



RIVER RAT BASH & PADDLE FEST: 2011

GET PADDLED!

Hosted by Melissa Wright from K-97, Classic Rock, in Grande Cache during **HIGH WATER**, it's a weekend of rafting, kayaking & mayhem for those who like a little paddling. Plus camping, steak BBQ, live entertainment, awards and prizes. You'll even get the t-shirt.

Regular Rat \$100

Raft the Sulphur River, Camping, BBQ & Show

Sheep Creek Rat \$125

Raft Sheep Creek, Camping, BBQ & Show

Extreme Rat \$175

Raft the Sulphur River & Sheep Creek, Camping, BBQ & Show

Educated Rats

2Day Kayak Workshop \$125

- Intro & Pool Only \$40

- Intro, Pool & Lake \$85

- Lake & River Only \$85

Open-Canoe Skills Workshop \$40

Pampered Rat \$110

Massage & Facial, Camping, BBQ & Show

Paddler Rat \$50

2 Sulphur River shuttles, Camping, BBQ & Show

Rat Kids \$50

Raft the Sulphur River, BBQ & Show. Under 12.

Simple Rat \$25

BBQ & Show

GET INFO

call 877 WILD RUN, 780 827 5450
or visit riverratbash.com

FRI NIGHT: JUNE 3

EVENT	TIME	LOCATION
Welcome & Registration	4 - 8pm	Tourism Centre
River Morphology & Gear	6 - 8pm	Tourism Centre

SAT MORNING: JUNE 4

Breakfast	7 - 10am	Milos, Best Western
Kayak Workshop: Pool Session	8 - 10:30am	Rec Centre
Sheep Creek Rafting	8 - 11:30am	Blue Booking Bus
Sulphur River Rafting	8:30 - 12pm	Blue Booking Bus
Muskeg River Kayak	8:30 - 12pm	Tourism Centre

SAT AFTERNOON

Kayak Workshop: Lake Session	11:30 - 2pm	Grande Cache Lake
Sulphur River Kayak	12 - 4pm	Rafting House
2 Wild River Rafting	12 - 7:30pm	Blue Booking Bus
Sulphur River Rafting	12:30 - 4pm	Blue Booking Bus
Paintball Games	1 - 7pm	Sulphur Access
Open-Canoe Skills Workshop	2 - 5pm	Grande Cache Lake
Sulphur River Rafting	4 - 7:30pm	Blue Booking Bus

SAT NIGHT

Shuttle Buses to BBQ	7:15 - 8pm	GC Campground
Steak BBQ w/ Town Council	7:30 - 9:30pm	Firemen's Park
Prize Draws & Awards	9:30pm	Firemen's Park
Hypnotist Show	10 - 11:30pm	Firemen's Park
Return Shuttle Buses	12 - 1:30pm	Firemen's Park

SUNDAY: JUNE 5

Sheep Creek Rafting	9am - 12:30	Blue Booking Bus
Sulphur River Kayak	9am - 1pm	Rafting House
2 Wild River Rafting	9am - 5pm	Blue Booking Bus
Sulphur River Rafting	9:30 - 1pm	Blue Booking Bus
Kayak Workshop: Muskeg River	10am - 2pm	Tourism Centre
Sulphur River Rafting	1 - 3:30pm	Blue Booking Bus
Smoky River Rafting	1 - 3:30pm	Blue Booking Bus

RIVER RAT BASH & PADDLE FEST

KAYAK & CANOE WORKSHOP DESCRIPTIONS

COURSE INFO

SIGN UP!

2 DAY KAYAK WORKSHOP

The course features **FOUR COMPONENTS**, taking you from the classroom to the river. Suitable for beginners or those with intermediate skills who have not taken any formal courses or want to tune up skills. Wetsuit/PFD/Helmet packages are available to rent (\$25). Take the entire course or just choose your components from those listed below!

WORKSHOP COMPONENTS

INTRODUCTION TO RIVER MORPHOLOGY, SAFETY AND PADDLING GEAR

All rivers are composed of the same features, hazards and hydraulics, which are defined and rated in an international system. Knowledge of these different elements are critical for successful and safe paddling. This course will explain what the elements are, how to recognize them, and what role they play in a river trip. Paddling and rescue equipment will be available for examination, and the instructor available after the session for questions.

KAYAK WORKSHOP: POOL SESSION

This is a pool-based session that allows participants focuses on rolling, the basics of equipment use and paddle strokes, plus a primer on boating safety. For those with intermediate skills, it's a chance to work with instructors on specific skills you want to improve on. Lunch will be provided at the Rec Centre for those doing the complete course. Demo boats provided.

KAYAK WORKSHOP: LAKE SESSION

Taking the new skills to the lake, participants will have a chance to experience the difference a cold-water environment makes, and have room to fine-tune paddling techniques and strokes, and rolls. Demo boats available, but a limited number so participants are encouraged to bring their own or rent.

KAYAK WORKSHOP: RIVER SESSION

Participants showing an adequate amount of ability will be able to participate in a moving water environment (a class 1/2 section of the Muskeg River). Now the skills learned will come together and you'll also learn basic river reading skills, plus practice your strokes & braces. You'll learn ferries, eddy turns, and peel outs. Basic personal and group safety techniques will also be covered. Limited spray skirt & kayak packages available to rent (\$50)

OPEN CANOE SKILLS WORKSHOP:

This course will run in conjunction with the River Rat Bash & Paddle Fest on June 4/5. This course is for Beginner or Intermediate paddlers. Learn the basic skills for canoeing, or fine-tune your existing strokes. Also includes a primer on boating safety.

WORKSHOP FEES

- 2 Day Kayak Workshop \$125
- Intro & Pool Only \$40
- Intro, Pool & Lake \$85
- Lake & River Only \$85
- Open-Canoe Skills Workshop \$40

Courses should be signed up for when you book your spot for the River Rat Bash

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