

**Friends of Historic Heishman's Mill Presents**

**Conodoguinet Creek Sojourn (Class 1 water)**

**Heishman's Mill to N. Middleton Park**

**Saturday, April 26, 2025**

All paddlers will meet at Heishman's Mill

1206 Creek Road Carlisle at 9AM on April 26.

**\$30/person with own kayak or canoe.**

*A canoe or kayak can be rented for \$25 with advance registration*

**Your Name** \_\_\_\_\_

**Your Age** \_\_\_\_\_

**Your email** \_\_\_\_\_ cell phone \_\_\_\_\_

Emergency Contact Information:

Name \_\_\_\_\_ cell phone \_\_\_\_\_

**Your Paddling experience/skill level**

**beginner** \_\_\_\_\_ **Experienced** \_\_\_\_\_ **Advanced** \_\_\_\_\_

What Allergies or other Medical Considerations should we know about:

\_\_\_\_\_

Do you have Dietary issues/requests? \_\_\_\_\_

Do you have Mobility issues or Special Needs- please describe:

\_\_\_\_\_

**Your craft - kayak or canoe** \_\_\_\_\_

**Watercraft type & Length** (e.g. canoe 17') \_\_\_\_\_

**PFDs (Life Jackets) are required, and must be worn on the Sojourn.**

**Mail your registration/rental fees by April 18 to:**

**Davis C. Tracy**

**1189 Myerstown Road**

**Gardners, PA 17324**

**What to bring;**

**A waterproof bag with spare clothing should be brought along due to the cold water, even if the day is fairly warm.**

**Bring a Raincoat - good to have if it rains or gets windy. No ponchos, as they're dangerous if you tip over.**

**Water and Snacks should be brought along.**

**Bring Sun Screen and Bug Repellant if needed.**

**Shuttle service will be provided to all paddlers so you can have access to your vehicle at Heishman's Mill at the end of the day on the Creek.**

**Post Sojourn Refreshments: Pizza and soft drinks served at N. Middleton Park**