



## 3rd Annual Paddle Palooza

Elmo Event Site, Flathead Lake, Montana

**Friday, July 15, 2022 through Sunday, July 17<sup>th</sup>, 2022**

### Friday—all teams arrive in Elmo

- 9am-3pm – Teams begin arriving, registration at main tent, get settled if camping on event grounds
- 3:30 pm – Captains/all team meeting at main tent, Elmo paddling site
- 6:00 pm—Confederated Salish and Kootenai Tribal ceremony/Sacajawaea Park in Polson
- Dinner on own in Polson or food truck back at Elmo camp/event site
- \*\*if teams want to arrive early, we will be at event site on Thursday, July 14<sup>th</sup> and you are welcome to come in then, if you wish-

### Saturday - Voyages and dragon boats mini-clinic

- 6:30 a.m. Blessing of canoes and paddlers, with **invited guest Kimokeo Kapahulehua**
- 7:30 a.m. – Voyage begins (wave start)
- 2 options:
- 30 mile (Elmo to Angel Point)
- 22 mile (Elmo to Cedar island, back around Wild Horse Island)
- 8:30-noon: Mini-dragon boat clinic back at Elmo camp/event site, led by Megan Kress
- 6:00 pm: **Special presentation by Dr. Don Mckenzie** from University of British Columbia re: ***Breast Cancer Survivorship, Dragon Boats and Exercise as Medicine.***

### Sunday – fun sprint races (OC and dragon boat)

- 6:00 a.m. Sunrise ceremony (Hawaiian and tribal members)
- 7:30 a.m. –Dragon boat Mini-clinic with Dr. Don McKenzie and and Megan Kress
- 8:30-10:30 Fun sprint races, both OC6 and Dragon boat. If you've never been in a dragon boat before, this is your chance!
- 11:00 Closing ceremonies

