



PAF Russian River Paddle

Burke's Canoe Trips, Forestville, CA

August 25, 2019

Sign-up today!

Pre-registration required

www.ProstateAwarenessFoundation.org

Russian River Paddle with the Prostate Awareness Foundation

Sunday, August 25th, 2019 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.

*We need to have a head count to reserve canoes and to plan food for the picnic. Our Deadline to reserve is August 21st **All participants must be able to swim.***

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 or email: kamalik@ProstateAwarenessFoundation.org

Can you swim? Yes, I am a competent swimmer: _____

Please Register Now! Our Deadline to reserve is August 21st

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

Paddler's Name: _____

Address: _____

Emergency Contact: _____ Telephone: _____

Telephone number: _____ Email Address: _____

Additional Paddler: _____

Additional Paddler: _____

READ ME

Prostate Awareness Foundation ~ Russian River Paddle Burke's Canoe Trips Forestville to Guerneville, Sonoma County

The Russian River from Forestville to Guerneville is a mellow part of the river and lots of fun. If you have never canoed before it is pretty easy, the learning curve is generally only a few minutes. We will more than likely see Great Blue Herons, Osprey, Otters and turtles.

What you should know:

- We will meet at Burke's Canoe Rentals in Forestville, promptly at 10am. Follow River Road to just past Mirabel Road(www.burkescanoetrips.com)
- **You must know how to swim - this is mandatory & non-debatable.**
- \$100 per canoe includes a picnic lunch on the beach.
- Canoe rental includes a life preserver and paddles.
- Free shuttle bus from Guerneville back to your car in Forestville runs every ½ hour. The last bus back is at 5pm.
- 2 people per canoe, no pets. If you need a partner let us know and we can arrange that.
- You must know how to swim.
- We will get started around 10:30. It will take 3-4 hours to paddle to Guerneville.
- No glass bottles, styrofoam or alcohol

What to Bring:

Bathing suit, Teva's or water shoes, towel, sunscreen, baggies or garbage bag to protect your valuables, hat, long sleeve shirt, change of clothes, bungee cords.



Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression. These weekly hikes are a great way to meet those of a similar interest, to get or to stay in shape, and to pro-actively take care of yourself.

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Integrative Paths to Healing