

## The Crew

I voluntarily assume the risk of any injury regardless of severity, including death, and all risk of damage to or loss of property which may be incurred due to negligence or accidental occurrences while said person participates in this event.

In consideration of the opportunity to participate, I on behalf of myself, my agents, heirs and next-of-kin hereby release River Keepers, other participants, hosts, sponsors and all other official parties (the "Group") involved in the event from any responsibility or liability for personal injury, including death, and damage to or loss of property, that I may incur due to negligence of the Group, myself, or others, due to accidental occurrences while participating in this program.

I also hereby grant the sponsor and co-sponsors the unconditional right to use my name, voice, and photographic likeness in connection with any of their audio/video productions, articles, or press releases, but not as an endorsement.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Christine Laney**, trip leader, has been employed by River Keepers since 1993 where a major portion of her job is educating people about the Red River. She is an experienced Red River canoeist and camper. She has a Master License issued by the U.S. Coast Guard which testifies to her expertise in handling water craft. Her hobbies include walking her dog, reading, crocheting, and riding motorcycle with her husband.



**Vickie Haberman**, camp chef, works as a respiratory therapist. She has extensive outdoor cooking experience. Her canoe experience has been on the St. Croix River and in the Boundary Water Canoe Area. Her hobbies include canoeing, hiking, gardening and X-country skiing.



**Kim Belgarde**, Project WET Facilitator, has been a camp director for Kamp KACE; 20 years, instructor for NDSU and 5<sup>th</sup> grade teacher at Bennett Elementary. She is a canoe instructor with experiences on the Crow Wing

River and area lakes. Wife and mother of three, loves the Red River and all outdoor activities.

The crew have the responsibility for overall group safety and cohesion. We ask that you abide by their judgment in determining what is and what is not appropriate for the group.

"I'd rather be upside down in my canoe, than right side up at my desk." Unknown



June 4-6, 2010

- ◆ Learn paddling and outdoor cooking techniques from skilled outdoor women.
- ◆ Learn about the Red River's history, geography and wildlife.
- ◆ Receive one graduate credit!
- ◆ Paddle from the Red's headwaters in Breckenridge, Minnesota to historic Fort Abercrombie.
- ◆ Camp two nights.
- ◆ Bring only personal items, we supply the rest!
- ◆ Share a fun outdoor adventure with new friends or bring your daughter, sister, or girlfriend.



# Women's Adventure Information

## Itinerary:

**Begin Friday at 3 p.m.:** Camp near the Headwaters of the Red River, eat supper made in a Dutch Oven, hear from a local Red River historian, and get to know other adventurous participants.

**Saturday:** Paddling/safety lesson, paddle 15 miles (at a nice easy pace), river/nature interpretation, camp along the river, fun Project WET activities, learn various outdoor cooking skills, relax around a campfire.

**Conclude Sunday at 3 p.m.:** Paddle 11 miles to Fort Abercrombie and tour the visitor center.

**Trip pace:** The canoeing portion of the trip will be active, but not overly difficult. No previous experience is needed to complete this trip.

**Equipment and clothing:** River Keepers will provide all the necessary equipment except sleeping bags and personal gear. A detailed gear list will be sent to you after registration.

**Food:** The food will be plentiful! Breakfasts will include pancakes, eggs, or yogurt. Lunch will be sandwiches and of course, lots of snacks to eat along the journey. Dinner will be gourmet outdoor specialties including casserole type food and dessert.

**Bathroom facilities:** The first campground has running water & toilets. The second campsite will have water in containers and a portable toilet.

**Camp chores:** You will be asked to pitch in and help with camp chores such as washing dishes, setting up and taking down tents, food prep, etc.

**Tents and sleeping arrangements:** People typically sleep two to a tent. We will assign you a tent mate if you do not have one.

**Relax and learn:** The crew will teach basic canoeing, Dutch Oven and other outdoor cooking skills, camping secrets, and information about the Red River in a fun encouraging environment.

**Adventure Fee:** \$250. A \$100 deposit is due by Friday, May 28

**Grad credit:** An NDSU graduate credit can be received for an extra \$50.



2009 women's weekend on the Red River.

**River Keepers is a non-profit organization formed in 1990 to advocate sustainable use of the Red River of the North.**

# Registration

Trip fee: \$250  
\$100 deposit due 5/28/2010 -\$100  
Member discount of \$50 \_\_\_\_\_  
NDSU grad credit is \$50 \_\_\_\_\_

Balance due by 6/4/2010 \_\_\_\_\_

Make checks payable to River Keepers.

Name (printed): \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

## In case of emergency, please contact:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**Special Diet:** \_\_\_ Vegetarian \_\_\_ Vegan

**Health conditions:** \_\_\_\_\_

**Canoe experience:** \_\_\_ none \_\_\_ some \_\_\_ lots

Return with deposit by Friday, May 28 to:  
325 7th St. S., Ste. 201  
Fargo, ND 58103-1846

For more information:  
Phone: 701-235-2895  
E-mail: [Christine@riverkeepers.org](mailto:Christine@riverkeepers.org)