

This evening, as each of us settle into Season 23, Episode 49 of (*insert here your show*) I thought I would send this message for you to see in your morning email:

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.'" [Eleanor Roosevelt](#)

At noon tomorrow, Ben Brown, a Team River Runner veteran, and a paddler from years ago, will do a *Facebook Live Workout* - from his wheelchair. We called Ben for help, and he took on the challenge to help us with our **#riverrepsbydave** without hesitation. Ben, like so many of our TRR veterans, has inspired many; and now he hopes to inspire our national TRR Family to get moving, and keep moving.....Ben hopes we will use this time to build our strength, courage, and confidence together.

Tomorrow's Noon Facebook Live workout will also be to honor America's nurses. May 6th was National Nurses Day, and these brave Americans continue to face the horror of COVID-19 each day and night. We owe it to them to get moving, and stay healthy.

So.....Friday at Noon. EST. Go to <https://www.facebook.com/TRRUSA> ...and get moving!!

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Paddle On!

Joe Mornini
Executive Director
301.233.8882
joe@teamriverrunner.org

TEAM RIVER RUNNER
Health and Healing through Paddlesports
Helping Our Wounded Veterans