, cedar strip canoes and boat repairs. www.dogpaddlecanoe.com

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





PO Box 1540 - Cullowhee, NC 28723
866.BOAT.AW - americanwhitewater.org

MEMBERSHIP APPLICATION

CONTACT INFORMATION

Name _____
 Address _____
 City, St, Zip _____
 Telephone (____) _____, AND e-mail _____
 Club Affiliation _____

MEMBERSHIP LEVELS

- \$25 Junior (*Under the age of 18*)
- \$25 Individual for Affiliate Club Members (*SAVE \$10 if you are also a member of an AW Affiliate Club*)
- \$35 Individual One Year
- \$50 Family (*Immediate family members excluding children over the age of 18*)
- \$65 (2) Year Membership
- \$75 Affiliate Club Membership
- \$100 Ender Club (*Receive AW's annual Ender Club T-Shirt FREE Circle Size: S M L XL XXL*)
- \$250 Platinum Paddler (*Receive AW's IR Platinum Paddler Polartec Base T Circle Size: S M L XL XXL*)
- \$500 Explorer Membership (*Receive a Dry Bag from Watershed FREE*)
- \$750 Lifetime Membership (*Receive AW's Lifetime Membership NRS Paddlers Duffie FREE*)
- \$1000 Legacy Membership (*Receive AW's exclusive Kokatat Knappster Shorty Top FREE*)
- \$2500 Steward Membership (*Thank you items will be arranged on an individual basis*)

ADDITIONAL SUPPORT OR SUBSCRIPTIONS

- \$5.00 \$10.00 \$25.00 Other \$_____ \$_____ monthly (*\$10 minimum via monthly credit card or checking acct. withdrawal. Send voided check w/check option.*)
- \$30.00 Kayak Session Subscription (*Includes a \$5 donation to AW*)
- \$40.00 LVM Subscription (*includes a \$8 donation to AW*)

MEMBERSHIP INFORMATION

- Do NOT share my name with like-minded groups.
- Do NOT mail me the AW journal, I will read it online (*Helps us conserve and, saves AW money too!*)

PAYMENT INFORMATION

- Cash
- Check # _____
- Credit Card MC Visa Disc AMEX
- Card Number: _____ Exp Date: _____
- Name as it appears on card: _____
- Signature: _____

RIVER STEWARDSHIP SINCE 1954



FLOW's AW Affiliate Club member number is 45861

rochester paddling film festival



**high quality videos
homespun by
local boaters**

**saturday april 19, 2008
7 pm**

rit campus

**thomas gosnell building #8
room 1250**

parking lot u

\$10 in advance or \$12 at the door

call 328-3960 or

email geneseewaterways@gmail.com

presented by:



2008 Trip list

Please read and understand the “Trip Roles and Responsibilities” post on the “FLOW Events and Announcements” Message Board and contact the trip coordinator prior to the trip via the message board.

Date	Level	Description	Class	2008 Coordinator
Mar 22	Int	Flint Creek	III-IV	Andy Cook
Apr 5	Int	Flint Creek	III-IV	Andy Cook
Apr 6	Int	Fish Creek	III	Ron Turney, Chet Bunn
Apr 13	Adv	Bottom Moose River	V	Jim Dobbins, Dave Fulle
Apr 27	Nov	Letchworth Women's Trip	II	Nicole Fulle
May 23 - May 26	Int	Intermediate Southern Trip Slippery Rock, Lower Yough, Tygart, Cheat, Upper Yough or river TBD	III-IV	Andy Cook, Matt LaFlair
May 31	Novice	Genesee River in Letchworth	II	Jerry Koehler
May 31 - Jun 1	Adv	Bottom Moose River	V	Andy Cook, Jim Dobbins
Jun 7 - Jun 8	Novice	Lehigh River	II	Steve Kittelberger
Jun 14	Int/Adv	Black River Gorge	III-IV	Jim Dobbins
Jun 20 - Jun 22	Int/Adv	Zoar Demo Fest	II-IV	Norm Deets
Jun 21	Novice	Salmon River (400 cfs)	II+	Jerry Koehler
Jun 22	Int/Adv	Black River Gorge	III-IV	Jim Dobbins
Jul 4 - Jul 7	Adv	Ottawa and Gatineau Rivers	IV	Steve Benedict
Jul 5	Int	Salmon River, Pulaski (750 cfs)	III	Joe Ryan
Jul 12 - Jul 15	Nov	Sacandaga River	II-III	Jerry Koehler
Jul 19	Adv	Raquette River, Stone Valley section	V	Mike LaFlair
Jul 19	Int	Salmon River, Pulaski (750 cfs)	III	Jerry Koehler
Jul 20	Int	Salmon River, Pulaski (750 cfs)	III	Joe Ryan
Jul 20	Int/Adv	Black River Gorge	III-IV	Jim Dobbins
Aug 2	Int	Salmon River, Pulaski (750 cfs)	III	Jerry Koehler
Aug 30	Int/Adv	Beaver River, Taylorville section	III-IV	Andy Cook, Dave Fulle
Sep 1	Int/Adv	Beaver River, Taylorville section	III-IV	Dave Fulle
Sep 27	Int	Fish Creek	III	Chet Bunn
Oct 10 - Oct 13	Int	Advanced Southern Trip Upper Yough, Upper Gauley, or river TBD	IV-V	Andy Cook, Matt LaFlair
Oct 11 - Oct 13	Novice	Lehigh River	II	Steve Kittelberger
Oct 18	Int	Middle Moose River (Moose Fest) from Singing Waters to McKeever	III	Ed Keidel, Jerry Koehler
Oct 18	Adv	Bottom Moose River	V	Andy Cook
Nov 1 - Nov 2	Int	Tohickon Creek, PA-camp nearby	III-III+	Pam Porter

Please be aware that more trips can be added at any time. If you are inclined to add a trip, please contact WWVP Andy Cook at 585-747-8478 or acook@bluefrog.com



Life with AW. . .




. . . Life without AW

Where does your water come from?

The Mental Side of Creeking

During a recent mission to West Virginia, the denizens of the Short Bus saw a full complement of every facet of creek boating. You're probably all familiar with the specific physical or technical skills of hucking, all of which have fairly equivalent techniques in playboating or river running. The boof, the family of draw strokes, the roll, an aggressive posture, an efficient power stroke, reliable eddying and ferrying are all requisite for serious creeking, and should also be familiar concepts to river runners and playboaters. The aspect of creeking that is often neglected is the mental side of creeking.

Many boaters are a bit reticent to talk about this aspect, believing that the nervousness we encounter before a big drop and the decision to paddle, walk or run home to our living room should be private decisions. Many are unwilling to talk about their decisions or the decisions of their companions out of fear of offending. I'd argue that this is one of the most important aspects of creeking to talk about and come to terms with. We must constantly assess our ability to accurately evaluate the abilities and circumstances of ourselves and our group.

We all cope with stressful situations differently and our responses to running the gee-narr can be incredibly varied. However, we're all familiar with the many emotional and physiological responses to scouting and running challenging drops. In general, we all react to a particular patch of gradient in one of three ways. The first is where the consequences are completely out of mind and we are focused on the fun we'll have and the feeling of elation we'll receive at the bottom. This happens with me on a rapid I absolutely know I can run because I've styled it many times. The second involves some serious butterflies, but this nervousness translates into increased focus and awareness. The third is where we are so nervous that we feel physically weak and shaky (or "gripped"). The late, great William Nealy, in his tome *Kayak*, popularized the "Spit Test," which is very useful. If you can't summon your mouth to produce some saliva and then expel

it, you probably can't rely on your torso to stomp that boof. Another thing I watch for is difficulty getting your skirt on, as it takes strength, awareness, timing and physical coordination; skills that come in really handy when hucking a drop. Being excessively gripped is obviously the most dangerous condition, as it is most likely to result in a less than stellar physical performance. However, we also need to be wary of the first case, as it involves a lessened state of mental acuity. For example, the only time I've had any sort of scare on the Upper Yough was when I pinned myself upside-down in the class II run-out. In retrospect, I was not paying attention to my surroundings because they didn't seem very threatening. We can work at fighting these natural side-effects of overcoming fear, but we will all eventually experience them, so I believe it is important to become intimately familiar with them so that we can react well when they do pop up.

Setting is also important to take into account when deciding whether to run or walk. Is this roadside park and huck? Or are you in a committed situation which would require your friends to perform a prolonged extraction to reach medical attention? How much daylight is left? How's your group's situation? If there has already been an incident or near-miss, it's a good idea to become more conservative.

My approach to scouting a big drop that is at the height of my abilities is to go into the scouting process with the expectation of walking. I then analyze the line, the consequences and the circumstances in an



Andy Cook running "Slow Boof," Pringle Run, WV
Photo by Jim Dobbins



Matt LaFlair dropping some mank, Pringle Run, WV
Photo by Jim Dobbins

effort to convince myself that I stand a very good chance of nailing the line and that if I don't I will be willing to accept the results of my mistake. I feel that this helps me to keep my nervousness working for me and prevents me from making a hasty decision based on a preconceived notion that I should "fire it up."

Now we come to one of the biggest dilemmas in group dynamics as it relates to paddling. In running whitewater, we need to be very clear that we are all making our own decisions. We must never influence anyone to run something they would be otherwise uncomfortable with. Neither can we claim any sort of responsibility from the outcome of another's decisions and performance. Likewise, when it comes down to it, we cannot prevent anyone from running something that we believe is above their head. However, it is important that we be honest with our fellow paddlers in assessing their decisions. If we're not comfortable with one of our friends running something, we should tell them that we have a bad feeling about it. In deciding which river to run, we should take the abilities and comfort level of each individual into account. And we should be wary of leading a less experienced or talented boater to run something just because we make it look easy. In a weaker group, it's wise to be more cautious even with rapids you might be dying to run, but would present a challenge to some of your companions. Boating involves contrary realities: we are solely responsible for the success or failure of our lines while at the same time we are responsible for doing everything in our power to minimize the risk to our group.



*"When it hits the fan," Jaxon Hilton, Laurel Creek, WV
Photo by Jeff Macklin*

Even more neglected than our mental procedure of scouting and running a drop is a post-huck evaluation. This is a perfect opportunity to evaluate many aspects of our physical and mental performance without the emotional reactions mentioned above. Most importantly, did I make the right decision to run or not? Did I make any mistakes in scouting that I can learn from? Did the water move my boat the way I thought it would? Was I physical and mentally prepared to make the crux move at the crucial time? Did I succumb to any of the natural reactions that are the bane of creekboaters (such as freezing up, backpaddling or leaning back)? Is there anything I can do next time to make the drop easier, safer and cleaner? Is there anything else that I can take from this experience and use to perform better next time I'm in a similar situation?

This is also an important group activity at the end of each run, or on a six hour drive from Motown to the R-O-C. How'd our individual performances go? Was everyone well matched in their skill set to the creeks we dropped? Did we communicate effectively or do we need to work on our hand signals? (I've learned from experience that misunderstood directions are worse than no directions at all). Was our safety posture up to snuff or do we need to work on swiftwater rescue or medical skills? Did everyone skate in their lane, or did anyone cause additional problems by trying to do too much? These are tough questions to ask of your friends and tough questions to answer to your friends, but it's important to talk and think about these things so that we can better prepare our team for our next mission. Communication is very important on and off the river, so that you understand what your teammates expect you to do and how they will react to fluid situations.



*Andy Cook running "Crystal," Bottom Moose, NY
Photo by Ron Turney*

These are tough questions to ask of your friends and tough questions to answer to your friends, but it's important to talk and think about these things so that we can better prepare our team for our next mission. Communication is very important on and off the river, so that you understand what your teammates expect you to do and how they will react to fluid situations.

-Andy Cook

ADK Expo at Mendon Ponds

The Genesee Valley Chapter of the Adirondack Mountain Club is hosting the 11th Annual Outdoor Expo on Saturday June 14th from 9:00 - 4:00 on the beach at Mendon Ponds Park. ADK, other local outdoor clubs, and local retailers will offer demonstrations, discussions and activities on a wide variety of outdoor related topics. The annual Expo attracts hundreds of people who attend more than twenty workshops on various aspects of outdoor activities. Attendees can also view and inspect outdoor gear and try out canoes and kayaks on the Hundred Acre Pond.

For more info, please visit:

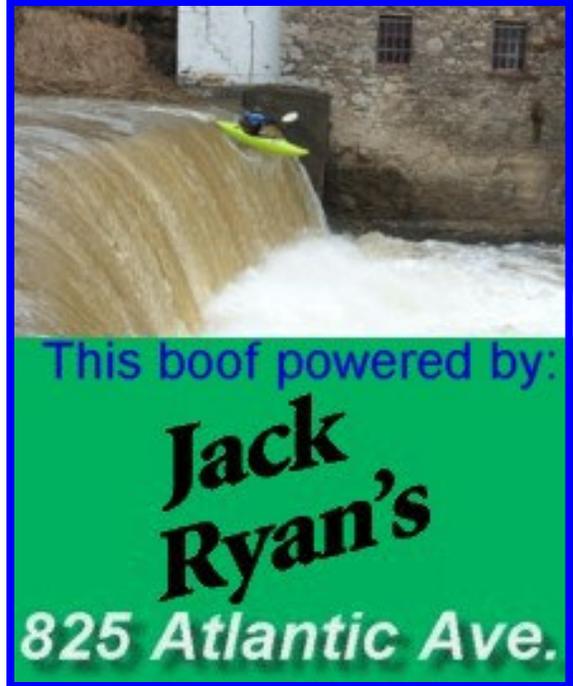
<http://www.gvc-adk.org/events/expo/expo2008.php>

Wildwater Derby

The annual Wildwater Derby on the Canandaigua Outlet will be held April 26 & 27 this year. They're expanding it to a two day event this year, with the traditional race on Saturday and a slalom race on Sunday.



The organizers strongly encourage anyone who is interested in participating in the derby to sign up online in advance. This will cut down on lines the day of the race and give them a better idea of how many people they should expect. Complete details and information can be found at wildwaterderby.com



FLOW Steering Committee Meetings

Time: 7 pm
Place: Jack Ryan's
Dates: March 25th
April 29th
May 27th
June 24th
July 29th
August 26th
September

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. FLOW is moving in new directions

these days. Please join us in shaping FLOW's future.

