

Today's Boof message is to never give up. Use both skill and effort to get through whatever issue is confronting you. And it really helps to have friends ready to lend a hand or a listening ear. Our Team River Runner family has friends waiting for you to reach out. Visit Kayakers For Good: <https://www.teamriverrunner.org/kayakers-for-good/>



Here is a simple example - from almost 30 years ago. The old weathered picture below is me running Great Falls in the early 90's. Though I had a poor line, and landed in the pounding curtain of the falls, I was able to "roll" and paddle out. A learning boof it was!! I had plenty of safety set up, and never gave up. I knew my friends were nearby, and I trusted what skills I had developed as a paddler at that time.

Lesson learned:

= never give up

= be ready to lend a hand

= keep build skills

= keep friends close by

*(A **boof** is the sound the hull of a 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. Or even being dropped into a pool! Note the word "flying" - Let us find resolve and patience to allow us to fly over this invisible "storm" . . . all storms eventually end....)*