



## ***Informal Practice/Group Paddle Schedule***

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

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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](http://www.racefortherivers.org).

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

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***For more information or to register visit:***

**[www.racefortherivers.org](http://www.racefortherivers.org)**