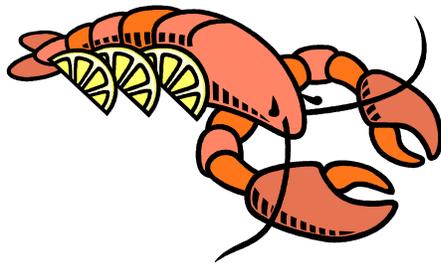


# **Lobster and Kayaking Weekend**

## **July 28-30, 2023**



**AMC KNUBBLE BAY CAMP,  
GEORGETOWN, MAINE**

*We're happy you can join us. To ensure a safe, enjoyable weekend, please read below.*

We've been running this lobster weekend for 30 years now, and it's everyone's favorite. Enjoy a day's paddling on Saturday, followed by a fantastic lobster bake, and end the weekend with a half-paddle on Sunday.

**COST:** \$200 for AMC members (\$240 for non). Please make out a check payable to **Beal Island/KBC Committee** and mail to Gail Fensom, #7 67<sup>th</sup> Street, Newburyport, MA 01950. No refunds can be made after July 13.

**MEALS:** Our food is legendary. We provide Sat. and Sun. breakfast. Pack your own lunches to eat on the paddle. Saturday supper (we'll try to do it on the beach, old-fashioned style) includes everything you'd hope for: lobsters, steamers, corn, potatoes, cole slaw, dessert.

**LODGING:** We'll be staying in the cabin at Knubble Bay Camp (no electricity and fabulous!). Bring bedding and pillow if you'd like to sleep in the cabin (secure a spot when you register—first-come-first-served). If you prefer, you can tent outside. A hand pump is available for water. An indoor composting toilet and a functioning kitchen with refrigerator, stove and oven for your use.

*If you have questions, please email Gail: [gailrond@comcast.net](mailto:gailrond@comcast.net)*

### **PADDLING LEVELS: PLEASE READ BEFORE REGISTERING**

This event is organized and managed by a volunteer committee of AMC with sea kayaking experience and knowledge of the area. Safety is our primary concern, so please assess your skills honestly.

This weekend is open to Level 1, 2, and 3 paddlers. You must have experience paddling in a sea (not lake) kayak in tidal (not fresh) water, and must be able to do a wet exit.

Level 1: Advanced Beginner

Level 2: Intermediate

Level 3: Advanced

Trip Ranges and Approximate/Possible Maximum Conditions	Level 1	Level 2	Level 3
Trip Distance (miles)	5-7	8-13	14-22
Time on Water (hours)	3-4	4-5	5-7
Time Between Breaks (hours)	up to 1.5	up to 2	up to 2.5
Avg. Paddling Speed (knots/hour)	1.5 – 2.5	2-3	3-4
Wind Speed (knots)	< 10	< 15	< 20
Waves (feet)	< 1.5	< 3	< 5
Typical Current (knots)	< 1	< 2	< 3
Distance from shore (miles)	< .5	< 1	< 2
Minimum Rescue Skills and [desired]	wet exit [assisted re-entry]	all Level 1 + [self rescue] [rescue others]	all Level 2 + [in rough seas] [towing]

#### **BOAT REQUIREMENTS:**

- Ocean kayaks, rather than lake-type recreation boats, are required
- Minimum boat length 14 feet, with cockpit and front and rear bulkheads (no sit-on-tops) and non-stretch perimeter deck lines
- **KAYAK RENTAL:** A bona fide sea kayak is required. If you need one, a local outfitter can rent you everything you need (boat, sprayskirt, paddle, vest), and will deliver to the camp and pick up afterwards. Call Seaspray Kayaking at 207-404-1100, or [www.seaspraykayaking.com](http://www.seaspraykayaking.com) Make sure you say you are on the AMC trip at Knubble Bay Camp and they'll give you a discount.

**FRIDAY:** Folks usually show up late Friday afternoon or evening. Someone will be at the cabin to greet you. Supper's on your own. There are many places to eat in Bath and Georgetown. The cabin has a functioning kitchen with limited space for guests' food (bring a cooler?).

**SATURDAY:** We'll cook you a great breakfast, and head out for a paddle in the Sheepscot River/Reid State Park area. Depending on participant makeup, we'll split into different level/interest groups—all lead by experienced kayakers.

We'll stop on a beach or island for a bring-your-own lunch, and then paddle until afternoon, return to Knubble Bay Camp, clean up (bring a sun shower!) and then enjoy a happy hour while supper is prepared.

**SUNDAY:** After another wonderful breakfast, we'll paddle until around noon before packing for home.

### **WHAT YOU SHOULD BRING:**

- ❑ A sea kayak, sprayskirt, whistle and flotation vest. Spare paddle, if you have one
- ❑ Bedding. Tenting gear if you plan to sleep outside in your tent
- ❑ Flashlight, bug repellent, sunscreen, sunglasses, rain gear
- ❑ Wet or drysuit good ideas but not required. No paddling in cotton clothing
- ❑ A dry bag of extra clothes (fleece/poly) to stow in your kayak
- ❑ Drinking water, if you don't want our water
- ❑ Snacks and drinks to share, musical instruments
- ❑ Lunches for Saturday and Sunday
- ❑ If you'd like, a solar shower

### **WHAT YOU SHOULD LEAVE BEHIND:**

- ❑ Nothing but the memory of a great time in a great place. Please practice carry-in, carry-out, and bring home your own trash.

*(This is an AMC weekend. Please offer to assist in meal preparation and cleanup.)*

### **DIRECTIONS TO KNUBBLE BAY CAMP, GEORGETOWN, ME**

Follow US Rt. 1 through Bath, across the Kennebec River Bridge.

- Keep in the right-hand lane, and turn **RIGHT** just after the bridge onto Rt. 127, toward Reid State Park
- **LEFT** onto Rt. 127
- Travel 5.8 m. and turn **LEFT** onto ROBINHOOD RD. (Look for antlers on a garage)
- Travel 1 m. and take a sharp **LEFT** onto WEBBER RD. at the meetinghouse (It sneaks up on you)

- Travel 1.2 m. and take first **RIGHT** turn onto **JEWETT RD. (AMC sign)**
- Travel until you're sure you're lost, taking a **RIGHT** at each fork. The last fork is at the sign indicating the end of the town road
- Turn **LEFT** at the AMC sign to **KNUBBLE BAY CAMP (#144)**

**The address is 144 Jewett Road, Georgetown, Maine.**

**APPALACHIAN MOUNTAIN CLUB VOLUNTEER CAMPS & CABINS COVID-19 WARNING & ACKNOWLEDGMENT AND ASSUMPTION OF RISKS & RELEASE AND INDEMNITY AGREEMENT INTRODUCTION PLEASE CAREFULLY READ THIS DOCUMENT CAREFULLY BEFORE SIGNING.**

All participants must sign this Document. For participants under 18 yrs. of age (hereafter sometimes 'minor' or 'child'), one or both parent/s or guardian/s (hereafter collectively 'parent/s') must also sign. In consideration of the services of the Appalachian Mountain Club, Inc., a charitable, not-for-profit corporation, organized and existing under the laws of Massachusetts, and its chapters, including all officers, employees, representatives, agents, independent contractors, volunteers (including leaders and co-leaders), members and all other persons or entities associated with it (collectively referred to in this Document as 'AMC'), I (participant and parent/s of a minor participant), acknowledge and agree as follows: COVID-19 Warning The World Health Organization has declared the novel coronavirus, COVID-19, as a worldwide pandemic. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact as well as through airborne particles. As a result, and in accordance with federal, state, and local regulations, AMC has put in place various preventive measures to reduce the spread of COVID-19. Despite these measures and the best intentions of AMC, AMC cannot guarantee that you will not become infected with COVID-19 as a result of participating in AMC activities. Further, participating in these activities could increase your risk of contracting COVID-19. **ACKNOWLEDGMENT AND ASSUMPTION OF RISKS** Use of AMC Volunteer-led Camps and Cabins and/or instructional, educational and/or adventure activities (which may be scheduled or unscheduled, supervised or unsupervised and/or occur during free or independent time) occur in a variety of locations in the U.S. and include the 'August Camp' program. Activities may include, but are not limited to hiking, biking, skiing, swimming, maintenance of trails and facilities, canoeing, kayaking, sailing, participant's independent use of AMC cabins or other facilities or use of those facilities in connection with AMC organized trips or activities, and transportation or travel to and from AMC facilities or activities (referred to in this Document as 'activities' or 'these activities'). In all activities, participants share in the responsibility for their own safety. Participants (and parent/s of minors) take responsibility for having appropriate skills, physical conditioning, equipment and supplies for these activities. These activities include inherent and other risks, hazards and dangers (referred to in this Document as 'risks') that can cause or lead to injury, property damage, illness, mental or emotional trauma, paralysis, disability or death to participant or others. Some, but not all of these risks include: hazardous and unpredictable ground, water or weather conditions; misjudgments made by leaders, co-leaders, participants or others; travel in remote areas that can cause delays in transportation, evacuation and

medical care; equipment that can fail or malfunction; the potential that the participant or others (e.g. coparticipant, driver, medical and rescue personnel) may act carelessly or recklessly. I understand that AMC cannot assure participant's safety or eliminate any of these risks. Participant is voluntarily participating with knowledge of the risks.

Therefore, participant (and parent/s of minors) assume and accept full responsibility for the inherent and other risks (both known and unknown) of these activities, and for any injury, damage, death or other loss suffered by participant, resulting from those risks, and resulting from participant's negligence or other misconduct. By signing this agreement, I (participant and parent/s of a minor participant) acknowledge that I have read the COVID-19 warning above and understand the contagious nature of COVID-19. I voluntarily assume the risk that I may be exposed to or infected by COVID-19 by participating in AMC activities and using any of its facilities or equipment. I understand the risk of becoming exposed to or infected by COVID-19 during AMC activities may result from the actions, omissions, or negligence of myself and others, including, but not limited to, AMC volunteers, leaders, and staff. **RELEASE AND INDEMNITY**

**AGREEMENT** Please read carefully. This Release and Indemnity agreement contains a surrender of certain legal rights. I (adult participant, or parent/s for themselves and for and on behalf of their participating minor child) agree as follows: (1) to release and agree not to initiate any litigation against AMC, with respect to any and all claims, liabilities, suits or expenses (including attorneys' fees and costs) (hereafter collectively 'claim' or 'claim/s') for any injury, damage, death or other loss in any way connected with my/my child's enrollment or participation in these activities, or use of AMC equipment, facilities or premises. I understand I agree here to waive all claim/s I or my child may have against AMC, and agree that neither I, my child, or anyone acting on my or my child's behalf, will initiate a claim against AMC, as a result of any injury, damage, death or other loss suffered by me or my child; (2) to defend and indemnify ('indemnify' meaning protect by reimbursement or payment) AMC with respect to any and all claim/s brought by or on behalf of me, my child, a family member, a co-participant, or any other person for any injury, damage, death or other loss in any way connected with my/my child's enrollment or participation in these activities or use of AMC equipment, facilities or premises. This Release and Indemnity Agreement includes claim/s resulting from AMC's negligence (but not its gross negligence or intentional or reckless misconduct), and includes claim/s for personal injury or wrongful death (including claim/s related to emergency or medical response, assessment or treatment), property damage, breach of contract or any other claim. I agree that the substantive laws of Massachusetts govern this Document and all other aspects of my relationship with AMC, and that any mediation, suit, or other proceeding must be filed or entered into only in Massachusetts. This Document is intended to be interpreted and enforced to the fullest extent allowed by RMT 10/2020 law. Any portion of this Document deemed unlawful or unenforceable shall not affect the remaining provisions, and those remaining provisions shall continue in full force and effect. Participant and parent/s of a minor participant agree: I have carefully read, understand and voluntarily sign this Document and acknowledge that it shall be effective and binding upon me, my minor children and other family members, and my heirs, executors, representatives and estate. One or both parent/s must sign below for any participating minor (those under 18 years of age).

**(Please Mail These Last 2 Pages With Payment)**

\_\_\_\_\_  
Participant Signature for AMC Waiver Above Date

\_\_\_\_\_  
Print Name Here

For Ages 14-17 Only:

\_\_\_\_\_  
Parent/Guardian Signature for AMC Waiver Above Date

\_\_\_\_\_  
Print Name Here

**KNUBBLE BAY CAMP/BEAL ISLAND - LOB 2022  
REGISTRATION FORM**

NAME \_\_\_\_\_

DATE OF BIRTH  
\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

ADDRESS  
\_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

PHONE (            ) \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ (Phone) \_\_\_\_\_

MAY WE PUBLISH PHOTOS OF YOU? \_\_\_\_\_ Renting from Seasprary? \_\_\_\_\_

**PLEASE SHARE BELOW (OR WITH LEADER ON SITE) ANY MEDICAL/PHYSICAL CONDITIONS THAT MAY IMPACT YOUR PARTICIPATION. IF MEDICATION IS NECESSARY, WILL YOU HAVE ACCESS TO IT?**

PLEASE LET US KNOW IF YOU HAVE FOOD PREFERENCES. WE MAY/MAY NOT BE ABLE TO ACCOMDATE YOU: (  ) Gluten-free (  ) No eggs (  ) No meat

(  ) No dairy (  ) No fish (  ) No lobster

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