

FOR IMMEDIATE RELEASE

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FOLAR to host the 10th Annual Paddle-or-Battle Saturday, September 30, 2017

Come out and paddle to preserve the Appomattox River

Registration is open at FOLAR-VA.org for the 10TH Annual Paddle-or-Battle, an opportunity for a recreational paddle or a competitive race in a canoe, kayak, or SUP on the Appomattox River. The beautiful route begins at the Hopewell City Marina near the convergence with the James River and ends at Petersburg's historic Pocahontas Island Park. **Added new this year is a shorter, Youth-Beginner 2-mile course!** Offering fun for every age and experience level.

The entire 10-mile route is flat water in the tidal section of the river with some current. The incoming tide is expected for the event. Buoys, mile markers, and guide boats will be out along the course. Shuttles and Trailers will return you and your boat from the finish to the Hopewell Marina. Extra shuttles and trailers have been added for faster return! Kayak rentals are available. Call 804-840-2757 to reserve.

First Place Racing Awards will be given in four categories: Under 50 Male and Female and Over 50 Male and Female. Best time to beat is 1 hour, 39 minutes. Trophy presentation at the finish is at noon.

All proceeds from this event will go to support the work of the Friends of the Lower Appomattox River (FOLAR) to preserve the Appomattox for all to enjoy.

Advance registration is \$25/adult and \$15/under 18 and active-retired military. Day of event registration is \$30/adult and \$20 under 18 and active-retired military.

Paddle or Battle registration includes an event T-shirt, continental breakfast in Hopewell as well as picnic lunch.

Day of sign-in/registration starts at 8:00am. Youth-Beginner and Leisure paddling starts at 9am. Race starts at 10:00am. Lunch and trophy activities are 11:30 – 1:30pm.

More information and online registration is available at, FOLAR-VA.ORG. For questions or kayak rental email to contactus@foliar-va.org or call 804-840-2757 or 804-543-0325.

Major event support provided by Vulcan Materials, Virginia American Water, and Appomattox River Soil and Water Conservation District (ARSWC) and Hopewell Recreation & Parks.

ABOUT THE FRIENDS OF THE LOWER APPOMATTOX RIVER (FOLAR) FOLAR is the only nonprofit organization within the region that exists to serve the community need for the protection and preservation of natural resources as well as the need for recreational and enrichment opportunities along the lower Appomattox River. The Lower Appomattox River flows on a continuous route connecting nature and culture through six jurisdictions - from Lake Chesdin, straddling Chesterfield and Dinwiddie Counties, through Petersburg, Colonial Heights, and Prince George County to the Appomattox River's confluence with the James River at historic City Point, Hopewell. Proceeds from the Paddle or Battle event will help FOLAR improve parks, enhance river access, and protect special places through its River Stewardship and Education programs, and completion of the Appomattox River Trail (A.R.T.)

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Paddle-or-Battle kayakers. Photo by John Rooney, Jr.



2016 Paddle-or-Battle view of Anchor Point Marina in Hopewell, VA. Photo by Kristy Fowler.