

Information Sheet
Galop Canal
Iroquois, Ontario
Saturday, June 20, 2009

Highlights: A beautiful early season row thru the historic Galop canal and the north shore of the St. Lawrence River between Morrisburg and Cardinal.

Itinerary

Start: *St. Lawrence Rowing Club at 10 AM*

There is an 12-15 km morning row with a short portage (~200m).

Take-out: *a sandy beach & grassy area on the north shore of the St. Lawrence river in Iroquois.*

Lunch: *Al Fresco on the Beach*
Choice of ham & swiss, roast beef or vegetarian

Put-in: *There is an 8-12 km row after lunch.*

Finish: *Morrisburg Beach*

Degree of difficulty of tour: easy

Price and inclusions: \$50 including seat charges, lunch, and taxes. *We need to receive your cheque by June 8*

Eligibility: For insurance and equipment reasons, all participants **must** be members of a member club of the new Ontario Adventure Rowing Association (OAR Touring) or an individual member of the same Association (\$75).

Capacity: 25+ tourers

Directions to meeting point: St. Lawrence Rowing Club at Iroquois Marine Services.

Contact information: erin_hendriks@hotmail.com

Entry Form
Galop Canal Tour
(please *PRINT LETTERS*)

Name:

Club and Country:

Address:	Tel :
	Fax :
	e-mail:

Previous participation (e.g., Ontario, Fisa tour)

The participant agrees with his signature to the following :

- a) Candidates shall possess good knowledge and ability of rowing techniques
 - b) Candidates shall be in good health and have the physical condition necessary for rowing the distances proposed, and shall be able to handle dangerous situations on their own and not depend on help from others
 - c) Candidates shall be capable of swimming a distance of at least 300 metres.
 - d) Candidates shall carry with them a Transport Canada approved personal flotation device
 - e) Rowing involves potential risk. I agree to indemnify and save harmless the organizers from and against all claims, damages, loss, cost, and expenses.
 - f) Each participant shall be responsible for his/her own medical and personal insurance arrangement
- It is recommended that candidates shall become familiar with the Touring Manual found on the Rowing Canada website.

Participant signature/signature du participant(e):

Eligibility:

Is your club a member of Ontario Adventure Rowing Association (OAR Touring)? Yes No

If not, are you a member of Ontario Adventure Rowing Association (OAR Touring)? Yes No

If you answered no to both questions, please either:

- i) enclose a trial guest fee of \$25 per tour or
- ii) join the Association for \$75 (www.adventurerowing.ca).

Please mail this form duly filled in and a cheque not later than May 27 (*we need to receive it by June 1*) payable to ‘**St. Lawrence Rowing Club**’ to:

Erin Hendricks
10830 Gilmour Road
Brinston, ON, K0E 1C0