



The Newsletter of the

Kayak and Canoe Club of New York

Spring 2010—Volume 49 Issue I



2010 – A KAYAK ODESSEY

What prompted my thoughts with for this "Letter from the Editors" was a most interesting movie from 1984 called *2010 A Space Odyssey*. In a turning point in this movie the dialog goes as such – "Something's going to happen – something wonderful"!

As the KCCNY plans the 2010 schedule we can repeat with confidence the Space Odyssey tagline by stating "SOMETHING WONDERFUL IS ABOUT TO HAPPEN". 2010 promises to be another fantastic year for our Club. As you will see in this latest newsletter highlights on upcoming events such as the Memorial Day Slalom Clinic & Race in May and the KCCNY First Annual Whitewater Funfest in June. Add to this a schedule of river runs that will have a number of choices of to include all levels of paddlers. The pool sessions will continue go right up until mid-May to insure that you are more than ready for your day on the river.

We cannot dismiss some of the highlights of 2009. Besides a great year of paddling, some of our members once again went above and beyond. Please read Ellen Moskowitz's article on the Whitewater Symposium that both her and Jack attended at Zoar Outdoor in October, 2009.

Also in 2009 was the KCCNY Annual Dinner in November. It was an evening of good food, drink and as always good paddling stories. For those of you that attended you had the real treat to see an incredible slideshow of photos taken by Andrew Ludke and Wayne Gman from their trip to the Grand Canyon. A special note of congratulations must go to Dave King for being honored as the recipient of the Jack Goldstein Memorial Award. This is an incredible honor bestowed upon one of our members annually as they have inspired and given of themselves for the betterment of our Club. We also held our elections that evening for those to serve on our Executive Board and Trustees. Congratulations to our new Executive Board and Trustee members and we thank you in advance for your commitment to the Club. We must also take this opportunity to thank our outgoing Trustees and to our past-President, Daniel Kirsch, who lead with a sincere passion and a great sense of humor!

Once again, we realize that it is our collective efforts that will continue to make the KCCNY one of the best and largest Whitewater Kayaking Clubs in the Northeast! We will look forward to seeing many of you at our special events and most important on the river.

2010 – A KCCNY Kayak Odyssey, a journey filled with adventure!

SYOTR

Andrea Betancourt & Neval Ozturk

KCCNY, was established in 1959 and is one of the largest Whitewater Kayaking Clubs in the Northeast. With more than 150 actively paddling members, serving more than 30 pool sessions and contributing to more than 30 new paddlers yearly, with the help of ACA certified instructors. Donations of members help to foster the development of ACA certified instructors and river conservations.

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Winter/Spring 2010 Pool Sessions

Union Pool - Sunday mornings 10AM-12PM.

December 13, 20

January 10, 17, 24, 31

February 7, 14, 21, 28

March 7, 14, 21

April 4, 11

Garfield Pool - Saturday afternoons 3PM-5PM.

February 20, 27

March 6, 13, 20, 27

Lodi Pool - Wednesday evenings 7PM-9PM.

March 17, 24, 31

April, 7, 14, 21, 28

May 5, 12, 19

Do you want to stay in game during winter/spring season in a warm friendly environment? Do you want to practice rolling, improve your technical paddling skills? Come join us in these heated pools and get ready to have fun.

We have several ACA certified trainers at every pool session ready to help you.

See you at the POOL!!!



Trip Coordinators Needed!!!

Hey Kayakers!!!

By Ken Voytac

Kayaking is a counter instinctive sport and makes each paddler re-examine our sense of our own bodies. Kayakers do not have one body, rather we have two, the upper body that extends all the way down to our belt line and the lower body that begins at that belt line and ends at our feet. We also do not have one butt rather two, a left and a right. Our two halves and two butts all function separate from the other at all times. These are very important concepts to remember and to master. You will often hear your instructors telling you to "rotate your torso" (twist your upper body while keeping your lower body in a fixed position) and we will yell "left butt" or "right butt" which means lean only on one half of your butt.

So here are two exercises to practice on land.

Sit on a hard backed chair but do not lean against that back, then cross your ankles and hold those crossed ankles up off the floor during the entire process. Now sit up tall and do not lean to the left or right with your upper body. Lean only your lower body so that you shift your weight onto your right butt and lift your left butt completely off the chair. You should be able to pass your hand under your left butt. Remember not to lean your upper body rather keep it straight and sit tall. Hold this position for 1 minute then switch sides and lift your right butt. This exercise will teach you the correct movements that will allow you to "Put your boat on edge" and will strengthen the muscles involved. A boat on edge is much more stable than one that is flat and that edge is used to slice a very definitive path through the water, you can even think of it like a keel on a sailboat.

Normally if we were sitting with someone on our right and they spoke to us we would turn our head to acknowledge them and to reply. Kayakers really don't want to turn just their head but rather their whole upper body including our head as one unit.

So the next time you would turn your head on land instead rotate your entire torso and face your subject. At home you can stand with your feet facing forward and then rotate your upper body as far to the left or right as you can. Each time you do this that stopping point you feel will extend, in other words you will become more flexible. Next time you are in your boat sit up tall and then twist left at the waist and grasp the rear grab loop. Pull on that grab loop forcing yourself to extend that twist or in other words push your flexibility.

KCCNY's Memorial Day Weekend Slalom Clinic & Race May 29 & 30, 2010

By John Coraor, KCCNY Competition Chair

The focus of this annual KCCNY event is not as much on competition as on having fun while improving your paddling skills – the original and still the core purpose of whitewater slalom! Presented in cooperation with the ACA Atlantic Division's Open Canoe Slalom Committee, this year's event will be held once again at its traditional location on the 10 Mile River at Webatuck Craft Village near Wingdale, NY. A short slalom course of approximately 12 gates on this Class I section of the river provides the ideal instructional environment for novice paddlers looking to improve their boat control skills, for intermediate



paddlers seeking an introduction to slalom competition, as well as for more advanced paddlers interested in brushing up on their skills before tackling the more difficult race course at the Esopus Slalom the following weekend (June 5 & 6, 2010). Most paddlers participate using standard WW river runners, creekers, or playboats; however, separate race categories for specialized slalom boats are also offered.



After helping to set-up the course Saturday morning, participants will receive instruction in an informal slalom clinic Saturday afternoon followed by open practice on the course. A carry from finish back to start that is even shorter than the racecourse itself helps to make repeated practice runs down the course an easy way to develop your paddling abilities. The easy water and relaxed atmosphere also enables many paddlers to try out different boats, either swapping with other paddlers or trying one of the open or decked canoes provided by the race co-chairs. Early risers can practice again on Sunday morning, before the Competitor's Meeting at 10 AM,



which precedes the start of competition.

Free primitive camping is available on-site and a restaurant is located on the riverbank opposite the start. Lodging is also available at nearby motels.

For further information on the Memorial Day Weekend Slalom Clinic & Race, select "Slalom Clinic" on the "Activities" menu of the KCCNY website (www.kccny.com).

Esopus Whitewater FunFest

Esopus Creek, Phoenicia, NY



June 5th-6th

more than
...with five kinds of fun for whitewater paddlers!

- ✓ 44th Annual KCCNY Esopus Slalom
- ✓ 2nd Annual KCCNY Downriver Sprint Race
- ✓ Head-to-Head Boater Cross Competition
- ✓ River-Running Clinic
- ✓ Paddling Fun & Games!
- ✓ Saturday night BBQ Dinner (BYOB)
- ✓ Screening of Kent Ford's "Call of the River"
- ✓ FREE camping included in low registration fee
- ✓ Register by May 15th for FREE FunFest T-Shirt



Wayne Mercier Photography - photo.wmercier.com

For registration: see the "Activities" menu at www.kccny.com



W H I T E W A T E R SYMPOSIUM

By Ellen Moskowitz

You guys missed it! The whitewater symposium was held on Oct 2-4, 2009 at Zoar Outdoor. Okay, a symposium sounds boring and intellectual, but it was far from it. It is really a great opportunity to learn from the best in the sport, and have a great time in the process. The Symposium ran for three full days so I can't describe every event in detail but here are some of the highlights, including the things that I have brought home with me and have already put to use.

1. We took a clinic with Eric Jackson and learned a few new simple tricks on basic strokes including the forward stroke and sweep stroke to make them more efficient. Just when we thought we knew it all, we learned some more subtleties to even the most basic moves.
2. We rented Kokatat Gore-tex drysuits. What a difference! Jack and I have never been cold water paddlers and usually hibernate in the winter. This made the cold and rainy weather that we had quite tolerable. I went out immediately afterward and bought both of us Kokatat drytops and pants. I used mine on the Tohickon fall release and it was great.
3. We saw Kent Ford's new video "Call of the River". It's fabulous! We think that we are pushing the limits of the sport these days with daring new adventures and rivers, but you really have to see what the pioneers in the sport did. Catch the video at our Esopus Whitewater FunFest on June 5, 2010.
4. We both entered the Rescue Rodeo put together by Charlie Walbridge and Mike Mather. We didn't do very well, but had fun. I used the idea to put together our own Rescue Rodeo at the Garfield pool on Feb. 27th. The participants and instructors all had a great time and really improved their skills at the same time.
5. We attended a couple of discussions on paddling clubs, activities and setting up events. See the results of these discussions at the Esopus Whitewater FunFest on June 5 and 6.
6. Met the folks from worldkayak.com. I have set a regional blog for us called NY/NJ/Eastern PA and I am in the process of bringing some of their events to our region. Keep your eyes open for a schedule as soon as I finalize it. They run fun freestyle competitions called Hometown Throwdowns. It's a really fun way for us non-pro level boaters to come out and have a good time. Check them out at www.worldkayak.com
7. We learned some new teaching tips and boating skills from a variety of instructors including Anna Levesque, Wayne Dickert and some of the great instructors at Zoar Outdoor.

The 2010 Whitewater Symposium will be held at NOC in North Carolina on October 8-10, 2010. We plan to make the drive down there. Check it out at www.wwsymposium.com

Janet and EJ discussing boat designs and outfitting.



Jack at a class on teaching beginners rescue skills.

KCCNY Annual Dinner 2010

ANNUAL DINNER AND ELECTIONS OF NEW CLUB DONATIONS FOR RIVER CONSERVATION

KCCNY 2010 Annual Dinner took place at November 21, 2009 at Hilton in Hasbrouck Heights, NJ.

Special thanks to John Guarino and Andrea Betancourt who organized the dinner.

Elections: Andrea Betancourt chaired this year's nominating committee and presented the nominees. President; Neval Ozturk, VP; Steve McLuckie; Secretary; Dave King, Treasurer; Ellen Moskowitz. A call for further nominations was put to the floor and as there were none a vote of proclamation was moved and passed. Nominees for trustee whose term will run through 2011 were: Dan Kirsch, Linda McLuckie, Wendy Simpson, Kimberly Smith, Jordan Yaruss, and Sarah Zajicek. As there were no further nominations from the floor a vote of proclamation was moved and passed.

Dave King honored with Jack Goldstein Memorial Award by 2009 recipient Laura Kirsch.

In 2009, donated a total \$3,000 to the following organizations:

West Virginia Rivers Coalition	\$ 650
New England FLOW	\$ 650
Hackensack River Coalition	\$ 50
American Whitewater	\$1650

The KCCNY is proud to support the efforts of a number of River Conversation organizations. It is with a special note of thanks to you, the membership of our Club, which has enabled us every year to make donations to these organizations so that our rivers will be enjoyed for generations to come.

Thank you again!



Dave King receiving Jack Goldstein Memorial Award from Laura Kirsh



Linda McLuckie KCCNY Esopus Slalom Club Champion - Women



Padding After the Storm

By Steve McLuckie

“Over the River and Through the Woods To Grandmother House We Go” – I THINK NOT!!

Unless you've stumbled across this article in the archives sometime well after it was written you probably remember the big snowstorms of early March. As a paddler you probably recognized the potential for rivers to run, but the storms may be more memorable for the substantial impact they had on trees and the utilities' ability to deliver electricity. Since I wasn't one of the 150,000 customers of my local utility who went without power for as much as a week I was mostly focused on how much runoff we would see when warm weather and some heavy rain came a week after those snow storms. I was especially focused on how conveniently that weather coincided with the weekend.

So it was that I met a few other paddlers in an Ellenville parking lot to finally start my 2010 paddling after about 3 months without being able to get out on the water. It was raining lightly at 9 AM, and the heavy rain and big runoff were still a day away, but we knew we had a few options already, and we were pretty sure our first choice would offer all of us a new personal first descent. I don't know about the others, but the West Branch of the Beerkill has been on my radar for a couple of years. In fact, the last part of the run, which is on the main Beerkill as it flows into Ellenville, has been locked onto my radar since my first foray into kayaking over 20 years ago. When you drive over the bridge and look at the water, as all paddlers are inevitably compelled to do, how can you not think about the obvious roller coaster ride down a stream called the Beerkill? After all that waiting, I pulled on my drysuit and headed up the road towards the put in.

A steep and very challenging creek, the main Beerkill is fairly close to the road, but in a deep gorge that makes it somewhat inaccessible. Scouting and portaging may be more difficult than paddling the drops, especially when there is snow and ice. By contrast, the West Beerkill is mostly roadside, and largely visible from the road. We took advantage of that proximity to scout as much as possible from the driver's seat as we slowly headed to the put in. We weren't as much interested in seeing the rapids as we were in looking for the strainers that we were sure would be waiting. We knew from the obvious remains of branches and whole trees that had obstructed the road in the recent past that we should expect similar conditions on the creek, except that the DOT wouldn't have come by to clear the way. We figured it was a much better thing to spot the strainers from the road than to find them suddenly after coming around a tight bend in our boats. We spotted several in the first mile, but everything we could see looked like it offered an easy channel to pass to one side. At the start of the second mile we spotted the first one that was different. A large sycamore branch was lodged on a rock. There was at least 10 feet of space to the left and almost as much to the right, but it was directly in the outflow from a 5 foot drop. We decided that since we were already stopped and out of our boats, right now would be a good time to try and move the branch. JD waded out and tied a rope to it, and with a modest effort we got the branch out of the water. Continuing up the road we saw several more strainers, including a couple that would require portaging, but we didn't see anything bad enough to change our plans until we were within about a half mile of the usual put in. At that point the creek isn't particularly steep, so stopping would be easier, but we saw several mandatory portages in a short distance. Since we were on a little-used back road and there happened to be a big chunk of tree still blocking half of the road directly opposite one of the river-wide strainers, we decided that we had a good place to park and a good place to put on.

Starting down the creek things began easily, at just class 1 to easy 2. We had perhaps twenty feet from bank to bank, and we occasionally had to dodge a rock and then line up for a five or eight foot gap between the bank and a strainer. As we continued downstream everything increased in intensity. The banks got steeper, the current got faster, and the waves got bigger. We continued to be able to paddle past or occasionally through the strainers. Things were getting a bit challenging, but we were all having a good time. At about the midway point of the trip another stream flowed in, adding a considerable amount of water and things got a bit steeper and faster, still. The creek itself wasn't especially difficult,

but the steep banks were still covered with a good bit of snow, we had to be constantly vigilant for strainers, and the eddies we would need when we had to stop. A couple of times we did have to stop and carry around a tree, and several other times we had to stop until we were sure there was a safe way past a strainer. Shortly beyond this point we found ourselves at the steepest and most technical part of the creek. Approaching a particularly steep drop we all found eddies to stop in, while Andy got out to have a look. Since I found myself in the lowest eddy I could see all of the route except for the first few feet below the initial drop. Since Andy could see that the right channel was a good route, and paddling was a lot easier than getting out to have a closer look for myself, I peeled out, lined up, and paddled over the 4 foot drop. Wham! Maybe if I could have actually heard Andy he would have warned me that while the drop was clear enough I would definitely be hitting a rock in the process. Despite making itself very obvious the rock was just a minor annoyance that did no harm. While the others waited I slid out of a few eddies and found myself about 100 yards downstream before finding an eddy that offered a convenient stopping place as well as a way to get out of the water. By that time everyone else had decided to get out for a better look. One decided to carry past the drop, and another decided that walking still further downstream was the wise choice. That decision wasn't based so much on the difficulty of the stream itself, as the snow and ice shelves at the edges of the stream. One of the potential hazards of cold weather paddling is current that flows under snow and ice shelves that can extend onto, or even completely across a river. Temporary, seasonal undercuts, as it were. We didn't find any that posed a direct threat, but they made it much more difficult to get off the water. Stopping in an eddy because of some downstream hazard is all well and good, but stopping in an eddy doesn't really solve any problems if the eddy doesn't offer the ability to get off of the river. While only one of us made the choice to walk a section, we all agreed that we were having less fun than if we didn't have those concerns added to the challenge of the creek itself.

About 1/4 mile below that drop we came to the five footer mentioned above. Since we had already scouted it we knew that there was a lip about 6 feet wide, and that most of the current flowing over it landed against the far left side, on a shelf that sloped back to the right. All of the outflow veered back to the right, and only the right half of the lip was above that outflow. There was enough water landing on the shelf that you'd probably be fine landing there, but it was much better to catch the lip right of center and already moving right. Catching the lip right of center was a piece of cake, but going in the right direction was a bit harder. If heading straight off the lip was twelve o'clock, the current and your initial approach was towards 10:30, and you wanted to be heading towards 2 o'clock when you landed. Well, with the current you would be heading towards 2 o'clock when you landed, but it would be good to be pointed, and already have some momentum, in that direction. The first person paddled over it, briefly disappeared from view and then emerged in the eddy on river right. I peeled out and paddled towards the right center of the lip, made a lousy boof and landed in the soft cushion that definitely wasn't the sloping shelf. I briefly played submarine, but all was well for the first 3 seconds or so, until I surfaced in a somewhat less than fully upright position. I tucked and set up, started to roll and thumped a rock with my back. I'm not sure, but it may have been the rock that the sycamore branch had been lodged on. That had been our big concern - if somebody was upside down after landing the drop they would quite likely wash under the branch. To say that least, that would have the potential to really ruin your day. Our hiker had rejoined the group, the rest paddled the drop, and we continued on.

After this came the zoom flume, a short narrow channel rocketing steeply under the route 52 bridge. That was followed by more fairly easy stuff that required threading our way past some strainers, until reaching the confluence with the main Beerkill. From there we had several fun ledges, mostly with holes that we could run or easily avoid. Coming into the village the stream is channelized, with a concrete wall on the right and large rip rap on the left. There are several ledges that probably aren't entirely natural, and a couple of them have holes that are fairly big and powerful. Andy and I found that one in particular is also a bit too sticky. Andy got back ended, and took a minor bump that resulted in a bloody eyebrow. I hit the hole near the center and came within inches of punching through, before getting sucked back in. I hung on for a few seconds of side surfing and got a bit closer to the edge of the hole, and then over I went. Sticking my paddle into the flow brought me most of the way up, but not quite all of the way. I tucked for a real roll and got spun around and then felt thoroughly disoriented and thoroughly stable. And still thoroughly upside down. Deciding that this would be a good time to bail, I leaned forward to my grab loop, which took quite a bit of effort. As these things sometimes go, getting about halfway out of

my boat let me catch enough current that I felt the hole start to let me go. That was good because I hadn't been sure that getting out of the boat would immediately get me out of the hole. I got washed through another couple of holes before getting to shore, all while wondering if I'd ever see my boat again. Fortunately JD had chased my boat as soon as I let it go, and got it into an eddy that was only about 100 yards downstream, and even on my side of the river. After getting back in my boat we had another uneventful 1/4 mile to our take out.

By the time we retrieved the cars from the put in and got things loaded it was only about 1 o'clock, so we had time to run something else. There was a lot of interest in Stony Clove Creek or the upper Rondout, but checking gauges showed that there probably wasn't enough water yet. After wasting a bunch of time we decided that we'd look at the Vernooyskill, but were likely going to try for Rochester Creek a few miles further away. Both are in the Rondout drainage (as is the Beerkill) so we were almost positive we'd have enough water for those. At the Vernooyskill we found plenty of water, but in a stream that was mostly very easy and not especially interesting, punctuated by a couple of drops that I was pretty sure I wasn't going to paddle. We briefly considered running a short, but easy section just to do it, but decided that would keep us from catching anything else before dark. Following the advice from Cameron's GPS we followed an unpaved class 3 road, that was wet enough to be almost runnable in places, through the depths of nowhere, before returning to pavement in the hamlet of Cherrytown. A few more miles brought us to the Rochester Creek put in suggested in Dennis Squires' guidebook, which offered us about 2 miles of class 2 to easy 3 on a small creek. I knew that the creek had 2 waterfalls and I was pretty sure we were below at least the 25 foot class 5 one, and probably the other. Deciding that it would be useful to be positive about such things we looked at the gazetteer to orient ourselves to the entire creek. We found that we were definitely downstream of both, and a fortuitous misreading of the map lead me to believe that we were only about 1/2 mile below the small waterfall, which is conveniently located at a bridge that offers another put in. Driving farther than we expected, we realized that we had added closer to 2 miles, but decided that the 2 hours of remaining daylight was enough time to cover the 4 miles. Four miles in two hours was pretty close to what we'd experienced on the West Beerkill, and we were fairly sure that Rochester Creek would be a bit faster, and almost certainly wouldn't have any more trees to deal with.

Of course we all looked at the 8 foot waterfall immediately below the bridge, but most of it lands on a rock ledge, which almost stops at the far right. Much like the five footer on the West Beerkill, the water mostly goes left of center, towards 10 o'clock, while the line goes far right, towards 2 o'clock. Most of us decided to put in below it, but JD decided that he was up to the challenge. He didn't wait long enough for all of us to put in below, so I didn't see him go, but I did hear the landing. The ledge almost stops, but there's still perhaps 2 feet of it sticking out only a few inches below the water. He apparently had a good line, but didn't clear the ledge completely. He didn't hit it hard or hit it directly, but he certainly hit it loudly. Heading downstream we got around the first bend and went nearly 50 yards before finding a tree completely blocking the river. Unlike most of the West Beerkill, the banks here were nice and flat and it was very easy to get out and carry 50 feet around the tree. Continuing on we found a very mellow "creek" that wasn't even class 2, but it was very pretty and intimate, flowing through a green pine forest with occasional patches of snow still in the woods. We found a few downed trees, but all offered an easy route around them. Along the way we passed a significant waterfall, perhaps 25 feet high on the right side, and we saw an otter up on the cliff above the creek. After perhaps a mile we came around a bend and found a horizon line at an old dam. From upstream it looks almost like a natural ledge, but from downstream it's obvious that at least the lip is old concrete.

There was a hole about 15 feet wide, with a boil line a good 5 or 6 feet downstream below most of the lip, but the far left and right offered lines that might not result in an unpleasant beatdown. The far left offered a gap of about 4 feet between the hole and the left bank, while the right offered a gap of perhaps 8 feet, interrupted by a protruding rock at about the middle. Once again, JD stepped up and decided to run the right line. With safety set he dropped over and went in to about his chest before bobbing back up, and not getting anywhere close to the hole. Seeing this, one other person decided to run it. A third person would have run it but felt that their equipment was insufficient. I'm ashamed to admit that we were a good half mile down the creek before he was the first person to realize that he hadn't out on his pfd. That probably means that nobody remembered to look at anyone else's grab loops, either.

Below the dam things gradually picked up and got a bit more exciting. We zig zagged past and through a few more strainers, and half of us shimmied over a log while the other half got out to carry again. We passed our first bridge at about 2 miles, without finding anything beyond class 2. The next half mile to our first put in choice stepped things up to a bit more than class 2. The remaining 2 miles gradually increased the fun some more, and we agreed that a few spots were probably about class 3. All those spots are ledges with holes that might be sticky, but are fairly easy to punch or avoid altogether. About 1/2 mile before our take out we passed another substantial waterfall of 25 or 30 feet, which was just downstream of another river-wide log. Since we had to get out anyway, we took the opportunity to walk to the top to have a look. Along the way we had also passed several cliffs of 20 to 30 feet, some with nice ice formations and modest runoff waterfalls. Though not as big and grand, if you've been on Fish Creek this had a similar feel.

Most of us have probably noticed that having the word river or creek in its name doesn't always give you an accurate idea of the character of a stream. You've probably paddled the Esopus Creek, and while calling it a river might not fit with its size, the usual sections aren't particularly small and they're certainly not steep or technical. Rochester and West Beerkill are both called creeks, but other than being small streams that are only runnable with high water they're very different. The West Beerkill is much more a creek in the sense that you're creeking when you paddle it. Much of it is fairly steep, and some of the drops are a bit technical and a few feet high. If you own a creekboat that's almost certainly the boat you should use. Rochester Creek might be better described as a very small river. Other than the two waterfalls and the dam the drops are no more than two foot high ledges, and after discounting the waterfalls the gradient is fairly modest. It doesn't have a great deal of play, but if you've got a choice you'll want your smaller boat. In a few spots things happen fairly fast, but most of this has plenty of calm, albeit fast, water between the harder spots. Other than a few spots I wouldn't even describe the features as rapids. Most of it might be described as pool and short, small drop. If you have a roll and are comfortable on the upper Lehigh the first half of this will be well within your ability, at least at the level we had, which was about 5000 CFS on the Rondout. If you like the Mongaup then the whole 4 or 4 1/2 miles should suit you. If you're not out looking for the true creeks think about this one the next time we get a good rain or snowmelt.

Do You Have What It Takes?

By Steve McLuckie

If you are reading this, then it is probably because you became a member of the KCCNY, presumably for the number of things that the Club has to offer. Maybe you had not paddled at all before taking one of the Club's beginner classes, or maybe you had paddled a bit and were looking for some instruction on easier rivers. Maybe you were already comfortable with your abilities and progress and were looking for other people to paddle with. Maybe it is because you wanted to go to some pool sessions and work on your roll.



Maybe it is because of the extraordinary number of river trips schedule on the KCCNY site, making it that much easier for all levels of paddlers to be out on a river. Again, these trips do cover a wide range of levels. There are the follow-up instruction trips on easy rivers for those who are fresh out of a beginner class, to the intermediate level river run. There is also a number of more challenging trips on more difficult rivers. Unfortunately, what does not have a wide of range is the small number of people leading these trips! The KCCNY can only maintain the number of choices on the schedule if we have Trip Leaders. As it stands now, this schedule is run by a handful of our members. If you have not volunteered as a Trip Leader then maybe it is because you don't know if you have what it takes to run a trip. If so, please let me explain.

The fact is we don't really have Trip *Leaders*; it is more of being a Trip *Coordinator*. Even if Andrea isn't there with her picnic basket of wine, cheese, and crackers, it's still a lot like planning a picnic. All you need to do is choose a suitable place, announce the trip, and handle the logistics of getting a few people to meet you at the put in. Of course every trip should be made up of a group that is strong enough to fend for themselves, including chasing any swimmers and their gear, but you do not have to be the strongest paddler on the trip to be the Trip Coordinator. Trips where the coordinator is the best or strongest paddler are actually few and far between. If you would be willing to lead a trip, but are not sure that you are ready, or you may have any other concerns than please ask any of us what we think! All you need is to be a competent paddler on at least one river and organize a trip on that river. Example, if you are comfortable paddling the lower, lower Lehigh or the Lackawaxen when someone else is leading the trip, then YOU can probably lead a trip on those rivers!

There is a small amount of paperwork (a couple of short emails, really), and some emails or phone calls with people interested in the trip. One of the big plus's to volunteering as a Trip Coordinator is that it guarantees that you will be on a river that you presumably wanted to go on, anyway. You can simply find a link to the full details at the top of the trip schedule page or you can go directly to:

<http://www.kccny.com/0/pg.aspx?pg=ResponsibilitiesOfCoordinator.htm>

Again, whatever your reasons were for joining the KCCNY you had to have figured out the Club had something to offer you that was more valuable than the paltry annual membership dues.

If you love this sport as much as I do and have found a home with the KCCNY then you have to realize it is largely due to the efforts of our volunteers. It is because of the Trip Coordinator that continue to make it possible for you and your fellow paddlers to be out on a river enjoying one of life's most wonderful experiences.

I will look forward to seeing YOU this season and encourage you to –
Step up to the river bank as a Trip Coordinator!

SYOTR

Steve M.



***Remember to renew your 2010 Membership
Support KCCNY!***

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KCCNY NEWSLETTER

Due to economical limitations and to be able to keep the dues low, we will continue publishing KCCNY newsletter online at www.kccny.com and discontinue mailing printed copies.

However, if you have computer access issues or for any other reasons if you would like to continue receiving printed copies of KCCNY newsletter, please e-mail us and we will continue sending you printed copies. Email us at: nevalozturk@yahoo.com or info@200club.org