



**21st ANNUAL ALLE-KISKI-CONNIE RIVERS SOJOURN  
CONFIRMATION FORM**

Please fill out and mail this page and the enclosed ACA insurance waiver form within 5 days to:  
Armstrong Center for Community Learning  
81 Glade Drive  
Kittanning, PA 16201  
Fax **724-545-6127** or scan and e-mail to [fred@armstrongcenter.org](mailto:fred@armstrongcenter.org)

Bring with you  
if not enough  
time to mail.

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_ Email \_\_\_\_\_

I am registered for the following days:

- Entire Trip (Thursday – Sunday)       Friday       Saturday       Sunday

If you need information on renting a kayak contact Jeff Wright, Redbank Valley Outfitters, Inc. at (814) 227-5706.

I rate my ability as a canoeist as: (see page 6 for a description of each level)

- Beginner       Novice       Intermediate       Advanced

I am certified in:

- Emergency Medical Technician  
 Cardiopulmonary Resuscitation  
 Canoe Certification (explain) \_\_\_\_\_

Other \_\_\_\_\_

**EMERGENCY INFORMATION**

Emergency Contact: \_\_\_\_\_ Emergency Phone # \_\_\_\_\_  
Physician Name: \_\_\_\_\_ Physician Phone # \_\_\_\_\_  
Health Ins. Policy #: \_\_\_\_\_ Group # \_\_\_\_\_

**MEDICAL RELEASE**

I hereby agree to abide by all rules and policies of the Sojourn and recognize that I may be prohibited from activities if I fail to comply with the rules and policies. I authorize the American Canoe Association, or any of the Alle-Kiski Connie Sojourn Planning Committee members to obtain emergency medical treatment, if necessary, for me

\_\_\_\_\_  
Date      Signature (if under age 18, must have signature of parent or guardian)

**PHOTO WAIVER**

I HEREBY GIVE PERMISSION FOR MY PHOTOGRAPH TO BE TAKEN DURING THE Alle-Kiski Connie River Sojourn activities and for the organizers of the Sojourn to use my photographic image in commercial or non-commercial publicity.

\_\_\_\_\_  
Signature (if under age 18, must have signature of parent or guardian)

## ALLE-KISKI CONNIE SOJOURN POLICIES

1. No glass containers are allowed on the rivers.
2. All participants must attend the daily safety briefing conducted by the Safety Patrol before launching. Participants must adhere to all safety guidelines presented.
3. All participants must sign all liability waivers. Parents must sign the liability for minors' waiver for all children under 18.
4. Participants under the age of 18 are the sole responsibility of, and must be accompanied by a parent or guardian.
5. Participants must wear a USCG approved personal flotation device (PFD) at all times on the river.
6. All canoes must have current registration (any state). (For use on Army Corps of Engineer Waterways)
7. Participants must follow the directive of the Safety Officer at all times and particularly in the event of bad weather, hazardous conditions, or an emergency.
8. No pets allowed.
9. Alcoholic beverages are prohibited on the rivers.
10. If you have special dietary restrictions, please plan on bringing your own food. There should be enough variety for everyone to be accommodated, but to be sure, you may want to bring some of your own.
11. Any accident/incident should be reported to the Safety Patrol who will handle all communication with the media.

## SUGGESTED EQUIPMENT LIST

\*This list is intended as a guide only – use your judgment and experience to pack what you need.

**CAMPING GEAR** – Be prepared to sleep outdoors, in your tents or reserve space in the lodge (6 rooms with 2 bunks in each are available for our use.

Bring a complete change of clothes from the skin out including footwear for 3 days.

**Please note: for all canoeing, do not wear jeans/jean shorts or anything 100% cotton.** (Short or long polypro or any blends work well for the first layer.) If you get cold easily, the second layer should be fleece (polyester), followed with a wind/rain jacket. NO ponchos, as they are hazardous in a canoe or kayak

Dry shoes

Tent (*if you did not reserve space in the lodge*)

Sleeping bag/pillow

Foam pad/air mattress (if you have not reserved a space in the lodge)

Personal toilet articles, shower shoes, bath towel

Sunscreen

Bug repellent

Rain gear (no ponchos in canoes)

Whistle on lanyard

Camp clothes, include sleeping gear and warmer clothes like a pile jacket or windbreaker

Hat or visor and sunglasses (with glass straps)

Flashlight with extra batteries

Pocket knife

**CANOE GEAR** – *Be able to tie everything in the canoe.*

Canoe, 3 paddles for each canoe, PFD for each canoeist

Dry bag, something to keep your stuff dry in case of a tip or downpour

Paddling clothes with sturdy water shoes (old tie sneakers are good)

Bailer

Toilet paper

Paddling gloves, knee pads and seat pads – *optional*

Insulated water bottle or small cooler – *optional*

Camera (waterproof) *optional*

Land shoes and dry clothes (should be kept in dry sack for land tours and walking comfort)

### MEDICATIONS

Poison Ivy medication

Band-Aids

Antiseptic

Medic alert bracelet or ID if necessary

### FOOD

Meals are provided for the event (Restaurant list included for your travel on Thursday)

**Note:** *We will have a light supper (Sloppy Joe sandwiches with macaroni and cheese or veggie lasagna ) –for our evening arrivals on Thursday at the ELC. You are all invited to partake. Food will be left out for late arrivals.*

You may want to bring your own favorite snacks/beverages of your choice (optional)

Water bottles (Potable water will be available and some bottles of water) Suggested amount per person – 1 gallon per day per person

## MISCELLANEOUS DETAILS AND INFORMATION

### VAN SHUTTLE

At the beginning and end of each day shuttles will be provided as needed.

### CANOES/KAYAKS

You are responsible for providing your own currently registered canoe or kayak. You may also rent a canoe in advance by contacting us in advance at (724) 543-2599 ext. 222. Kayaks may be rented by contacting Jeff Wright, Redbank Valley Outfitters, Inc. at (814) 227-5706.

### SAFETY-EQUIPMENT

PA law requires all participants to have an U.S. Coast Guard approved personal flotation device (PFD). We recommend the Type III vest. Vests must be worn at all times while on the water. In addition, there must be a whistle in each boat – it is best if each participant carries a whistle on a lanyard.

### PROGRAMS

The Sojourn Planning Committee has assembled an impressive and diverse array of daily and evening programs. The Sojourn programs are the backbone of the journeys. They teach us about the resources of the Alle-Kiski-Conemaugh Rivers, the effects of acid mine drainage, and the history of these valleys. Out of courtesy to our speakers, and because the programs will enrich your Sojourn experience, we ask all participants to make every effort to attend the programs.

### CANOE TRAVEL

For large groups as we expect, plan on 2 miles per hour canoeing speed. River conditions will affect our speed (shallow, rocky sections, head winds, rapids, backwater, etc.)

### LAST WORDS

Plan on hot sunny days, cold rainy days, bugs, poison ivy, and every possible combination thereof! We look forward to having you with us on the Sojourn – it promises to be the best one yet!

### FYI

Here is a reference to the **Confirmation Form** level of ability request to guide you in your choice of terms. The symbol guide is as follows:

**BEGINNER “B”** – We assume beginner kayak and canoe people have no previous experience whatsoever.

**NOVICE “N”** – You would possess just enough experience to make the boat go straight and have some knowledge of the basic moving water maneuvers, eddy turns, peel outs, and ferries. You would not have knowledge of the formal canoe strokes like the cross draw of the J-stroke.

**INTERMEDIATE “I”** – Have had some training on rivers, Class I and II. Have formal knowledge of strokes/maneuvers and basic river rescue skills.

**ADVANCED “A”** – Advanced kayak people have a good whitewater roll and good technique in Class III and IV water. Advanced canoeists have good whitewater moves in Class II and III water.

## NEARBY RESTAURANTS

Anna's Ristorante – 724-567-5515  
118 Carolina Ave.  
Vandergrift, PA 15690

\*Bonfire Restaurant – 724-845-4961  
5739 Leechburg Road  
Leechburg, PA 15656

Fox's Pizza Den – 724-568-3003  
182 Lincoln Avenue  
Vandergrift, PA 15690

Magill's Grill – 724-339-6904  
3210 Leechburg Road  
Leechburg, PA 15656

Lenape Heights Golf Resort – 724-763-2201  
950 Golf Course Road,  
Ford City, PA 16226

Garda's Italian Restaurant – 724-763-7676  
2033 State Route 66  
Ford City, PA 16226

Speedy's Tasty Treats – 724-763-3291  
100 Main Street  
Ford City, PA 16226

\* (open for breakfast)

Dairy Queen – 724-478-1291  
1230 River Road  
North Apollo, PA 15673

Kiski Area Dairy Queen – 724-845-6090  
864 Rout 356  
Leechburg, PA 15656

\*Creekside Diner – 724-727-3235  
4907 State Route 66  
Apollo, PA 15613

Wildlife Bar & Grill & Bowling Alley –  
724-335-9453  
1000 Wildlife Lodge Road  
Lower Burrell, PA 15068

\*Kings Family Restaurant – 724-842-0361  
315 Hyde Park Road  
Leechburg, PA 15656

\*McDonald's – 724.845.2035  
481 Hyde Park Rd  
Leechburg, PA 15656

Miller's Hoagies – 724-763-1711  
838 4<sup>th</sup> Avenue  
Ford City, PA 16226

## **MOTELS IN THE KISKI RIVER AREA**

Quality Inn (former Clarion Hotel)  
300 Tarentum Bridge Road  
New Kensington, PA 15068  
724-335-9171

Myers Keeping Rooms  
Bed and Breakfast Suites  
174 Columbia Avenue  
Vandergrift, PA 15690  
724-568-2615

Lenape Heights Golf Resort  
950 Golf Course Road  
Ford City, PA 16226  
724.763.2201

Country Manor Motel  
725 Route 66  
Apollo, PA 15613  
724-727-3431

Holiday Inn Express and Suites  
Hilltop Plaza  
Kittanning, PA 16201  
724-543-5200

Quality Inn Royale  
405 Butler Road  
Kittanning, PA 16201  
724-543-1159

## Directions to Crooked Creek Environmental Learning Center

**From Kittanning:** Take Rte. 66 South. Travel 6 miles.

Turn left onto Crooked Creek Dam Road (SR2019). Travel 0.5mi.

Turn left onto Kerr Road. (T670). Travel 0.25 mi.

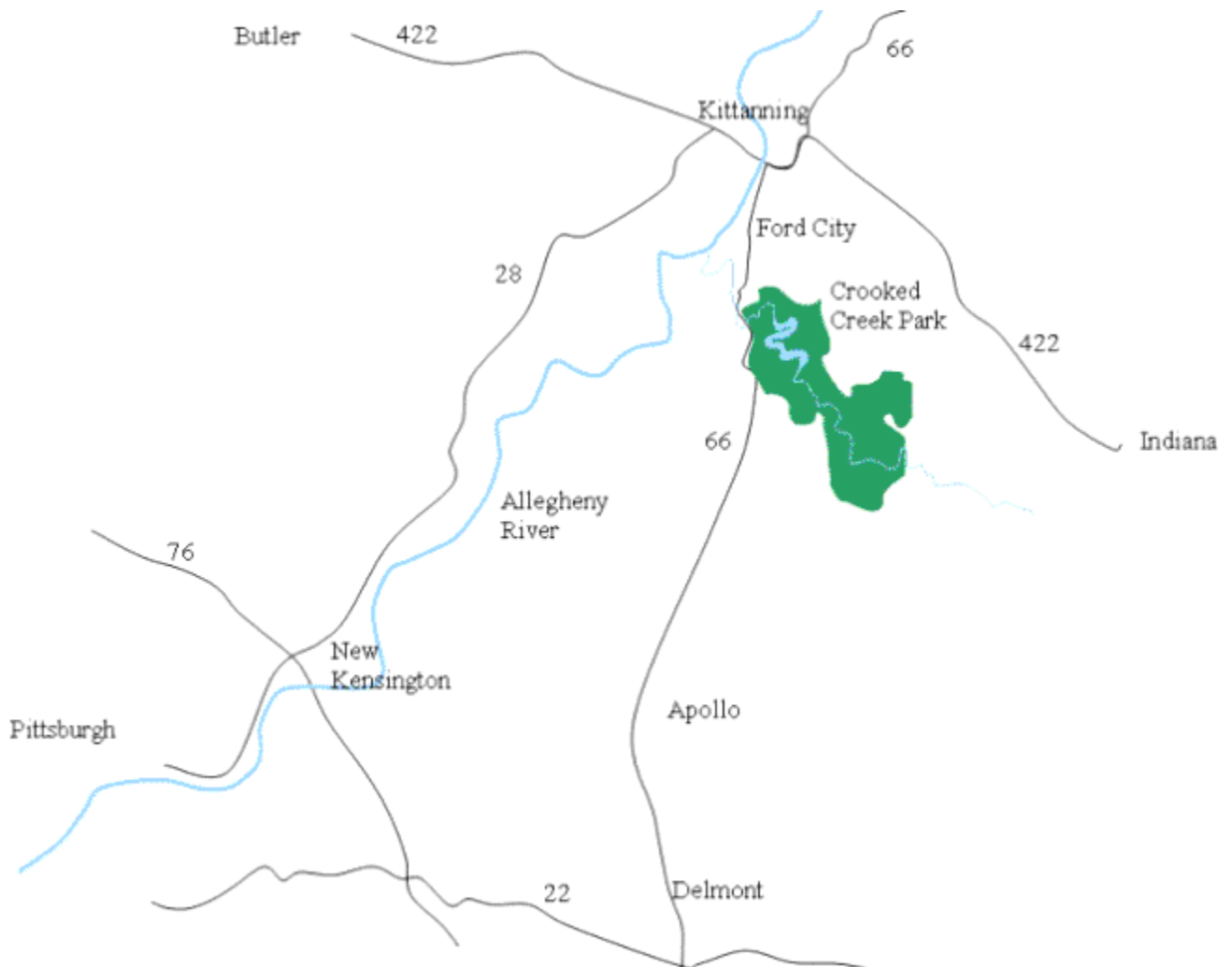
The ELC is located at the end of Kerr Road.

**From Leechburg or Apollo:** Take Rte. 66 or Alt. Rte 66 North. Travel 8 miles.

Turn right onto Crooked Creek Dam Road (SR2019). Travel 0.5mi.

Turn left onto Kerr Road (T670). Travel 0.25 mi.

The ELC is located at the end of Kerr Road.



ELC is now searchable on Google Maps. If you get directions to the ELC using Google Maps please include "Crooked Creek ELC" in your search. If you do not include "Crooked Creek ELC" you will not get accurate directions.