

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 has been employed by River Keepers since 1993. A major portion of her job is educating people about the Red River. She is an experienced Red River canoeist and camper, and enjoys outdoor cooking in Dutch ovens. She has a Master License issued by the U.S. Coast Guard and is CPR and First Aid certified.



Lori Clark is an avid canoeist, kayaker, camper, and outdoor cook. Her favorite water place is the Boundary Waters Canoe Area. She lives in Detroit Lakes with her husband, daughter, and 2 Labrador retrievers. She holds a Masters of Science degree from NDSU in Natural Resource Management. Lori works for Cass County SCD as Watershed Coordinator.



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



June 24-26, 2011

- ◆ Learn paddling and outdoor cooking techniques from skilled outdoor women.
- ◆ Experience the Red River's history, geography and wildlife.
- ◆ 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 women only fun outdoor adventure with new friends or bring your daughter, sister, or girlfriend.
- ◆ Optional: receive one graduate credit!

A project of:

R I V E R



K E E P E R S



Women's Adventure Information

Itinerary:

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

Saturday: Paddling/safety lesson, paddle 12 miles (at a nice easy pace), river/nature interpretation, water quality monitoring, camp along the river, learn various outdoor cooking skills, relax around a campfire.

Conclude Sunday at 3 p.m.: Paddle 11 miles to Fort Abercrombie.

Trip pace: The canoeing portion of the trip will be active, but not overly difficult. No previous canoe or camping 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 a choice of warm dishes, 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, June 17.

Grad credit: A NDSU graduate education credit can be received for an extra \$50 due on June 24.



2010 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 6/17/2011 -\$100
Member discount of \$50 _____

Balance due by 6/24/2011 _____
Make checks payable to River Keepers. _____

NDSU graduate credit is \$50. _____
Make check payable to NDSU. _____

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, June 17 to:
325 7th St. S., Ste. 201
Fargo, ND 58103-1846

For more information:
Phone: 701-235-2895
E-mail: Christine@riverkeepers.org