

# NARROW RIVER NOTES

Narrow River Preservation Association: Preserving the Narrow River and the Watershed

Spring 2005

## NARROW RIVER ROAD RACE BACK TO MIDDLEBRIDGE ROAD 18th Annual Race Sponsored by Citizens Bank

The Narrow River Preservation Association (NRPA) is pleased to announce that the 18th annual Narrow River Road Race, on Saturday, May 14th, 2005, is returning to its roots. After two years of being forced onto an alternate route because of the bridge replacement project, the 2005 race will be run on the original route down Middlebridge Road and across the new and improved Middle Bridge. The Narrow River Road Race is traditionally one of the first 10-kilometer road races of the season in Rhode Island. There will also be a 5K Run and a timed 5K Walk. The event attracts runners from all over Rhode Island and the rest of New England, and over 400 participants are expected.



*The finish line.*

Citizens Bank will be the presenting sponsor for the eighth consecutive year, demonstrating their strong commitment to the community and the environment. NRPA thanks them for their generous and sustained support. Many other

South County businesses and individuals are contributing money, goods, and time to make this event a successful benefit for the River. It's not too late to donate money or prizes, or to volunteer to help out on Race Day—contact the NRPA office at (401) 783-6277 or [nrpa@netsense.net](mailto:nrpa@netsense.net). Donors will be listed in the race program, and major donors of \$500 or more before April 15th will get listed on the race T-shirt. Proceeds from the Narrow River Road Race will be used to support NRPA's environmental preservation, education, and water-quality monitoring programs.

### **The Start**

Registration for all three events will be

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## CELEBRATION!!!

Wednesday, May 18, 6:00 PM,  
South County Museum.

Please join us to help us celebrate two important events! The Rhode Island Foundation will make two presentations:

- The Merit Award for service to the community to Richard Grant, President of NRPA.
- An official announcement of the establishment of the Narrow River Preservation Association/John Elder Dick Endowment Fund, using the substantial bequest left to NRPA in John Dick's will.

We hope you will be able to join us to celebrate this recognition of Richard Grant and to honor the life and generosity of John E. Dick.

Refreshments will be served.

Please RSVP by May 6 to: (401) 783-6277 or [nrpa@netsense.net](mailto:nrpa@netsense.net)

## NARROW RIVER IS AWESOME!

NRPA's Active Watershed Education (AWESOME) Program has just taken "one giant step" forward. The curriculum has been completely updated, and 29 local educators are currently enrolled in a teacher-training course entitled "Watershed Science for Educators." It is a three-credit, graduate-level course (NRS591) sponsored by NRPA and offered through the University of Rhode Island's Natural Resources Science Department. Denise Poyer, Director of the Wood-Pawcatuck Watershed Association, is the instructor of the course. NRPA Directors Veronica Berounsky and Robert Kenney worked with Denise to update the AWESOME curriculum for 2005.

AWESOME is a nationally recognized program that incorporates themes such as wetlands ecology, cultural history, land use, water quality, pollution issues, and public action. The curriculum was initially developed by the Southern Rhode Island Conservation District. Funding sources—covering the curriculum update, course materi-

*(Continued on page 4)*



*Lorraine Simmons (left) and Nancy Hays (center), both teachers at West Kingston Elementary School, pore over Rhode Island soil surveys and maps of the Narrow River Watershed with AWESOME course instructor Denise Poyer (right). Photo by Veronica Berounsky.*

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# The President's Cove



The NRPA 2004-2005 membership drive was a huge success, bringing in 162 new members and a 142% increase in dues. Our active membership now stands at 380, but my goal is to reach 600 members. NRPA has a long history of successes in preserving the natural environments and the livable human communities in the Narrow River Watershed. This issue of *Narrow River Notes* is a perfect example, highlighting two of our most successful programs—our River Watch water-quality monitoring program, now beginning its 14th year, and the AWESome education program, about to expand to reach nearly 2,000 additional students. The newsletter also contains an invitation for you to join the NRPA Board, representatives of The Rhode Island Foundation, and your fellow members in a celebration of NRPA. There will be a formal announcement concerning the Narrow River Preservation Association/John Elder Dick Endowment Fund, which we told you about in the last newsletter. John Dick left us a sizable bequest in his will that is going to be working to insure stability for our organization and assure its mission well into the future. There will also be a presentation of the R.I. Foundation Merit Award—to me, but it really is recognition of the hard work of the Board of Directors and members. A strong and active membership will ensure that successes like this continue.

Toward those ends, with the 18th Narrow River Road Race coming up on May 14th we are getting off to a “running start” on our 2005-2006 membership drive. Since contributions towards sponsorship of the road race support all of our programs exactly the same way as our membership dues, all Road Race sponsors will automatically become NRPA members for 2005-2006. We are also trying to inject some “team spirit” into the road race by giving sponsors who contribute \$500 or more five entries for their own team of runners or walkers. Contributors of at least \$500 by April 15th will get their names listed on the limited-edition 2005 Narrow River Road Race T-shirts that are given to the first 400 registered runners and walkers. (Did you ever stop to think that the reason you can't find the T-shirts from previous years on E-Bay is because they're so collectible that nobody will sell one?) For the last two years, we've heard from many Road Race participants of their disappointment in the different route. Now that the race is back on the original course, following the River down Middlebridge Road, we have very high expectations for a great turnout this year. So ... Run! ... Walk! ... Donate! ... Volunteer! Help us to make the difference that keeps the Narrow River Watershed a great place to live.

—Richard Grant



**Rhode Island Rivers Council**  
Working together to protect and restore  
Rhode Island's rivers and their watersheds

*NRPA is proud to be a member of the Rhode Island Rivers Council.*

## MISSION STATEMENT

The Narrow River Preservation Association (NRPA) works to preserve, protect, and restore the natural environment and the quality of life of all communities within the Narrow (Pettaquamscutt) River Estuary and Watershed.

[www.narrowriver.org](http://www.narrowriver.org)

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NRPA is part of the United Way Workplace Campaign. This is our donor option number.

If you plan to make a United Way donation, please consider designating a portion of your gift to NRPA.

## IN MEMORIAM: FRASER A. VAUGHAN



*Fraser Vaughan (right) in one of his favorite places: on his boat in the Narrow River in the middle of River Watch sampling. Photo by Annette DeSilva.*

Fraser A. Vaughan, 57, passed away on January 17th at South County Hospital. He was born in Wakefield, had been a lifelong resident of South County, and was living in Narragansett at the time of his death.

Fraser was a member of NRPA for many years, and only stepped down from the Board of Directors last fall after serving at least ten years. He lived in the Narrow River Watershed in Narragansett, was an active volunteer in the NRPA River Watch program, and probably knew the River better than almost anybody.

Fellow Board member Jon Boothroyd remembered—"Some of my best memories of Fraser are participating in the River cleanup run by the Mettataxett Yacht Club. I would go in Fraser's boat, always accompanied by his small dog, to many interesting parts of the River, including one memorable journey through the more inaccessible reaches of Pettaquamscutt Cove."

Fraser was the son of Bruce and Charlotte (Cass) Vaughan. He is survived by two brothers—David Vaughan of Greenville, Maine, and Russell Vaughan of Carolina; two sisters—Elizabeth Dyer of Greenville and Joyce Morris of Charlestown; and a niece, Kelly Cass Vaughan of Kingston.

NRPA would be honored to accept any donations in his memory toward the NRPA endowment fund.

## 2004 RIVER WATCH RESULTS

In 2004, NRPA's River Watch program completed its 13th year of water-quality monitoring. The monitoring season began in early May and ran through mid-October. Fourteen sites along the River (see the list below) were monitored by 27 volunteers.

As in past years, measurements of temperature, dissolved oxygen, chlorophyll, and salinity were taken. Additionally, water samples were collected five times during the season (once a month) for the analysis of bacteria, nitrogen, and phosphorus levels. The URI Watershed Watch office has compiled the 2004 data for bacteria.

Tests for fecal coliform bacteria are made to indicate whether or not waters are safe for shellfishing or swimming. Fecal coliform bacteria are found in the intestines of warm-blooded animals (birds and mammals).

In fresh water, the "most probable number" (MPN) for fecal coliform bacteria in 100 ml of water (about 3.4 ounces, or not quite half a cup) must be below 200 for safe recreational contact, or safe swimming. In marine water, if the MPN is 50 or greater the water is unsafe for swimming. Narrow River locations NR-02 through NR-10, NR-13, and NR-14 are considered marine sites (salt water). The other three sites use the fresh-water standards.

### Monitoring Locations

- NR-01 – Gilbert Stuart Stream
- NR-02 – Upper Pond
- NR-03 – Lower Pond A
- NR-04 – Lower Pond B
- NR-05 – Lacey Bridge
- NR-06 – Mettataxett Beach
- NR-07 – End of the Narrows
- NR-08 – Middle Bridge
- NR-09 – Pettaquamscutt Cove
- NR-10 – Sprague Bridge
- NR-11 – Mettataxett Brook
- NR-12 – Mumford Brook
- NR-13 – Lower Pond, near  
Lakeside Drive
- NR-14 – Lower Pond, Lakeside  
Outfall

In May, none of the monitoring locations exceeded the standard for safe recreational contact. The low bacterial levels are consistent with the results of previous years.

In June, every site except Gilbert Stuart Stream, Lower Pond A, and Lakeside Drive exceeded the standard for recreational contact. Unfortunately, this is again similar to the results of previous years. June, as in past years, was a wet, rainy month and fecal coliform levels were high, possibly due to an increase in stormwater runoff from land.

In July, all sites from Mettataxett Beach south exceeded the standard for safe swimming. In August, five sites had fecal coliform levels that exceeded the standard for safe swimming—Upper Pond, End of the Narrows, Middle Bridge, Lakeside Outfall, and Mumford Brook. The September collection date followed a heavy rain event (hurricane remnants) and every site, with the exception of Gilbert Stuart Stream, the ponds, and the Cove, exceeded the standard for safe swimming. The trend of high fecal coliform levels following major rain events has been regularly observed over the years. As a result, it is recommended that swimming be avoided for a couple of days following periods of heavy rains.

In comparison to 2002 and 2003, 2004 had more instances when the fecal coliform levels exceeded the standard for recreational contact. Of particular concern are the sites at Mettataxett Beach, End of the Narrows, and Middle Bridge. The last two sites mentioned both exceeded the standard on four of the five sampling dates. We will pay close attention to the bacterial levels at these sites in 2005.

On a positive note, Gilbert Stuart Stream continued to see low bacterial levels in 2004 and never exceeded the standard for recreational use. The opposite situation exists at Mumford Brook where fecal coliform levels continue to be extremely high. NRPA has notified the Rhode Island Department of Environmental Management of the situation. We will continue to monitor the location and work to further assess the problem to try to determine possible sources of the pollution. Mumford Brook is of high interest since it falls within the National Wildlife Refuge and feeds directly into Pettaquamscutt Cove.

—Annette DeSilva

# NARROW RIVER IS AWESOME!

*(Continued from page 1)*

als, field trips, all costs of the class, and continuing support for the teachers after the course concludes—include **The Chace Fund, Inc., The Horace A. Kimball and S. Ella Kimball Foundation, The Rhode Island Foundation, and NRPA.**

The goal of the AWESome Program is to ensure the future stewardship of the Watershed by getting young people to experience the River and to learn about it in fun and exciting ways. After the 29 participants complete the training, they will utilize their newly acquired background in watershed science to pass on their knowledge of the River to their students. Provided by NRPA are topographic maps for the teachers' classrooms and extensive curriculum guides, as well as funds for hands-on field trips. The program has also developed an email list-server so all of the teachers will be able to stay in touch and share their experiences and ideas long after the course ends. In addition, we have developed an Internet-based component, AWESomeNET, as another way to make information and resources available for the teachers. We encourage you to explore the AWESomeNET web page yourself at [www.narrowriver.org/awesomenet.htm](http://www.narrowriver.org/awesomenet.htm).

The AWESome training has educators enrolled from Narragansett, South Kingstown, North Kingstown, Jamestown, and East Greenwich. The teachers in the class represent twelve different schools and students ranging from kindergarten to grade 12.

Possibly the most exciting number of all is that an estimated 1,825 students will be taught about the Pettaquamscutt River Estuary in the first year that these teachers take the AWESome program into their classrooms. Their students will be taken, by their recently-trained-watershed-scientist teachers, on NRPA-funded field trips to several locations throughout the Watershed. By giving those students the opportunity to learn first-hand about the invaluable natural resource that they all have a stake in protecting, NRPA has safeguarded the future stewardship of this precious natural resource.

— *Christer R. LaBrecque*

# WANTED: WATERSHED STEWARDS

The Rhode Island Rivers Council (RIRC) is offering a Watershed Stewards Program. The aim is to provide adult volunteers with the knowledge and experience to be effective watershed stewards. The program is intended to be offered each spring and autumn in different regions of the state, organized each time in partnership with local watershed councils, including NRPA.

One component of the program will be four classroom sessions, scheduled on the same weeknight, 6:30—9:00 PM, for four consecutive weeks. The classroom themes are: Basic Watershed Facts; Water Quantity and Quality; Land Conservation, Riparian Buffer

Protection, and Watershed Action Planning; and Tools for Watershed Protection and Restoration. The second component is a Saturday workshop, 9:00 AM—3:00 PM, after the second class and on the same theme. The final component will be a community service project, requiring about 30 hours of effort. A RIRC staff representative will host the course and provide guidance for community service, in conjunction with leaders of designated watershed councils and members of RIRC.

Each June, as part of Rhode Island Rivers Month, RIRC will hold a graduation ceremony for all who have successfully completed the class, workshop, and

*(Continued on page 5)*

# NARROW RIVER ROAD RACE

*(Continued from page 1)*

at the Mosby Center on the URI Bay Campus, beginning at 8:00 AM on the day of the race. The first 400 registered entrants will receive an official 2005 Narrow River Road Race T-shirt, sure to become a collector's item some day. Mosby's is the last building on the left side of South Ferry Road in Narragansett, not quite a mile east from Boston Neck Road (Rte. 1-A). A map and driving directions to the Bay Campus can be found at [www.gso.uri.edu/campusmap.html](http://www.gso.uri.edu/campusmap.html). Look for signs and volunteers on the campus to help direct you to parking and registration.

Both 5K events start from Pettaquamscutt Park on Middlebridge Road at 9:30. Participants will be bused to the start from the Bay Campus, so they should plan to register no later than 8:45. The 10K runners will start from the Bay Campus main parking lot at 10:00. A vehicle will be available to carry clothing and other gear to the finish line.

## The Route

The original route is back by popular demand. The racecourse follows the Narrow River's winding path, beginning at the Bay Campus, with a backdrop of Narragansett Bay, for the 10K start. Runners then head west toward McSparran Hill (which most of them will think is Tower Hill), down into the Narrow River valley and across Lacey

Bridge, south along scenic Middlebridge Road, and across the River again on Middle Bridge (not long after passing the "real" Tower Hill). Finally they will cross the River a third time near the mouth, over Sprague Bridge, and go on to the finish line at the Beach.

## The Finish

The 10K Run, 5K Run, and 5K Walk all end at the Narragansett Town Beach, North Pavilion parking lot. There will be shuttle buses available at the completion of each phase to transport race participants from the finish line back to the URI Bay Campus. Refreshments will be available at the finish line for all, provided by NRPA and our sponsors. Prizes will be offered for first place finishers in each age category for the Runs and for first place overall for the Walk. All junior entrants will receive prizes. After the race, other prizes will be awarded by raffle.

## Register Now!

Registration is \$15 if postmarked by May 7th, or \$20 after May 7th and on the day of the race. You can use the application form included in this newsletter, download one from the NRPA home page ([www.narrowriver.org](http://www.narrowriver.org)), or pick one up at any Citizens Bank branch. Or you can save the 37¢ postage by registering on-line through Active.com—just click on the link at [www.narrowriver.org/roadrace.htm](http://www.narrowriver.org/roadrace.htm). Whether you like to run or walk, come and enjoy the scenic beauty of the Narrow River! —*Richard Grant*



# A LITTLE BIT OF HISTORY

## THE NORSE SETTLEMENT ON NARROW RIVER: PART II

In the last issue we talked of the probability of a Norse settlement south of the Middle Bridge at some time during the early 11th century. Our information was based on Frederick Brown's research and summation of "Leif's Saga" and the remarkable points of similarity to this region. In this segment we shall attempt to reconstruct what type of settlement it may have been, how long it existed, and what may have happened to end it.

The material that seems to relate to "Hop," the settlement in question, is contained in the saga of Thorfinn Karlseffni and Gudrid Thorbjornsdottir. Gudrid was Thorfinn's wife, and by all accounts an excellent sailor, a tough leader, and maybe more of a Viking than her husband. After several voyages, they reached the area that they called "Hop." They brought with them cattle and supplies, and settled in, to the point where at one time about 165 people lived in the community. There were "houses near the water and farms farther back on the other side of the hill." The hillsides were "all covered with vines and the valleys grew self-sown wheat" (Indian rice?). The river flowed "from the north into a lake and then into the sea. Halibut were caught in pits dug in the marsh."

Eventually contact is made with the Natives, whom the Vikings called "Skraelings" (meaning barbarians, or literally screechers), described as "small, dark, ugly men with unkempt hair, broad cheekbones, and bulging eyes." They began to trade. The Natives were observed from a rock to the west (still there) where you can see to the mouth of the river. The Natives waved their "staves" sunwise (east to west), which was taken as a sign of peace. What did they trade? Milk was an unknown delicacy to the Natives, and the sagas record that "they carried their purchase away in their stomachs!" The milk, along with narrow strips of red cloth, obtained dark pelts for the Vikings. Karlseffni forbade trading iron, which the Natives desired. The trading came to an astonished end when a bull belonging to Karlseffni came bellowing out of the forest, frightening the wits out of the Natives, who took off. Ah, but the wily Karlseffni figured they would be back for vengeance and ordered his house palisaded with sharpened



*A winter view toward the southeast from Pettaquamscutt Rock in South Kingstown, from where the Vikings may have watched for approaching Narragansetts 1,000 years ago. A little bit of the River is visible in the lower left part of the picture, and you can just see a tiny sliver of ocean on the horizon in the center. Photo by Christer LaBrique.*

wooden spears placed all around. Battle plans were made. When the Natives returned, they proceeded toward the area between the lake and the river, driving "their bellowing bull before them."

The Natives returned—waving their "staves" from west to east now, the sign of battle! The first Norse defeat occurs. The Vikings retreat toward the palisade and are absolutely terrified when the Natives hurl over the palisade "a blue-black object about the size of a sheep's belly that makes a hideous noise." Panic ensues! Retreat! And a Viking woman saves the day!

Freydis, a woman described as heavily pregnant, sees the Viking men fleeing past her house and remarks, "Why do you run from men such as these? You should slay them like cattle. Give me a sword and I could do it myself." With that, she sets out to follow the retreating Vikings. Slowed as she is by pregnancy, the Natives pursue her, when she comes upon the body of one of the Vikings. Grabbing his sword, Freydis turns, then hones the sword on her body while screaming Viking curses at the Natives! Much to everyone's astonishment, the Natives, dumbfounded at this display, take off!

The settlement leaves, and there ends our tale. For a brief period of maybe ten years nearly 165 Norse voyagers may have made their homes here. Cattle were brought, and milk was the delicacy sought by the Natives. Interestingly enough, in colonial days this same area raised large numbers of cattle, but not for beef. South County's cheese was the famous export, with a

unique flavor that was much prized, probably due to the cattle's diet of salt-marsh hay. It may be worth speculating that the first child of European parents may have been born here, where all of these events happened, nearly a thousand years ago on the shores of the Narrow River!

— John Elder Dick

[Editor's note: This is the third in a series of "re-runs" of articles on local history published in *Narrow River Notes* by the late John Elder Dick, who passed away in November 2003. It originally appeared in the Summer 1995 issue. If you would like to read Frederick Brown's extensive materials for yourself, visit the NRPA website at [www.narrowriver.org](http://www.narrowriver.org)—click on "Resources," then on "Viking landings?"]

## WATERSHED STEWARDS

*(Continued from page 4)*

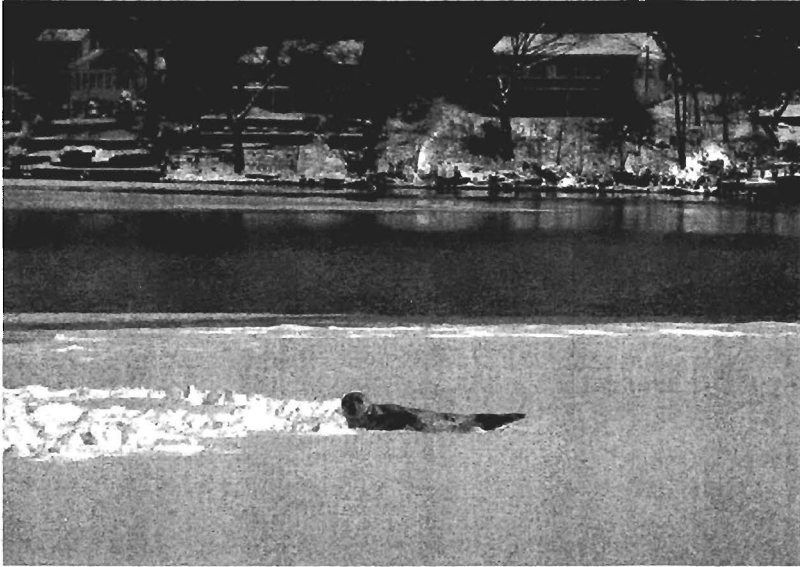
community service components of the program. Graduates will be recognized as Rhode Island Watershed Stewards.

The classroom sessions for the first program will be on May 2, 9, 16, and 23 at the Knights of Columbus, 475 Sandy Lane, Warwick. The workshop is on May 14 at the Warwick Wastewater Treatment Plant.

There is a \$45 fee that covers class materials, a water testing kit, refreshments during the classes, and lunch for the workshop. Interested participants should contact Meg Kerr at [megkerr@cox.net](mailto:megkerr@cox.net), (401) 714-2313, or P.O. Box 1565, North Kingstown, RI 02852.

—Meg Kerr

## WINTER IN THE WATERSHED



It was another real winter in the Narrow River Watershed. Most of the River north of Lacey Bridge froze over during the cold spell in January and February.

On February 25th, a young harp seal, probably a 1-year-old, showed up on the

ice on the western side of Lower Pond (photo by Dave Millar). Our young visitor from Newfoundland was taking a break at just about the same place where one was seen last winter (see *Narrow River Notes*, Spring 2004).



The withered goldenrods that managed to hang on since last fall had all they could do to stay standing under the weight of the new snow (photo by Christer LaBrecque).

—Robert D. Kenney



*A Christmas tradition for residents along the Narrow River—a visit from Santa Claus, on his water skis. We have it on good authority that the individual to the right is an actual elf. You'll just have to take our word for it that there are eight tiny reindeer just out of view further to the right. Photo by Annette DeSilva.*

## SO LONG, GOOD LUCK, AND THANKS!

Christer LaBrecque showed up at an NRPA Board of Directors' meeting in February 2004, looking for a way to put his environmental science degree to use. We didn't have much for him right away, but when we asked him to help out with the AWESOME project, he jumped right in. It was largely his hard work that was

responsible for the "awesome" turn-out for the training course; he managed to get the information about the course to every science teacher in every school in the Watershed ... and other teachers ... and other schools. Not to rest on his laurels, he then took on the task of updating the old and tired Narrow River

slide show into a new and improved PowerPoint presentation, which should be ready later this year. But just when we were ready to think up the next job for him to take on, he got a real job, in his field, back home in Oregon. So he's on his way west, with the best wishes and thanks of the NRPA Board and membership.

—Veronica Berounsky  
& Robert D. Kenney

# NRPA RIVER WATCH VOLUNTEERS NEEDED

NRPA is looking for volunteers to join our River Watch program. Volunteering to be a water-quality monitor is a great way to learn more about the Narrow River, and at the same time provide a much-needed service to NRPA. No previous experience in water-quality monitoring is required. All new volunteers receive both classroom and field training from the University of Rhode Island's Watershed Watch personnel. Manuals and all necessary monitoring equipment are provided.

This year's monitoring season will run from May until October. The program consists of biweekly measurements of temperature, algae concentration, salinity, water clarity, and dissolved oxygen. Each volunteer is assigned a River location for monitoring. Some locations can be monitored from the shore, while other locations require a boat or canoe for

monitoring. Volunteers are needed for both areas, but particularly those requiring boats or canoes.

Classroom training is recommended for all new volunteers. The training is designed to help people learn more about water quality in general, and about the Watershed Watch program. New volunteers have a choice of attending classroom training on either:

- Saturday, March 26, 2005; 9:00 AM until 11:30 AM.
- Tuesday, March 29, 2005; 7:00 PM until 9:30 PM.

The training sessions will be held in Room 100, Coastal Institute in Kingston, URI Kingston Campus. Volunteers only need to attend one of the sessions. If you decide to volunteer after the classroom training sessions, we can still work something out. Field training is re-

quired and will be offered on the following dates (volunteers select the date that is most convenient):

- Saturday, April 16, 2005; 9:30 AM & 1:00 PM; Yawgoo Pond, West Kingston.
- Thursday, May 5, 2005; 5:30 PM; primarily estuarine volunteer training, location to be determined.
- Saturday, May 7, 2005; 9:30 AM & 1:00 PM; location to be determined.

There is no cost for the training, but in order to be sure that there are adequate materials for everyone please pre-register by calling (401) 874-2905 or by emailing [uriww@etal.uri.edu](mailto:uriww@etal.uri.edu).

Additional information about the Watershed Watch program can be found on the web at [www.uri.edu/ce/wq/ww/html/ww.html](http://www.uri.edu/ce/wq/ww/html/ww.html).

— Annette DeSilva

## NARROW RIVER 10K RUN/5K RUN/5K WALK APPLICATION

Check one:  10K Run  
 5K Run  
 5K Walk

Name \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

- All runners MUST read & sign.
- Parent/Guardian MUST sign if under 18.

I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless from any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this 10K/5K event.

\_\_\_\_\_  
Signature

**Entry Fee: \$15 postmarked by May 7, 2005  
\$20 after May 7 and on Race day**

**Make checks payable to N.R.P.A.**

**Please fill out all information, sign the form and mail it with your entry fee to:  
Narrow River Preservation Association, P.O. Box 8, Saunterstown, RI 02874**

# WANTED: A FEW GOOD WRITERS

Help me to make *Narrow River Notes* your newsletter. Do you have a short poem with a river or environmental theme? How about an article on local history, like the John Elder Dick pieces that we've been re-printing? Have you taken a good photograph in the Watershed? Do you have a question about



anything in the Watershed that one of our Board members might answer? Or do you just have an opinion you'd like

to express? I promise to consider any and all submissions. We publish three issues per year—spring, summer, and fall/winter—with the respective deadlines in the first week or so of February, June, and October. Send submissions or questions to me at [drbobk@cox.net](mailto:drbobk@cox.net).

—Robert D. Kenney, Editor

## PLEASE JOIN US OR RENEW!

Narrow River Preservation Association welcomes your support:

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Zip \_\_\_\_\_ Phone \_\_\_\_\_

- |                                     |               |                                     |      |                                  |        |
|-------------------------------------|---------------|-------------------------------------|------|----------------------------------|--------|
| <input type="checkbox"/> Benefactor | \$500 or more | <input type="checkbox"/> Family     | \$50 | <input type="checkbox"/> Student | \$10   |
| <input type="checkbox"/> Patron     | \$100—\$499   | <input type="checkbox"/> Individual | \$30 | <input type="checkbox"/> Other   | \$____ |

**Mail to: NRPA - P.O. Box 8 - Saunderstown, RI 02874**

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