

Hey Team River Runner Family,

As we move into May, we are more than ever connected by our phones, televisions, and computers. And so close by many of us is a Team River Runner Chapter with healing and empowering waterways, ponds, rivers, lakes, open ocean, pools and bays. Those waters connect us as well and we all look forward to when we can take veterans and their families out again.

The past few weeks, I have suggested resolve and patience as positive reactions as we cope with the necessary limitations on our lifestyle due to the pandemic. As difficult as each day may be, we should overcome our emotions to stay active. What is inspiring us are the many TRR participants, volunteers and veterans, who are challenging us all to get moving. Did you participate in Lonnie Bedwell's 226 Rep workout? If not, check it out on our Facebook page. Steve Baskis, a blind veteran leader with Team River Runner, is the founder of the organization Blind Endeavors. His motto simply says "Moving is Living." Tomorrow is another opportunity to move - this time with volunteer Josh Thurmond of Colorado. His workout will be dedicated to U.S. Army Staff Sgt. Keith "Matt" Maupin, 24, of Ohio, who disappeared on April 9, 2004 in Iraq.

We created the Dave's River Reps Challenge to motivate veterans, volunteers and staff to move and stay active so we can ultimately "pay it forward" with our new TRR Heroes Helping Healthcare Heroes program . . . coming soon to a TRR Chapter community near you. Contact Celiann Gonzalez if you would like to help with this program.