



Winooski River Sojourn Registration 2012 June 19th to June 24th

Welcome to the Winooski River Sojourn—a Naturalist's Journey on the Winooski River!

All solo paddlers and at least one member of a tandem boat must have moving water (rivers with currents) experience. Sojourners are expected to be able to launch, portage and help load and unload their boats onto vehicles. We will have vehicular portage support in some cases. The minimum age for solo paddlers is 15 and they must be accompanied on the Sojourn by an adult. Youths, ages 10 to 14, may paddle in a tandem boat with an experienced adult paddler. You will need to provide your own canoe or kayak, life jacket, and camping equipment.

Fees for registrations received by June 10 th :	Single Day(Tues-Sat)*	\$65	Lunch, dinner, & programs
	2 Consecutive Days	\$140	All meals, programs, camping & shuttle
	Each additional day \$70		
	Full Trip	\$350	
	Sunday	\$30	Snack and light lunch

*Participants who sign up for a single day must arrange for their own equipment shuttle. Shuttle service can be provided for an additional \$10 (paid at time of registration) per participant.

The fee for registrations received on or after June 10th is \$75 per day. Priority will be given to paddlers interested in multiple days. Within that priority, registration will be first come, first serve basis.

Name: _____ Address: _____

Email: _____ Phone: _____ Age: _____ Total Fee: _____

	June 19 (Tue)	June 20 (Wed)	June 21 (Thu)	June 22 (Fri)	June 23(Sat)	June 24(Sun)
Circle Days:	Marshfield - Montpelier	Montpelier- Waterbury	Waterbury- Richmond	Richmond-Essex	Essex- Winooski	Winooski-Lake

On June 19th, the number of boats will be limited to 20 and all paddlers must have significant river paddling experience. Please consult the River Descriptions when selecting your days.

Paddling Partner (if Applicable): _____ Address: _____

Email: _____ Phone: _____ Age: _____ Total Fee: _____

If you are only paddling one day and want a shuttle back to your vehicle, please add \$10 per person.

Cancellation policy: Full refund less a \$25 handling fee if cancelling by May 23rd; a 75% refund less \$25 handling fee if cancelling by June 10th; no refunds after June 10th except for medical or family emergencies.

Mail all forms to Friends of the Winooski River PO Box 777 Montpelier VT 05601

2012 Winooski River Sojourn

Paddler Questionnaire/Acknowledgement sheet (one for each paddler!!)

Name: _____ Signature: _____

Please describe your paddling experience:

Number of years paddling: _____ Max # of consecutive days on water: _____

Type of boat: _____ Maximum mileage or hours per day : _____

If you are paddling a tandem boat, who is your partner: _____

Type of water (ponds & lakes, easy rivers (no whitewater), Whitewater (Class 1, 2 etc):

Anything else? _____

Do you have any current medical or safety training? If so, please describe:

Emergency Contact Info

Name: _____ Relationship: _____

Address: _____ City: _____ ST: ____ ZIP: _____

Email: _____ Phone: _____

By signing this form, you are authorizing trip leaders to obtain emergency medical treatment for you if necessary.

All paddlers must wear a properly fitted personal flotation device on water at all times. No exceptions. The Sojourn organizers and safety boaters reserve the right to take anyone off the river for any reason.

Food Info: The Sojourn will include three meals per day for multi-day paddlers. Breakfasts may consist of bagels, yogurt, cheese, fruit and granola as well as coffee, tea and juice. On a couple of days we plan to have a hot cooked breakfast in camp. Lunch will be a combination of ala carte on the river meals and prepared or catered meals. The organizers of the Sojourn are not able to accommodate special dietary requirements. However, vegetarians will more than likely find selections to meet their needs. We will also strive to provide gluten-free options. You should bring a reusable water bottle.

Camping Info: There will be access to restrooms or Port-a-lets and potable water at all camp sites. There may be access to showers at some locations. If you prefer not to camp, alternative arrangements and transportation are your responsibility.

Car Shuttle: Gear will be transported for multi-day paddlers. We will transport multi day paddlers back to your car when you are done paddling.

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Winooski River Sojourn Paddler Info Sheet

Welcome to the Winooski River Sojourn! This sheet should help you prepare for the Sojourn whether you have signed up for one day or all week.

Three meals are included with the Sojourn for multi-day paddlers. Most dinners will be catered to camp or the program site by a local restaurant. Lunches will be a combination of take out from local restaurants or ala carte on the river. Breakfasts will be in camp and consist of juice, coffee, tea, fruit, granola, bagels etc. On a couple of days, we have a hot breakfast in camp. Generally speaking, vegetarians will be well served by the menus. We cannot accommodate other special diets.

You do not need to carry your camping gear in your boat. We will have a support vehicle (truck and trailer) to carry your gear. Please pack as lightly as possible. Please pack your belongings in water proof bags or double wrap them in garbage bags. We will get you back to your car at the end of your journey. You will only need to carry what you need or want for the day with you.

The camp sites will vary with respect to amenities. Indoor restrooms or port-o-lets and potable water will be available at all sites. Showers will be available in Waterbury (June 20), and in Winooski (June 23) at local inns and health clubs. The establishment may charge a small fee.

Regarding clothing, avoid cotton for on water attire. It may be cool and comfortable in hot dry weather but if it gets wet, it stays wet. And cold. Synthetics such as poly pro will keep you warmer if wet and will dry more quickly. This is Vermont so don't trust the weather report. Come prepared for a range of conditions.

Unfortunately, poison ivy loves river banks. We will do our best to avoid it but you will encounter it. If you are extremely sensitive to it, you may want to consider paddling in nylon pants and booties that cover your legs and feet rather than sandals and shorts.

There will be a brief mandatory safety talk and day overview talk every morning. There will be a lead and sweep boat designated for each day. All paddlers, not matter how experienced, are expected to stay between these two boats.

What to Bring

- Boat and paddle
- Personal Flotation Device (PFD)—must be worn at all times.
- Water bottles (at least 2 quarts)
- Mess Kit (Utensils, plate, bowl, cup) for in-camp meals
- Camping gear (tent, sleeping bag, pad etc)
- Towel
- Sunscreen
- Insect repellent
- Medications
- Snacks for on water (there will be some communal snacks as well)
- Small dry bag or zip lock bags (there will be a couple of communal dry bags)
- Rain gear
- Hat with keeper
- Flashlight or head lamp with extra batteries
- Camera
- Journal and pen
- Reading material
- Small folding camp chair (the kind that sit right on the ground; we don't have a lot of room for larger chairs; some sites will have picnic tables, some not)
- A musical instrument if you are talented
- Address book so you can send postcards to all your friends and tell them to sign up for next year's Sojourn
- Some money to buy trinkets from the natives
- Your love and knowledge of the river
- Your sense of humor

In all seriousness, we are a small group doing a large outdoor weather-impacted event. We appreciate your support and understanding if glitches and adjustments need to occur. On water safety is the top priority.

You can communicate with me (Ann Smith) via email at asmithinvt@yahoo.com or 802-882-8276 up to through June 18th. After that, you call my cell at 802-881-4409. However, I do not expect to have consistent coverage until we reach Montpelier late in the afternoon of June 21st. I will check voice mail at 882-8276 throughout the Sojourn and will get to a phone to get back to you if I don't have cell coverage.