



Paddler Application and Information Packet

All applications to join us paddling must be in to us no later than **August 26th** so there is time to make all of the arrangements.

The River

The mood and pace of the river changes a great deal at St. Louis and those changes increase below Cairo, IL which is the confluence of the Ohio and Mississippi Rivers.

- Faster currents
- Wider river subject to larger waves from wind
- Barge traffic and the size of barges increase
- Long Paddling days – average 45 miles
- Few locations for the support van and boats to connect
- Wing dams/dikes are more of a challenge

For the safety of all the women participating and ROW team members, and to ensure that we can successfully complete the trip not everyone requesting to join us paddling may be approved.

Paddling Opportunities

To increase the opportunity for women to join us on the water, we have revamped our itinerary to create some shorter paddling days in the beginning of the trip where the river is quieter. In addition, within a paddling day there are opportunities to start out with us and pull off the water before us, or join us further into our day. Those opportunities are at the beginning of the river and are in green on the itinerary. Joining us farther down river is also an option, but will require research on the part of the paddler regarding potential locations to connect with us.

Steps to paddling with us:

1. Complete registration form and mail in with your deposit.
2. You will receive an email confirming that your registration was received and to set up a calling time.
3. A ROW representative will call you to discuss your paddling abilities and to gather more details about your expectations for the trip.
4. ROW team reviews paddling application for approval.
5. Applicant will be informed of our decision within two weeks of the call. Refunds will be given to those not meeting the paddling safety criteria.
6. Paddler is responsible for transportation to and from the put in and take out locations. Paddler makes all of their own arrangements and coordinates with our team.
7. The adventure ensues.

Fees

It requires \$40,000 to make this event happen, therefore we charge a fee for those joining us to Paddle. That fee helps offset our expenses.

	Base Fee	Meals Included <small>Does not include restaurants</small>
First Day paddling with ROW	\$75	\$100
Each Additional Day paddling with ROW	\$50	\$75

We may not be able to adapt to all food requirements. If you have special requirements you may

want to bring your own food.

Please don't let money get in the way of your joining us.

If the fees exceed your budget how about holding a fundraiser for us—we will apply any funds you raise toward your fee.

On Trip Expectations

- All participants must have an understanding of the mission.
- Traveling on the Mississippi River requires flexibility – daily plans may change due to unforeseen circumstances.
- Any request made of the van support staff will be cleared through the Lead Paddlers.
- We paddle rain or shine.

Paddlers must supply:

- Own food – unless registered for food plan
- Camping and paddling equipment.
- Safety gear. (Required gear - lifejacket, paddle float, whistle, spray skirt, fog horn)
- Transportation to your put in and take out locations.
- Their own reservations for camping or motels where required – we will provide site or location information.

Ground rules:

- It is our goal each day to be on the water no later than 8:30 am or earlier. Earlier starts mean less wind.
- Everyone will eat meals together.
- We request quiet until 7:30am in the morning. The team needs non-interactive time. Self care is a priority.
- When someone goes in their tent, which is an indication of wanting some alone time.
- You are responsible for your own safety.
- We require everyone that paddles with us to wear a personal flotation device at all times on the water.

Paddling Length Limitations

You can paddle with us from a one-half day to 4 days.

Paddling into the Gulf of Mexico

Because this has been a personal journey for Nancy, members of the planning team, and their families, we are limiting who will share the final day of paddling to a select group of people. They will be people who have been significant in the success of this journey for the past seven years.

[Common Questions and Answers about paddling with us.](#)

How much experience do I need?

For safety reasons we expect that women joining us will be experienced paddlers. All paddlers will be required to provide us with a kayak training certificate that indicates you have experienced a wet exit and re-entry, or be able to demonstrate that ability before paddling if you do not have a certificate. The river has many conditions - currents, barges, wing dams/dikes, personal watercraft - that present dangers to all paddlers, especially as we move south into bigger water and more congested river traffic. Safety is a priority.

Is it safe?

The river presents safety hazards which the lead paddling team have researched and are experienced with. We have not had any serious issues to date, however, we have had some challenging experiences where inexperienced paddlers could have been seriously hurt. Paddlers that are experienced, have the correct gear, and follow our guidelines keep us all safe. Each participant is responsible for their own safety. All paddlers must have the necessary safety gear and wear a lifejacket at all times when on the water. (Required gear - lifejacket, paddle float, whistle, spray skirt, fog horn) All participants are required to paddle close together for increased visibility and communication.

What if I want to actively participate in the trip, but do not have enough experience on the water to paddle?

If you do not have previous experience on the water, or an opportunity to gain enough experience in time for the trip, you might consider participating in ROW by coming to a Gathering or holding a fundraiser for us.

Do you have an age limit?

Physical abilities are more important than age. We do not have a maximum age limit; however, the minimum age limit is 18. Exceptions to the minimum age may be made on a case-by-case basis. Kayaking experience, safety and being accompanied by a skilled adult paddler are some of the determining factors for these exceptions.

What if I am by myself?

Your go girl! You are very welcome to come alone to join us on the water.

Do I need to bring my own food and water?

Unless you prearranged the food option with your registration you are responsible for supplying all of your own food for the duration of the time you spend with us. This does not include dining out. You can expect to have access to our water supply.

Do I need to carry all my gear in my kayak?

Yes - expect to carry your gear in your kayak. Our van support must have enough space available to transport a minimum of four people at any given time. The gear we carry for both camping and the Gatherings generally fills the van to capacity. If we have room, we will carry your extra gear in the support van.

Does the Ripples Of Wisdom project offer gear outfitting?

We do not provide any outfitting and we do not make recommendations on gear. We recommend you contact your local sports center for the information and gear you need. We paddle in Current Design Squalls - 16-foot sea kayaks with rudders. We highly recommend rudders for travel on the river.

How should I exercise to prepare for paddling?

Time spent in any activity that uses your upper body will help you enjoy your adventure with us. Expect a moderately heavy workout kayaking each day. Your upper body strength must allow you, in the unlikely event of a capsized, to re-enter your kayak from the water.

How many hours do you typically paddle each day?

Paddling at a moderate pace, we are on the water an average of six to eight hours each day. The duration of time is impacted by weather conditions and current. With the increased mileage for this leg of the journey it will not be unusual to paddle more than eight hours on a given day. There may be days that we decide not to paddle due to unsafe weather conditions.

Do you take breaks?

We take periodic breaks for snacks, lunch, and at times, just to enjoy the scenery. Our goal is to enjoy the river and experience the beauty she offers.

Will we paddle in the rain?

We paddle in all kinds of weather. We do paddle in the rain, so good raingear and a spray-skirt for your kayak are essential. High wind or other extreme weather conditions, such as a tornado or lightening, will keep us off the water.

Where will you be staying for the evening?

We will be camping as often as we can and staying in motels the other nights. Campgrounds with close proximity to the river or on the river are our first priority. When camping, most sites are rustic; some have showers. There may be times we camp at the boat ramp where there will be no facilities. You will be responsible for making reservations for lodging during your time with us. The itinerary you receive after you register to paddle will provide all details. You are responsible for your own lodging/camping, restaurant, and transportation expenses.

How will I get back to my vehicle?

It is your responsibility to make arrangements for your transportation to and from your put in and take out locations.

What is the role of the support person?

The support person's role includes: acquiring food and water, locating our lodging, transporting main paddling team and gear, and assisting with the Gatherings. Duties such as cooking and setting up camp for the primary paddling team are shared; however, the support person has done the bulk of those duties in the past. The person acting as support will change as we move down the river.

How does Nancy select her paddling partner?

Nancy's primary paddling partner is a key component to the success of this trip, not only paddling, but heavily involved during the planning stages. To date, her partner has been a good friend for whom the mission of the project is dear to their heart. They have been experienced campers and paddlers. Only one primary paddling partner accompanies Nancy on each leg of the journey.

Can I paddle a canoe if I do not have access to a kayak?

We have had canoes paddling with us in the past. Canoes can be more challenging to reenter if you should capsize and may be more difficult to control on windy days, especially in wider river stretches, because they sit higher on the water. However, experienced paddlers are welcome to join us in a canoe, with the same requirement of demonstrating an ability to perform a wet exit and re-entry. Please note that extra space in a canoe does not mean it should be filled with gear and supplies. On a windy day participants in canoes may be asked not to paddle with the team.

Ripples Of Wisdom Paddler Registration Form 2011



Name _____ Phone _____

Address _____ Email _____

City _____ Age _____ (Must be over 18)

State _____ Zip _____ If paddling with a friend supply their name _____

Requested number of paddling days (Max. 4): _____ Requested dates: _____

Requested put in and take out locations: _____

____ I would like to take advantage of the ROW meal option. (This does not include meals at restaurants.)

I have read the Trip Information on the web site and on this form and understand the following items.
Please initial each of the following – if you don't understand one of these items please call us.

____ I understand I am responsible for my safety and I must supply safety gear.

____ I understand I must wear a personal flotation device at all times.

____ I understand that, for everyone's safety, the Lead Paddlers have the discretion to request that I ride with the support staff if they feel that my paddling abilities do not match river conditions on any given day.

____ I understand that I must supply my own food – unless registered for food plan.

____ I understand that I must supply my own camping and paddling equipment.

____ I understand that I must supply all transportation to my put in and take out locations.

____ I understand that I must make my own reservations for lodging and that ROW will provide the required information to do that.

____ I understand that we may paddle rain or shine.

____ I understand that ROW has an itinerary that it must adhere to so the ROW team will not wait for people who are not at the paddling put in locations on time.

____ I understand the mission of this project and that most conversations will be recorded (taped or through notes) during the trip. I also understand that I have the option to have my portion of the conversation omitted from final publication.

____ I understand that paddling on the Mississippi River requires flexibility – daily plans may change due to unforeseen circumstances.

____ I understand that I am responsible for finding the locations to meet the ROW paddling team and that they will work with me on coordinating the details.

Signature

Date

I have enclosed my deposit of _____ (50% deposit required)

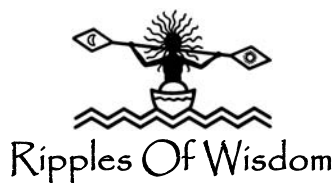
	Base Fee	Meals Included
First Day paddling with ROW	\$75	\$100
Each Additional Day paddling with ROW	\$50	\$75

Make checks out to: **Creative Journeys, Inc.**

Credit Card Number _____ Exp. Date _____ Security Code _____

YOU MUST ALSO SIGN AND ENCLOSE RELEASE OF LIABILITY FORM

Mail forms to: Ripples Of Wisdom, 1764 North Highway 21, Ely, MN 55731



Creative Journeys, Inc.
1764 North highway 21
Ely, MN 55731
218-235-8124

Name _____ Age _____
Address _____ City _____ State _____ Zip _____
Phone _____ Email _____

PERMANENT RELEASE OF LIABILITY I, _____,
(Please Print Full Name)

the undersigned, do hereby knowingly and voluntarily agree for myself, my heirs, executor, administrators and assigns, that neither Ripples Of Wisdom a division of Creative Journeys, Inc., or any of its employees, staff, owners, or volunteers shall be held responsible or liable for any negligence, implied or otherwise, or any personal injury, death, property loss, or damage suffered or sustained by me in connection with, arising out of or resulting from any and all use of equipment, property, instruction or facilities utilized by me or provided to me by Ripples Of Wisdom a division of Creative Journeys, Inc.

Further, I do hereby knowingly and voluntarily agree for myself, my heirs, executor, administrators and assigns, to assume all risk whatsoever of personal injury, death, property loss or damage, either directly or indirectly, in connections with, arising out of or resulting from any and all use of equipment, property instruction or facilities utilized by me or provide to me by Ripples Of Wisdom a division of Creative Journeys, Inc. I recognize that there are inherent risks involved in the activity that I intend to participate in, and I knowingly and willingly assume those risks.

Further, I do hereby knowingly and voluntarily agree for myself, my heirs, executor, administrators and assigns, absolve Ripples Of Wisdom a division of Creative Journeys, Inc., or any of its employees, staff, owners, or volunteers from all liability thereof.

Further, I do hereby knowingly and voluntarily agree for myself, my heirs, executor, administrators and assigns, no to sue, arrest, attach or prosecute Ripples Of Wisdom a division of Creative Journeys, Inc., or any of its employees, staff, owners, or volunteers on account of any such personal injury, death, property loss, or damage. It is further my express intent and purpose to bind myself, my heirs, executor, administrators, and assigns hereby.

Date _____ Signature _____

EMERGENCY CONTACT AT TIME OF THE ACTIVITY:

Name _____ Phone number _____

CONSENT FOR PHOTOS

I hereby authorize and give full consent to Ripples Of Wisdom a division of Creative Journeys, Inc. to copyright or publish all photographs in which, I, the undersigned, appear while engaged as a participant in any and all of their programs, for their exclusive use. Ripples Of Wisdom a division of Creative Journeys, Inc. may transfer, use, or cause to be used, these photographs for any and all exhibitions, public displays, publications, commercials, art and advertising purposes, without limitation or reservation.

Date _____ Signature _____

ACKNOWLEDGMENT AND CONSENT FOR USE OF PERSONAL STORY

I hereby authorize and give full consent to Ripples Of Wisdom a division of Creative Journeys, Inc. to copyright or publish all information or personal stories that are gathered as a result of participating in any and all of their programs, for their exclusive use. Ripples Of Wisdom a division of Creative Journeys, Inc. may transfer, use, or cause to be used, these personal stories for any and all exhibitions, public displays, publications, commercials, art and advertising purposes, without limitation or reservation. Personal Identification information such as full name, address and phone numbers are exempt from this consent and will be held confidential by Ripples Of Wisdom a division of Creative Journeys, Inc., or any of its employees, staff, owners, or volunteers.

Date _____ Signature _____