

Hey, TRR National Family!

How are you? I hope this weekly Boof message finds you well. It seems we find ourselves in a test of endurance. Each day we do our best to keep ourselves and family safe from Covid-19 and other challenges. We try to find healthy ways to be engaged with others as we call, email, and connect through Zoom and social media. Sometimes making connections can feel exhausting; but using energy to connect is vital. We are TEAM River Runner; and just as we do on the river, we must work as a team to stay calm, avoid danger, communicate with one another (“On Me”) and know that you never need to go it alone. We are here for you. Please contact me privately if you or someone you know needs immediate assistance.

Last week's Boof suggested we ready ourselves for the coming paddling season as we know this crisis will pass and we will return to pools, lakes and rivers. And ready you will be if you visit the Covid-19 page on TRR's website and take part in Dave Robey's Challenge: **River Reps by Dave**. His program can easily be adapted to meet your needs. I am asking all Chapter Coordinators and TRR Chapter Leadership to take the Robey's River Rep 1,000-Rep Challenge! Please ask veterans and volunteers in your Chapters to take the challenge too.

When we finally return to the water, with our butts in boats, let's be tuned up and literally ready to roll. Let's set a goal. How many TRR veterans and volunteers will take the challenge? How many can you get to sign up? Please send me your goal and I will collaborate all the numbers for next week's Boof.

Here is the link for Robey's River Rep 1,000-Rep Challenge:

<https://www.teamriverrunner.org/team-river-runner-covid-19-updates/>

(if you need to, scroll down the page until you see DynOmite Dave Robey carrying his kayak in a snowstorm!)

**Note:** If you or your vets and volunteers have not been working out, please check with your doctor before you start this exercise challenge. A telemedicine visit may be an option for you. Moderate physical activity, such as a brisk walk, is safe for most people. We can count steps too.

*A **boof** is the sound the hull of your kayak makes as it lands flat after flying over a wave on a windswept lake or ocean wave; or a kayaker flying over a pour over rock on a rapid in a river. Note the word "flying" - Let's let our ability to find resolve, patience, and connectedness allow us to fly over this invisible "storm" . . .*

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Paddle On! Have Faith!!

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