



UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION



## 13<sup>th</sup> ANNUAL COCHECO RIVER SWEEP

In honor of Ron Chagnon & Don Black



A Canoe and Kayak Trip from Rochester to Dover  
Saturday May 8<sup>th</sup>, 2010, 9 a.m.

OR

A Guided Bird Walk on the Strafford County Farm in Dover at 9:30 a.m.  
FOLLOWED BY a Picnic and Festivities at 11 a.m.

If you are comfortable paddling a canoe or kayak or love a walk through the woods on a spring day, then this is the event for you. UNH Cooperative Extension, the Cocheco River Watershed Coalition, Strafford County Commissioners, Waste Management, Inc., and the NH Department of Environmental Services have collaborated to provide an informative and enjoyable day along the river.

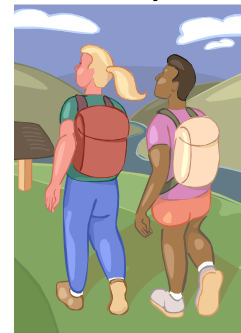
### PADDLE



We'll gather in Rochester at Waste Management Inc.'s Isinglass Park (Lower Park) on Rochester Neck Road. As we paddle downstream to the Cocheco, we can pick up trash, learn about fluvial erosion hazards, water quality, and wildlife and enjoy the scenic river along the way. We will take out at the boat launch on the Strafford County Farm in Dover.

### WALK

Join UNH Cooperative Extension's Darrel Covell and Deborah Goard for a bird watching walk around the Strafford County Farm, including viewing the return of the Ospreys to their nest. There is something for everyone to enjoy. This year's walk will feature the birds that breed and nest here.



Once at the County Farm we will have some fun with educational activities as well as a picnic served from the grill.

- 📍 Pre-registration is required. Please call 603-749-4445 or 516-8113 to sign up before noon on May 7<sup>th</sup>. Email: [lorie.chase@unh.edu](mailto:lorie.chase@unh.edu)
- 📍 There is no charge for the event, but donations to cover the cost of food are welcome.
- 📍 Paddlers must wear U.S. Coast Guard approved personal flotation devices.
- 📍 Bring water to drink, sunscreen and bug spray.
- 📍 Trash bags will be provided for paddlers and then collected by Waste Management Inc.
- 📍 Transportation back to your car will be provided.

**EVERYONE IS WELCOME!**

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Please fill this out and bring it with you:

**Registration: Cocheco River Sweep, 2010**

Your Name: \_\_\_\_\_

Others attendees in your family \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Telephone: \_\_\_\_\_ email: \_\_\_\_\_

Waiver: In consideration of being permitted to participate in the Cocheco River Sweep, 2010, I hereby, for heirs, my personal representatives and myself assume any risk which might be associated with the event. I further waive and release, discharge and covenant not to sue Cocheco River Watershed Coalition, its sponsors, organizers, volunteers, representatives or their successors and assign for any and all injuries or damages of any kind whatsoever suffered as a result of taking part in the event for any purpose. Permission is granted to use any photos, film, videotape, or recording of this participant in conjunction with the event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's signature if under 18: \_\_\_\_\_

**ROCHESTER**

