



PAF Russian River Paddle

August 29, 2018 at Burke's Canoe Trips, Forestville, California

Sign-up today!

Pre-registration required

www.ProstateAwarenessFoundation.org

Russian River Paddle with the Prostate Awareness Foundation

Wednesday August 29th, 2018 at 11:00am; please arrive by 10:30am

Burke's Canoe Trips, 8600 River Road, Forestville, California at the intersection of River Road & Mirabel Road.

Join us for a relaxing paddle on the beautiful Russian River. We'll launch from Burke's Canoe Trips in Forestville and paddle down to their private beach in Guerneville and then catch the shuttle bus back to Burke's. The paddle usually takes about 4 hours, but we will stop for a lunch and swim break about halfway downriver. The cost is \$50 per paddler and includes lunch and drinks. Bring your own beach towel, sunscreen and a hat.

Questions? Call Ken Malik at 415/407-3961. Email: kamalik@ProstateAwarenessFoundation.org

Deadline to register: Noon on August 27, 2018

Please mail a check for \$50.00 per participant to: PAF, P.O. Box 2934, Santa Rosa CA 95409

Paddler's Name: _____

Address: _____

Telephone number: _____ Email Address: _____

Additional Paddler: _____

Additional Paddler: _____

Additional Paddler: _____



Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression.

WWW.PROSTATEAWARENESSFOUNDATION.ORG

Integrative Paths to Healing



Russian River Paddle with the Prostate Awareness Foundation
Wednesday August 29th, 2018 at 11:00am at Burke's Canoe Trips
8600 River Road, Forestville, California on the beautiful Russian River
Burke's Canoes is located at the intersection of River Road & Mirabel Road

Please arrive by 10:30am for an orientation before the paddle

RIVER ETIQUETTE & RULES:

- **SWIMMING:** You must be able to swim. No non-swimmers please.
- Sorry, **NO DOGS** allowed. This is not negotiable.
- **DO NOT LITTER** Please help keep the river and beaches beautiful.
- **NO GLASS** or styrofoam on the river, please.
- **LIFE JACKETS.** Although the Russian River is not considered to be a "whitewater experience", there is still some current and swiftness at various intervals along the canoeing route (enough to make it fun), and sometime canoes do tip over. So, please wear your life jacket.
- **EXPERIENCE** No previous canoeing experience is required. Burke's will provide basic instruction, just ask.
- **NO ALCOHOL ALLOWED ON CANOE TRIPS.** Be Sharp... Be Safe.
- **CANOES** Do not leave canoes unattended at any time.
- **RESPECT PRIVATE PROPERTY,** please.
- **THE DEPTH** of the river will vary significantly all along the canoeing routes. When you swim, beach the canoes and walk into the river slowly.
- **NEVER DIVE** or jump into the river. You could find the river shallow or deep and you could hit a hidden rock or log.
- **BACKPACKS** may be strapped to the canoe. Please do not wear while canoeing.
- **CANOES** have two seats. One front seat and one back seat for two people per canoe, with the possibility of adding one or two smaller kids. **CHILDREN** must be a least five years of age to go canoeing.

Please initial to acknowledge that you have read and agree to the rules: _____