

THE NORTH SOUTH TRAIL TREK 23 – 2015

Saturdays, March 21, April 4 & 18, May 2, 16 & 30

TREK REGISTRATION FORM

Name(s) _____

Address _____ Town _____ State _____ Zip _____

Phone: Day _____ Evening _____ E-Mail _____

Note: If you provide an e-mail address, we will contact you via e-mail if any hikes have to be rescheduled.

License plate of car(s) you'll use for the Trek _____

TREK SCHEDULE

ADVANCE REGISTRATION IS REQUIRED to participate in the Trek. I/we will hike:

THE ENTIRE STATE (6 days, 78 miles) or the following segments:

DAY 1 Saturday, March 21: Charlestown, southern Richmond – 12 miles
Blue Shutters Beach to Meadowbrook Pond (Route 91)

DAY 2 Saturday, April 4: Richmond, southern Exeter – 14.3 miles
Meadowbrook Pond (Route 91) to Browning Mill Pond, Arcadia Road in
Arcadia Management Area

DAY 3 Saturday, April 18: Exeter, West Greenwich, southern Coventry – 17 miles
Browning Mill Pond, Arcadia to Place Farm (Route 14)

DAY 4 Saturday, May 2: Northern Coventry, Foster – 11 miles
Place Farm (Route 14) to Vasa Park (just south of Route 6)

DAY 5 Saturday, May 16: Northern Foster, Killingly, CT, Gloucester – 13 miles
Shady Acres (Route 6) to George Washington Campground (Route 44)

DAY 6 Saturday, May 30: Burrillville, Douglas, MA – 13 miles
G.W. Campground (Route 44) to Douglas State Forest, Douglas, MA

I/we will hike with the FAST MEDIUM SLOW group.

I/we have have not participated in a previous North South Trail Trek

I/we want to attend the End of Trek Cookout (\$8 per person) on May 30. Pay now or later.

Participation is limited to 75 people per day. Advance registration required. Send this form and a check (payable to North South Trail Council) for \$20 per person registration (\$50 maximum for family members at the same address) to: NST Trek, c/o Ginny Leslie, 27 Post Road, Warwick, RI 02888. *Registration forms must be received by Thursday, March 19 to hike on Day 1.*

Don't forget to read, sign and mail the Risk Acknowledgment form on the next page!!

North South Trail Council

NORTH SOUTH TRAIL TREK RISK ACKNOWLEDGEMENT/COVENANT NOT TO SUE

I, the undersigned participant in the North South Trail Trek, acknowledge that there is a risk of danger and potential for bodily injury in this activity. I agree to be both physically and mentally prepared and equipped with appropriate gear when I participate in the North South Trail Trek. I agree to remain aware of the risks involved and to conduct myself in an appropriate manner. I acknowledge that I (and not the Trek coordinators or anyone else associated with the event) am responsible for my own safety, and that the activities in which I become involved are at my sole risk.

THEREFORE, for myself, and for my spouse, heirs, successors, children, legal representatives and assigns, I do hereby release and forever discharge the State of Rhode Island Department of Environmental Management (DEM) and Department of Transportation (DOT), the State of Connecticut Department of Environmental Protection, the Commonwealth of Massachusetts Department of Environmental Management, the towns of Burrillville, Glocester, Foster, Coventry, West Greenwich, Exeter, Richmond and Charlestown, Rhode Island, the Town of Killingly , Connecticut, the town of Douglas, Massachusetts, the North South Trail Council, or any other municipality, sponsor, contributor, volunteer or property owner, or their agents, officials and employees from any and all liability for any personal injuries or other losses or damages which may be suffered in connection with the said activities.

Further, I covenant not to sue, on behalf of myself, my spouse, heirs, successors, children, legal representatives and assigns, the above-mentioned states, municipalities , the NST Council or any other municipality, sponsor, contributor, volunteer or property owner or their agents, officials and employees for any personal injuries or other loss or damages occasioned during such activities.

I agree that this Risk Acknowledgment and Covenant Not to Sue is intended to be as broad and inclusive as permitted by the laws of the State of Rhode Island and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect provided, however, that the foregoing provisions shall not limit the liability of anyone who may be personally guilty of willful or reckless actions resulting in injury.

I state that I have carefully read all of the above, that I understand it, and that this document is signed of my own free will.

Date

Signature of participant

Signature of participant's parent
(if participant is under age 18)

NORTH SOUTH TRAIL TREK 23 FACT SHEET

Trek 23 of the North South Trail will be held on six spring Saturdays from March 21 through May 30, 2015. Hike the length of the state, from south to north, covering between 11 and 17 miles per day.

Registration: Registration for the Trek is limited to 75 hikers per day. **Advance registration is required!** Mail your completed and signed Registration Form to NST Trek, c/o Ginny Leslie, 27 Post Road, Warwick, RI 02888. Forms must be received by **Thursday, March 19** to participate in the Day 1 hike. Include a check for \$20 per person registration fee for all six days (\$5 to hike only one day; \$50 maximum for family members living at the same address). Make your check payable to **North South Trail Council**. The fee helps cover our printing, postage, bus, parking, refreshments and trail maintenance expenses (we bought a new chain saw this past year).

If you are not able to hike on any day, please notify Ginny at malinkylanglegs@yahoo.com or at 781-8117 so we will not wait for you. In the unlikely event more than 75 people register, this will also allow us to include someone on the waiting list.

Distances/times: Each day's hike covers between 11 and 17 miles; time required depends on the terrain and the hiking speed of each participant. We average about 6-7 miles in 2½ to 3 hours each morning; after lunch, we cover about the same distance in the same time. Hikers usually finish between 1 and 4:30 p.m.

Transportation: We meet each morning at 9 a.m. (9:30 on Day 5) at the end point of the day's hike, leaving as many cars there as possible. We take a school bus and cars (if necessary) to the starting point. The parking areas we use are not large, so please try to minimize the number of cars driven.

Rain/snow dates: Hikes are rescheduled only if the weather is very severe or there are icy or deep snow ground conditions. Registered hikers for that day will receive an e-mail or phone call (if no e-mail is provided) by Friday if the hike will not be held. You can also call Ginny at 781-8117 for information.

Food and beverages: Participants should bring lunch, snacks and a beverage. We have a driver meet the hikers at selected points with water, juice, fruit, cookies, cheese and crackers.

Maps: Detailed maps of each day's route, with written directions, are distributed at the start of each hike. If you want to hike all or part of the NST on your own, send a stamped (at least 70¢ postage) self-addressed envelope to Ginny at the above address for a set of six maps. We request a \$1 donation to cover copying costs.

END OF TREK COOKOUT: Held at the end of Day 6 at the pavilion on Wallum Lake in Douglas State Forest. You can sign up for the cookout (just \$8!) when you send in your registration form or on any Trek day. Reservations for this delicious, well-earned feast must be made **and paid for** by Wednesday, May 27th. The cookout is open to everyone, so you can meet your non-Trekking, very impressed family or friends there. You may also bring your own meal. Vegetarian options available.

ANY QUESTIONS? Call Ginny at 781-8117.

TREK SCHEDULE/DIRECTIONS

DAY 1 – SATURDAY, MARCH 21 Charlestown, southern Richmond – 12 miles

Meet at 9 a.m. at Meadowbrook Pond Fishing Area, Route 91, Richmond (just east of Wood River Junction). Take Route 95 to exit 2; at the end of the ramp, go towards Alton. Go about 3 ½ miles on a narrow road, then take two left turns to go onto Route 91 East. Go 2 miles to Meadowbrook Pond on

the left. Ride the bus/ drive cars to Blue Shutters Beach at the end of East Beach Road in Charlestown. Hike north from Blue Shutters Beach on East Beach Road, cross Route 1, then hike through Burlingame State Park and Burlingame Management Area. Take roads to Meadowbrook Pond on Route 91.

DAY 2 – SATURDAY, APRIL 4 Richmond, southern Exeter -- 14.3 miles

Meet at 9 a.m. at the parking lot of Browning Mill Pond in the southeast part of the Arcadia Management Area. Take Route 95 to Exit 5 onto Route 102 South; go right onto Route 3 for about 2 miles. At a flashing light, go right onto Route 165 West for 1½ miles; then take a left onto Arcadia Road. Parking lot is 1.7 miles on the right. We'll take the bus to Meadowbrook Pond on Route 91.

Hike through Carolina Management Area and along Meadowbrook Trail; take roads to southernmost part of Arcadia. Hike through Arcadia to Browning Mill Pond.

DAY 3 – SATURDAY, APRIL 18 Exeter, West Greenwich, southern Coventry – 17 miles

Meet at 9 a.m. at the Place Farm (part of the Nicholas Farm Management Area) on Route 14, Coventry, ½ mile west of the junction of route 14 and 117). Park on the shoulder of the road. Take bus to Browning Mill Pond.

Hike on the NST through Arcadia, passing by Stepstone Falls and through Pine Top. Continue on Molasses Hill and Hazard Roads and into the Nicholas Farm Management Area.

DAY 4 – SATURDAY, MAY 4 Northern Coventry, Foster – 11 miles

Meet at 9 a.m. at the parking lot of Vasa Park, off Boswell Road (off Route 6) in Foster. Heading west on Route 6, turn left onto Boswell Road about 6/10 of a mile after Shady Acres. The entrance to Vasa Park is on the left a short distance down the road. Take bus to Place Farm (Route 14).

Hike mostly on town roads through historic villages and past scenic farms.

DAY 5 – SATURDAY, MAY 18 Northern Foster, Killingly, CT, Gloucester – 13 miles

Meet at **9:30 a.m.** (NOT 9!!) at George Washington Campground, Route 44 (4½ miles west of Chepachet). Turn right after entering the campground (look for signs) and follow a road to the parking lot we use. Take bus to Shady Acres on Route 6.

Hike on Tom Wood Road (and others) into Killingly, CT. Return to RI through Killingly Pond Management Area; hike on town roads into Durfee Hill Management Area to Route 44. **FLUORESCENT ORANGE vest or hat required;** wild turkey hunting permitted in management areas until 1 p.m.

DAY 6 – SATURDAY, MAY 30 Burrillville, Douglas, MA – 13 miles

Meet at 9 a.m. at the parking lot at Wallum Lake in Douglas State Forest. From Chepachet (Route 44), take Route 100 North for 9 miles, past Zambarano Hospital, then take a left at a stop sign onto East Wallum Lake Road. Go 2.2 miles to the Douglas State Forest entry on the left; follow entry road and bear right at booth to get to the parking lot. Take bus to George Washington Campground on Route 44.

Hike through George Washington and Buck Hill Management Areas (with a 1+ mile connection on roads) to the Massachusetts line, then take a right onto the Mid-State and other trails in the Douglas State Forest to the cookout pavilion and the parking lot.