

Happy Boof Day!! (a "boof" is the sound the hull of a kayak makes when you drop it *flat* on the water!!)

Today's Boof is all about *me vs me*...the TRR Virtual Biathlon...I hope you will all enter, and use the next 4 weeks to get active and training to beat your own butt in the race!!

And what is **Me** doing? I am so smack talking my "**Knucklehead**" self!!

Me: I hope you bring plenty of kleenex for the tears you'll have when I take you out!!

Knucklehead: Nice try "me", you should bring popcorn for the show I will be putting on!

Me: Just try to keep up with me...I'm a beast-I'm 68!!!

Knucklehead: "how about a nice big cup of shut up or put up!"

So, as you can see, I will be dealing with me all the way up to race week....drama in the programma....

So sign, and trash talk me yourself! (this Virtual Biathlon is a great way for the entire TRR family across the nation to be "together"...))

<https://www.teamriverrunner.org/trrvirtualbiathlon/>