

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

Take 3 minutes to watch this short animated video. At the end, which has a small twist, I will leave you all with this message;

All the veterans and volunteers and folks supporting TRR exemplify this same kindness....

<https://www.facebook.com/1553838367/posts/10220996146204053/?extid=T1p77xbcMWgFP4dK>

Paddle On!

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