

◆ KCCNY Newsletter ◆

The Newsletter of the Kayak and Canoe Club of New York

Volume XXXVII Issue 4

September 1997

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The 1996 and 1997 Esopus Slalom: A Volunteer's Perspective

By Paul J. Epstein

I've never raced. Negotiating rapids is enough of a challenge without worrying about stop watches and gates. However, I've always had fun on race weekend as a volunteer and a spectator. This year I almost got more than I could have handled. At last year's fall Executive Board meeting the future of the Esopus Slalom was in doubt. The 1996 race had been cancelled. We were without a Race Director and needed someone to fill the job. Marian Greenfield proposed my name. (She must hate me for some reason). I knew nothing about organizing a race, so I pleaded ignorance. I pleaded incompetence. I pleaded insanity. I finally agreed to do it, but only after a few years of apprenticeship under an experienced Race Director. At that point, Ralph Johns stepped forward and volunteered to take the role of Race Director with the understanding that once I had learned how to do the job, I would take over. I hate to tell you Ralph, but I'm a real slow learner.

Ralph threw himself into the job with great enthusiasm. He took care of all of the many preliminary details. When race weekend arrived, my role was to show up on Friday and spend the weekend working in various jobs to learn how the different aspects of the race come together.

I showed up in Phoenicia on Friday morning to work on setting up the course. A small crew of volunteers assembled alongside the river, drinking coffee and engaging in the customary discussion of how the river had changed in the past year. Each participant could remember as many changes as the number of years he or she had been boating it.

(Continued on page 5)

Newsletter Submissions

This is **your** newsletter, the quality of each issue may be dependent upon submissions by the members of KCCNY. Articles should be submitted prior to the deadline that is established for the next issue, and each submission should be separate, and typed or legibly hand written.

For those who have access to computers, articles may also be submitted on a DOS formatted floppy disk (either 5 1/4" or 3 1/2"). Many word processor file formats are supported, please contact me to see if yours is, or supply a plain ASCII text file if in doubt. I can also receive articles via email, my address is dlenox@ssix.com

We now have the capability to digitally scan pictures that you may want published. For photo submissions the picture should be no larger than 5 X 7, they may be color, but black and white pictures may reproduce better.

Send all articles and/or pictures to newsletter editor. If you want the picture and/or floppy disk to be returned, please include a self addressed, stamped envelope.

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Deadline for newsletters:

Dec 9, 1997

Please send all changes of address or phone numbers to the membership chairperson and NOT to the editor of the newsletter!

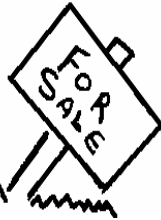
World Wide Web & Email Addresses

The following are some www site and email addresses that I have come across. Please contact me if you find any others of interest, or the address is incorrect (I am not responsible for the accuracy). Use them wisely!

http://www.ssix.com/bbs	Bulletin Board sponsored by SSIX Corporation
http://www.awa.org	American Whitewater Association home page
http://www.gti.net/amcny	Appalachian Mountain Club, NY-NoJ Chapter
http://www.ssix.com/kccny	Kayak and Canoe Club of NY home page
http://www.pitt.edu/~suthers/trpc	Three Rivers Paddling Club home page
http://www.orp-wc.usace.army.mil:80/current	US Army Corps of Eng (Pittsburgh PA)
http://www.kayaker.com/perception	Perception home page
http://www.nowr.org	National Organization of WW Rodeos
http://mohawk.ll.mit.edu	NE River Forcast Center
gopher://wx.atmos.uiuc.edu:70/11/states	River gauges & weather
74744.2350@compuserve.com	FutaFund for Futaleufu river
NantOutCen@aol.com	Nantahala Outdoor Center
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Ramsey outdoor add goes here

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***Your company ad could
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Internet)***

For information and rates contact:

Daniel Lenox at
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or
dlenox@ssix.com

Cold Brook Canoes

A Volunteers Perspective (cont.)

(Historical note: Railroad Rapid has undergone many changes, going back to pre-historic times when the Earth's land mass was one giant continent. At that time the Esopus was a tributary of the Seine and Phoenicia was a suburb of Paris, a fact which scientists have been able to determine from the unusually large number of French restaurants in the area.)

After surveying the changes in Railroad, the crew set to work. There were strainers to remove, equipment to set out along the river, phone lines to be strung, and gates to be hung. If you've never participated in this activity, it's definitely worth trying. It's a great excuse to take a day off from work, get out in the fresh air away from desk, phone, and computer terminal, enjoying the company of other boaters and seeing the results of your efforts at the end of the day. Of course, it's also an opportunity to spend a day climbing around on slippery rocks, wading in icy water, wallowing in poison ivy, along with bees, wasps, and snakes, getting tired and sun-burned, all of which may appeal to more masochistic individuals, such as those who prefer to kneel in their boats instead of sitting comfortably like normal people.

As the day progressed more volunteers arrived and the pace of the work accelerated. By 5:30 the last of the gates had been hung and some of those planning on racing were getting ready for a few practice runs. Others went for a few well deserved beers.

On Saturday morning I returned to the race course around 9:00. It was already crowded with boaters getting in their practice runs. Because the full water release was now flowing, a little fine-tuning of

the gates was necessary. Then, since Terry Johns had the race registration so well organized, I was able to spend some time watching practice runs.

If you're really good, you expend very little effort in each run. You can practice all day and just continue to improve...

You can really learn a lot about boat handling by watching some of the really good boaters practice. I was also able to make the following observations about the value of practice runs:

1. If you're really good, you expend very little effort in each run. You can practice all day and just continue to improve.
2. If you're an OK boater and are young and in good shape, you can take a lot of practice runs and continue to improve.
3. If you're an OK boater who is neither young nor in good shape, your race performance will be inversely proportional to the number of practice runs. (i.e. the more you practice, the less you will have for the race, especially the second run).

If I ever race, I'll definitely limit myself to one practice run.

When it was time for the race to start, I took a seat at the scoring table. There were four of us, each with a headphone and clipboard.

We really looked high-tech, kind of like the Channel 4 News Team, except if you looked closely you could see the Army surplus communications equipment, held together with duct tape.

I really didn't have a clue as to how this was going to work, but it turned out to be quite simple. There were a total of 6 gate judges along the course, each with a phone, observing 3-4 gates. The first 3 judges reported to me, and the other 3 to another person at the scoring table. We recorded any penalties (2 seconds for a touch, 50 seconds for a missed gate) on a card for each boater. The other 2 at the scoring table were connected to the start and finish lines and recorded the times for each racer and then added the penalties to get a final time.

For the first 2 or 3 racers it seemed as if everything was happening at once, especially when there were delays in getting reports from the gate judges. I knew there were boats on the course, but couldn't see them, and I wasn't getting the gate judges to respond to my calls. It felt somewhat like being an air traffic controller trying to track the progress of a bunch of planes somewhere off in the fog. I started to feel the stress. However, I quickly realized that we had plenty of time. It took the best racers about 2 minutes to run the course. (Some of the novices did it in less time, since they didn't concern themselves with clearing gates.) We had more than enough time to record the times, add the penalties for touches and missed gates, and then check the T-shirt list and subtract 10 seconds if the racer had purchased a shirt.

(Continued on page 8)

The River Master: *The delicate balance of water release*

By Tom Leek

(Reprinted from Sunday Record, August 17, 1997)

Submitted by Alan Zimmermann

Deputy Delaware River Master William E. Harkness' job involves water.

Millions and millions of gallons of water.

Water from brooks and rivers. Reservoirs, riverbanks and clouds.

Harkness' job is also geography. And math.

To settle a long-standing dispute over distribution of water in the Delaware River basin, the U.S. Supreme Court in 1954 ordered that the chief hydrologist of the U.S. Geological Survey or his designee would administer a court approved settlement between New York City, which owns reservoirs, and other basin states.

The actual river master is William J. Carswell Jr., the Geological Survey's chief engineer in the Northeast. Harkness is in charge of day-to-day operations of the three person river master office in downtown Milford. On the job since January 1984, Harkness replaced 25 year river master Robert E. Fish, who still lives in Milford.

Harkness and fellow engineer Bruce Krejmas and administrative assistant Colleen Boshman have one basic mandate: To design the release of enough water from New York City reservoirs so that, at a minimum, a daily average of 1,750 cubic feet per second of water flows

past a USGS gauge in the river between Milford, Pa., and Montague, N.J. That's about billion gallons. The number 1,750 equals roughly one-half a cubic foot per second for every square mile in the 3,500 square mile upper Delaware drainage area, and is the estimated amount of water thought necessary to keep the river healthy.

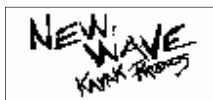
To arrive at 1,750 cfs, they have to estimate how much water is naturally in the river from runoff, tributaries, and rainfall; estimate how much rain might fall; consider whether Orange and Rockland Utilities is releasing any water

(Continued on page 10)

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Of Drought and the Rivers

By Tom Leek

(Reprinted from Sunday Record, August 17, 1997)

Submitted by Alan Zimmermann

Milford, Pa. - Brown, crispy lawns. Thirsty gardens. Water-challenged streams.

With legendary trout streams like Sullivan County's Willowemoc and Beaverkill running low, even fish are feeling the summer dry spell.

Welcome to mid-August and a mild drought in the upper Delaware River valley.

But in the Delaware River there's plenty of water. The trout and smallmouth bass are doing just fine, thank you. Many fishermen are smiling too. And on summer weekend days like today, there might be 10,000 canoers, rafters and kayakers riding the ancient, free-flowing Delaware or its many tributaries, such as the Lackawaxen and Mongaup rivers.

Business last month at Kittatinny Canoes was excellent, said owner Ruth Hones. With thousands of canoes and rafts, Kittatinny is the oldest and largest livery on the Delaware.

"The whole month of July was gang-busters - and August is following suit," Jones said.

Same goes for many motels, bed-and-breakfast inns, bus stations, restaurants and campgrounds, she added.

Recreational visitors to the Upper Delaware Scenic and Recreational River - a 50-plus mile stretch between Hancock and Sparrowbush, just above Port Jervis - numbered more than 162,000 last month, or nearly 4 percent more than during July 1996, Superintendent Cal Hite said.

So far this year, 141,000 or more people took to the upper Delaware in boats.

But what about that drought?

The answer is simple, and complicated. The Delaware and its two main feeder stems, the east and west branches, are in pretty good shape because 43 years ago, the US Supreme Court said they had to be.

In 1954, the Court ordered that a certain minimum average volume of water must flow every day past the point in the river between Milford, Pa., and Montague, NJ. The volume requirement can be lowered in times of drought, but water always flows.

So while other streams run dry, the Delaware is fed daily, often with hundreds of millions of gallons, from New York City's three reservoirs in the upper Delaware River basin: the Cannonsville, Pepacton and Neversink. Together, they can hold 271 billion gallons.

In fact, most of the water in the river today is reservoir water, according to Deputy Delaware River Master William E. Harkness. The river's feeder streams are all but dry, and there's been no recent substantial runoff.

In addition to the Supreme Court decree, further agreements among New York, the federal government and other basin states say that the three reservoirs will let a certain amount of water go each day. These conservation releases happen even

when the Milford-Montague water level is OK and doesn't need the Supreme-Court-mandated water. Conservation releases are meant to help the three rivers just below the reservoirs survive for the sake of their resident fish and the greater good of the 13,536 square mile Delaware River basin, which is home to 20 million people.

Keeping the river in water and pleasing the many interests involved is a biological and political juggling act. It's been the same for decades: People's interests are pitted against the welfare and habitat of fish.

Many fishermen lament that the Neversink dam has slowed the Neversink River, once a great fishing stream, to a trickle.

Most of the water released to the Delaware is from Cannonsville, officials say, because that reservoir's water is slightly inferior to the water in Pepacton and Neversink - which New York City uses for drinking.

Fishermen who caught bass in the west and east branches of the Delaware before the reservoirs were built still aren't happy that the bass aren't there any more; most bass are now downstream where the water is warmer. Water leaving a reservoir is usually around 48 degrees. Trout love that and thrive in it; that delights trout anglers.

A 1988 statewide survey of fishermen found that at least \$10 million a year was pumped into Sullivan County by fishermen, said Wayne Elliott, fisheries biologist with the DEC. In May, the Delaware River Basin Commission met in Sparrowbush with local river users and experts to discuss a five-year \$3 million study that will reconsider nearly all aspects of how the 330-mile river and its basin are used and governed.

Governmental involvement with
(Continued on page 9)

1997 Cruising Calendar

Even if a trip is not listed as instructional, it can be! Keep your eyes open. Is there some one who looks good paddling, do their moves look easy and smooth? Watch them and see why, and by all means **ASK** for some tips. This can be a great opportunity to not only get some "inside information" but also a way to make some friends. You will find that most people are very willing to help or give assistance...

River difficulty is subjective and often depends on weather conditions and water levels. Also, obviously, skill levels indicated are minimums. Call the trip leader and ask questions if you are unfamiliar with the river, if you are unable to reach the trip leader feel free in calling the Cruising Chairperson.

Thanks to all those that have already signed up to coordinate a trip! We still need many more trips to make it a great a Cruising Calendar. If you can coordinate a trip or other activity (ie: Party, Play Spots, Deerfield, West...), please give Cheryl Shiber a call at (201) 287-1866

DATE	SKILL	RIVER / LOCATION	PHONE NUMBER / COORDINATOR
<u>September</u>			
Labor Day			
Weekend		Kennebec River	???
		Upper Yough	(908) 707-9532 Bruce Farrenkopf
5-7		McCoy's Rapid Rodeo, Ottawa River	Phil Green at pgreen@synapse.net
13		Hudson River	(914) 896-0373 Paul Epstein
13-21		Gauley & other possibilities	(717) 629-5533 Ken Sanders
20-21		Deerfield River	
20-21		Gauley River Festival	
21		Mongaup River	(914) 779-0527 Tom Bohan
27-28		West River, VT	(201) 652-5058 Jane Bernstein
<u>October</u>			
4	N-I	Lehigh River	
4-5	I-A	Deerfield River	(201) 833-9537 Nancy Shiber
4	N-A	Lehigh River	
11-12	ALL	Ocoee River Rodeo	
18		Moose River Festival (*date tentative)	
18-19	A	Bottom Moose	(212) 334-0824 John Gellman
<u>November</u>			
1	N-All	Mongaup	
8	I	Tohickon Creek	(201) 663-1364 Dan & Diane Lenox

A Volunteers Perspective (cont.)

(We didn't actually do that this year, but I'm going to suggest it for next year's race, so if you're planning on competing you might want to buy a shirt early.)

After the first group of racers had completed their second run, the workers who were racing in the second group left to go to the start. They were replaced by some of those who raced in the first group. After the first 2 or 3 racers had made their runs, the new team was working smoothly and the 1997

Esopus Slalom was completed without a hitch.

Since Ralph had decided to run a complete race on each day of the weekend, it was time to gear up for Sunday's race. About a third of the gates were re-positioned to create a new course and the serious racers started practicing for last year's race. Sunday's race was to be the 1996 Esopus Slalom since there had not been any race that year.

Sunday's races went smoothly,

with continued good weather, plenty of water, and enthusiastic volunteers. Best of all, at the end of the day Ralph was talking about improvements he would like to make next year. With luck I may be able to continue to enjoy myself as a volunteer and never have to graduate to the responsibilities of Race Director.

Of Drought and the Rivers

(cont.)

Delaware waters began as early as 1929, when New York City asked the Supreme Court for permission to build Pepacton and Neversink. By 1954, the city got the go-ahead to build the Cannonsville dam. The Supreme Court case was settled when the states of New York, New Jersey, Pennsylvania and Delaware, along with New York City, agreed to cooperate in the use of water in the Delaware basin. The court said a river master would administer its decree; River Master Harkness tells New York City when to let water out of its reservoirs to maintain a minimum flow past Milford. No other river has such an administrator.

The Delaware River Basin Commission's founding in 1961 marked the first time the federal government and a group of states joined together as equal partners to oversee the waters of a river basin. Before that, more than 75 state, interstate and federal agencies had various powers across the watershed. Based in Trenton, NJ, the commission today makes rules to govern issues ranging from water quality to flood control.

In the late '70s, New York passed a law giving its Department of Environmental Conservation authority to establish "conservation releases" from all reservoirs in the state, including the Catskill reservoirs owned by New York City. The releases had to be OK'd by the Basin Commission and parties to the Supreme Court ruling.

The conservation flows were changed slightly this year to encourage better trout life in the upper reaches of the Delaware system. Instead of releasing large volumes of water from Cannonsville Reservoir and into the West Branch over the 60 days between June 15 and August 15, less is being released for about 105 days, from June 1 to September 15. It's a three-year DEC initiated experiment.

"In theory, people could ask why we're working so hard to make this a trout resource," said the DEC's Elliott. "It makes sense to try and manage (parts of the West Branch) for trout, because

they're going to be cold for much of the year anyway, and it's going to be less suitable for bass and walleye."

Actual conservation releases are not necessary today because so much water is being released to maintain the Montague flow. With the regular release of billions of gallons into the West Branch, it "has more water than it wants or needs," said Elliott, who would like the DRBC's new river study to result in further basic changes in the way water is dispersed in the upper Delaware basin.

If Phil Chase had his way, there would be more water flowing in the Neversink. A retired Port Jervis science teacher, respected conservationist and lifelong fisherman, Chase is lobbying for a 15 percent cutback in Cannonsville releases, and a like increase in releases into the basin's other two rivers. Chase served on the 1976

committee that recommended the minimum release rates.

"The Neversink River has just enough water to barely stay alive," Chase said. "It doesn't make for good fishing."

Kittatinny owner Jones, who has won national acclaim for her company's efforts to keep the Delaware clean, wants to make sure the Delaware doesn't get any less water. "Envision this valley, picture this river going through it... Its like our bloodstream," she says.

"It keeps us alive. You start removing from it, we're dead in the water. The river is what keeps this valley going.

Campmor add

The River Master (cont.)

from its Rio reservoir system in Sullivan County, and whether Pennsylvania Power and Light has any releases planned from Lake Wallenpaupack in Pennsylvania.

The difference between the sum of those numbers and 1,750 cfs is how much water Harkness orders.

Further complicating the process is the fact that it takes time for water to reach the gauge here. Releases have to be designed, or planned, three days in advance.

Harkness explained the process on Wednesday. He's talking here about the 1,494 cfs - 966 million gallons - he ordered to arrive at the

Milford-Montague gauge yesterday:

"It takes us 60 hours to get water from Pepacton to Montague. It takes us 48 hours to get it from Cannonsville. So we can't go out there and look at Montague and say, 'Hey, Montague is low,' and turn on the valves and all of a sudden have water there.

"The water that's going to be at Montague on Saturday, that's going to come from Pepacton, started out of Pepacton at noon today and will run until noon tomorrow. The water that will be here all day Saturday out of Cannonsville will start at midnight

tonight and run all day tomorrow.

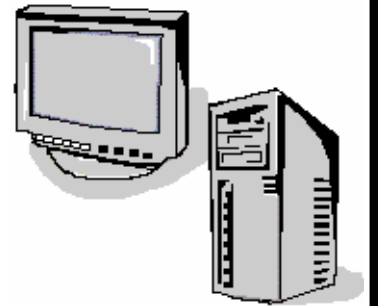
"But any water that's going to be part of the Montague flow on Saturday that's going to come out of Neversink, won't start out of Neversink Dam until 3 o'clock tomorrow afternoon.

"It takes (an average at low flow) 33 hours to get here from Neversink Reservoir. It takes 48 hours to get here from Cannonsville, and 60 hours from Pepacton."

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Web Based BBS System Now Available!

by Daniel Lenox, SSIX Corporation

Going on almost two years now, the KCCNY has had a presence on the Internet. A committee was initially formed by Mat Giltner, Bill Thomas and myself to create the initial pages. Since it's inception it has gone through a number of transformations as any web site has to go through. It is a lot like growing up, there is an infant, child, adolescent, and adult phases.

The earlier phases were basically just to give us a presence on the web, and over the last year it has been my focus to make the content more informative and to allow us to use the site for marketing our club and attracting new members.

All along I have been saying that we could also provide more content for our current membership. Hence the online newsletters. This gives our club a lot of exposure and lets the outside world know what we as a club and individuals have been doing.

The web site has been continually moving towards a more adult phase attempting to give more and better content, to inform it's current membership as well as the paddling community in general.

To help me perform maintenance it was decided to move our web site from Mat Giltner's internet account to my corporate internet server. This created a bit of confusion in the beginning because the previous site was already registered on a number of well known search engines, and it took quite a while to finally get the new site registered so that search results would reflect the correct URL! Sorry for the inconvenience.

..

I have been wanting to add the ability to allow people to post messages, and over the past 9 months have reviewed a lot of software that is currently available for this purpose. There were many limiting 'features' of all of them that I did not like, and as a result decided to create my own software.

The primary thing that I did not like about them was that unless extensive work was done, they all dictated form and presentation.

The Web BBS software (or weBBS System as I have called it) resides on my internet server and I am allowing it's use by KCCNY and the general paddling population. I have tried to include as much functionality as I could, if however you find that additional features could/should be added then drop me a line and we can discuss it.

The URL of the system is:

<http://www.ssix.com/bbs>

I will put a link from the KCCNY web site to make peoples life easier, and also plan to add links for other kayak clubs.

There are a number of discussion categories that I have initially created they include:

River Trips
River Information
For Sale - General
For Sale - Autos
For Sale - Computers
For Sale - Kayaking Gear
Wanted To Buy
Travel
Sports
Jobs/Career Opportunities
Personal
Message For BBS Sysop

The last category should be used

only for messages pertaining to the operaton of the BBS, not for personal messages for me thanks!

The rules are simple, no offensive language, spamming, flaming, or otherwise harrasing people or persons. If a situation occurs, the offending persons Internet Service Providers (ISP) will be informed of the situation, if necessary I have the ability to exclude individuals or complete domains from access to the BBS.

As an additional requirement, all persons that wish to post message (s) on the BBS need to give their name and email address. Please do not use ficticious information, if you feel the need to then you really shouldn't be using the BBS. While I am not opposed to having fun with it, it serves a real purpose and you shouldn't waste other peoples time and energy. The reason for the inclusion of the email address is incase anybody needs/wants to reply directly to you via email. Again if you do not want to put your real email address please do not use this service.

I have labored long and hard to design and develop this software, and hope that all using it, appreciate it. If interested, this software will also be marketed to customer support and user groups in the near future. Soon other enhancements will be added, such as:

- Presentation of postings, by name, date or subject.
- Ability to search one or all category for specific text.

Note:

If you have any questions, comments and/or problems please feel free to contact me directly at (201) 663-1364 or by

River Release Schedule

Deerfield River, MA

Fife Brook / Zoar Gap Section

Releases start between 9:30 am and 12 noon,
with a flow of at least 700 cfs

September 3-5, 11-14, 18-21

October 1-5, 8-12, 22-26

Monroe Bridge/ Dry Way Section

Sept. 14, 20, 21

Oct. 4, 5

Gauley River

September 6-9, 13-15, 20-23, 27-39

October 4-7, 12-13

Lehigh, PA

These are the scheduled releases dates when water
is guaranteed. They are not necessarily the days
with the best water. The best water can be found
mid week, after heavy rains and/or early Spring.

September 20

October 4, 18

Ken nebec

It's always running!

Savage, MD

With luck there will some release dates in June.

Call AWA for info.

Mongaup, NY

The releases are generally from 10am-2pm

These are the guaranteed 1 barrel releases.

Keep in mind that there are will be many additional
1 barrel releases as well as many unscheduled two
barrel releases.

September 6, 21

October 4, 19

November 1

Upper Yough

Every Monday and Friday. First Saturday of the
month. Holiday weekends.

Ocoee

September 1,6,7,13,14,20,21,27,28

October 4-12,18,19,25,26

November 1,2

Bottom Moose, NY

Remember - release only allows the river's natural
flow back into the river bed. Check to make sure the
level is a minimum of 2.5' by the McGeever Gauge
before coming.

October 4, 5, 11, 12, 18, 19

***Your company ad
could have been
here
(as well as on the
Internet)***

For information and rates
contact:

Daniel Lenox at
(201) 663-1364

or

dlenox@ssix.com

Members Mutual Agreement For Protection From Liability

Welcome to the river. In the interest of permitting the Kayak and Canoe Club of New York (the "Club") to exist and to serve the paddling community without fear of liability, I ask you to join in this contract. The first part is for you to acknowledge that you understand the risks involved in this activity. The second part is a release from liability.

ASSUMPTION OF RISK

I _____ understand and accept the following acts of life on a body of water: that paddling in watercraft exposes me to many hazards. No one but myself is responsible for judging my qualifications for my safety when I choose to challenge my capabilities by boating on particular body of water, or a particular rapid. I may assist my fellow paddlers to the best of my own ability if they appear to need such assistance, but only so long as I can do so, in my judgment, without significant danger to myself. I further understand that this does not imply any legal duty for me to do so, nor for any one else to render such assistance to me. Some of the dangers and risks which may be present or occur include, but are not limited to, the following:

- 1) The hazards of traveling in a watercraft in varying water conditions.
- 2) Hazards including boulders, trees and other obstacles, waterfalls, holes, reversals and other water formations.
- 3) Swimming/floating in unfamiliar and sometimes turbulent water.
- 4) Using paddles, ropes and other paddling equipment.
- 5) Hiking or walking in rugged terrain, including slippery rocks.
- 6) Injuries inflicted by animals, insects, reptiles or plants.
- 7) Accidents or illness in remote places without medical facilities.
- 8) Man-made objects in the water including, but not limited to, ropes, bridge pilings, broken dams and metal debris.
- 9) Carrying watercraft and other paddling equipment.
- 10) The forces of nature, including lightning, weather changes, water level changes, and others not named.
- 11) The physical exertion associated with paddling and swimming and carrying watercraft on land.
- 12) Travel in a vehicle driven by other persons.

RELEASE FROM LIABILITY

Now therefore, intending to be legally bound, I hereby waive, for myself and for anyone else claiming through me, my right to sue the Club, it's members, trip coordinators or any of my fellow paddlers for any injuries to my person or my equipment which may occur during, in preparation for or in transit to or from a Club outing. The waiver applies to any negligent act or omission and to any intentional act intended to promote my safety or well-being.

I am solely responsible for deciding whether to participate in or to continue on any water trip. I assume these risks and understand my responsibility in decision making. My waiver has no expiration date.

Participant's Signature

Participant's Printed Name

Date

**KGCNY
Daniel Lenox
233 Prospect Point Rd.
Lake Hopatcong, NJ 07849**

***Web Based Bulletin Board
is now available
at
<http://www.ssix.com/bbs>***