

Good "Boof" Afternoon TRR Family,

Let us take a moment to think about Leadership.  
"Anyone can steer the ship when the seas are calm."

Our TRR Family, YOU, have an opportunity to be a leader during this turbulent time as we cope with the unprecedented pandemic. There are 2 ways to help steer our veterans, volunteers, and family members: 1) Get connected and informed; and 2) Get connected and moving.

Be a light for others to follow in this sea of fear and anxiety. Connect by paying attention to both your needs and your family's. Connect and regularly check-in with neighbors, veterans, friends, especially those that are going it alone. If you have all you need, please get informed and ask who might need assistance. Let us know. Team River Runner will try to help. This alone may get you moving, empower you and lift your own spirits.

TRR invites you, veterans, family members, and volunteers to connect and join the "River Reps by Dave" Challenge. Not only are we working out to stay healthy and to be ready to get back on the water but also to prepare to pay it forward. When we can safely emerge from this dark time, we plan to connect with healthcare workers and other essential workers by offering paddling events across the country. These hardworking community heroes may very well need the emotional support we know water, nature and camaraderie can provide. As a team member, we will be counting on the collective creativity of this team to make this payback a success. More to come on this later. Will I be able to count on you to help me with this?

Tomorrow, Friday April 24th, at 12 noon EST, we are offering a live Facebook workout: 200 Reps with me, "the Geezer." Visit <https://www.facebook.com/TRRUSA/> and join us as I do my best to lead you in a 200 rep workout. We are all in this together. Let us get moving forward together.

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Paddle On!

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