

Ke Kai O'Uhane



June 14, 2007

Good Morning Everyone -

For those paddlers and supporters who are attending the next race at Lake Natoma (Saturday June 23rd 2007) attached are hotels and directions to the race site. There is also a parking fee of \$5.00 per car. The race site opens at 6 am and all paddlers should be at the site no later than 6:30am

to secure a spot, set up our tents, unload and rig canoes and prepare for the race which should begin around 8 a.m. (Opening Ceremonies)

Keep in mind some paddlers do drive and come back the same day so it is not a required that you spend money to stay in Rancho Cordova/Folsom. Some members also carpool...so if you are interested please inform everyone at the next practice.

Lake Natoma is 3 hours away and it can reach over 100 degrees..... please bring lots of water and hydrate often.

Since this race is so far away..Ke Kai will host a "deli sandwich" potluck for lunch.

Keikis = fruit

Jr Keikis = chips

Novice Women/Men = 1 1/2 lb of deli meat

Open Men/Women = sandwich bread and rolls (1 loaf)

Master Women = condiments (mayo, ketchup, lettuce, tomato etc)

Master/Sr Master Men = 1 1/2 lb of cheese (any type)

Ke Kai will provide the plates,napkins and utensils and 4 cases of water.

Mahalo for your support and time

Trina Pendergrass*

Ke Kai O'Uhane

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*Trina Pendergrass is President for 2007.

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