



Informal Practice/Group Paddle Schedule

Meet other paddlers, test the waters, gear up for the challenge!

If you're thinking about registering for this year's race or just feel like getting out on the water, we invite you to join us for some un-official test-runs before this year's event.

We'll be meeting up once a month between April and July at Creve Coeur Lake before we take to the river a few times in July and August for some longer stretches. Race registration is not required to participate in any of the un-sanctioned training sessions.

Wednesday, April 22	6:00 p.m.	Creve Coeur Lake
Wednesday, May 27	6:00 p.m.	Creve Coeur Lake
Wednesday, June 24	6:00 p.m.	Creve Coeur Lake
Sunday, July 12	9:00 a.m.	MO River - Weldon Spring to St. Charles
Wednesday, July 22	6:00 p.m.	Creve Coeur Lake
Sunday, August 9	9:00 a.m.	MO River - Weldon Spring to St. Charles
Sunday, August 16	9:00 a.m.	MO River - St. Charles to Columbia Bottoms

These training sessions are not officially organized or supported by Race For the Rivers or the Greenway Network. Boats, gear and transportation will not be provided - please coordinate with other paddlers. For more information visit www.racefortherivers.org.

As always, please remember to wear your PFD. Hope to see you on the water!

For more information or to register visit:

www.racefortherivers.org