

Paddle to the Capital is a fundraiser. Can you support FOR by raising \$100+ from friend and family? <u>Start your fundraising page today!</u> It takes 5 minutes.

### Arrival—Please arrive at 8:30 am at Discovery Park. (Note: Have a personal boat?—see below.)

- Directions—<u>Discovery Park</u> (Map on next page).
- Parking—\$5/car/day (Bring cash)
- Personal Craft drop-off—FOR welcomes you to bring your own boat.
  - Boat drop-off starts at 8:00 am at Watt Ave at the concrete boat ramp (see map for location). If you would like to use the convenience of a pre-arranged shuttle, please drop-off your boat at Watt Ave. and then drive to Discovery Park to drop-off your car. FOR volunteers can keep an eye on your gear while you drop-off your car. (FOR does not assume responsibility for personal equipment used during this event.)

## What to expect—

FOR staff and volunteers will meet you in the morning. Each person fills out a liability waiver. Paddlers will be shuttled from Discovery Park to Watt Ave. If borrowing a FOR canoe, we will also provide you with a PFD (personal floatation device), paddle and helmet (if desired). If you are newer to canoeing, some basic instruction can be provided. We plan on getting on water after a River Safety Talk around 10:30 am.

Leg 6 is great for a mellow day of paddling. Lunch will be served at Paradise Beach. We will take out at Discovery Park and cold beverages and snacks await you! (Rumor has it there may be river fairies along the river! More info later...) Stick around afterwards for a Pint Positive After Party!

# What to bring— Lunch will be provided.

- Shorts and shirt (quick-dry is best). The more you cover, the less it burns.
- Apply sunscreen before getting on river.
- Hat/sunglasses. (Wear a hat that can go under a helmet and be squished.)
- A costume (optional). Come with your own bit of flare! Some boats are picking a theme.

# End of day—

We will arrive Discovery Park 4-5 pm. The river only moves as fast as it does. We encourage you to not make time sensitive plans as river time is flexible.

**Questions**—Contact Toby Briggs, Paddle to the Capital Coordinator, tobybriggs@friendsoftheriver.org, 510.301.2844.

#### Direction to Watt Put-in (if dropping of personal water crafts)



We are meeting at the end of the Watt Ave parking area where there is a concrete boat ramp into the river. Please park in any of the spaces nearby—and remember to pay for parking (\$5). Look for signs with the Paddle to the Capital logo on it to direct you!

#### **Discovery Park Take-out**

