

Rush-Henrietta Cross Country Kayak / Canoe Day Trip Saturday, August 7, 2010

RUNNERS, PARENTS and ALUMNI are WELCOMED TO JOIN IN!

PLEASE RSVP: by August 5th so I can get out and get enough food. If you can not make the kayak or canoe but want to be there for the cookout and bonfire please indicate that or if you can only kayak or canoe indicate that when you RSVP.

START: Meet at 1:00pm @ Pat McKee & Coach De May's house
2451 Rush Mendon Road, ½ mile east of Pinnacle Road

WHAT TO BRING:

Kayak or canoe (I have an extra canoe but no life jackets

LIFE JACKETS are mandatory

Water bottle

Sun screen

Sandals

Swim suit (plan on getting wet)

Zip lock bags to put your cell phones in!

We will put in behind our house and canoe either upstream or downstream I haven't decided. Either way, we will have to portage the canoes at some point and maybe more than once. When we return, we will dry out, cook out and have a bonfire.

For the cookout: I will supply the hot dogs, burgers, rolls and condiments. Please bring a dish to pass, table settings and beverages.

Bonfire: I will have marshmallows available

>>> WARNING...Bring the insect repellent, there might be a few skeeters in the back <<<

ANY QUESTION: Contact Coach DeMay