

To that end, FLOW provides:

- ◆ A forum to meet paddlers of similar interests
- ◆ January Party
- ◆ Summer Picnic at the Salmon River
- ◆ Skill and Safety clinics
- ◆ FLOWLines Newsletter
- ◆ FLOW Website and message board [www.flowpaddlers.org](http://www.flowpaddlers.org)
- ◆ Flatwater, openwater, and whitewater trips (All trips are free for members.)
- ◆ Affiliation with American Whitewater and New York Rivers United, leading conservation organizations fighting to save our waterways.
- ◆ Annual Swap Meet
- ◆ Discounts at selected merchants



V110104a

FLOW is a member driven organization. All members are invited to steering committee meetings held the last Tuesday of the month. General membership meetings and programs are held on the second Thursday of the month. Meeting locations and times are published in the monthly newsletter and on the web site.

FLOW is an all-volunteer organization, and it needs the participation of its members to help provide the variety and quality of programs and services we aspire to offer.

If you are interested in helping the club, please indicate your interests on the membership form (see reverse side).

---

We greatly appreciate the financial support of our corporate sponsors who help defray the club's expenses.

**Jack Ryan's Bar**  
825 Atlantic Ave. Rochester, NY  
(585) 288-9709



The Finger Lakes Ontario Watershed Paddlers' Club was founded by a group of paddlers who wanted to provide a local club committed to serving the needs of a diverse paddling community, from those seeking the solitude of the back country to those craving the crashing of the waves. Our goal is to spread the rewards of paddling through educational programs and opportunities, provide interest specific services to paddlers and encourage paddlers to meet, learn and teach each other. FLOW members are also dedicated to improving local access and protecting the state of our aquatic environment.

[www.flowpaddlers.org](http://www.flowpaddlers.org)