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RENO RIVER FESTIVAL OFFERS FREE CLINICS TO LEARN HOW TO KAYAK OR IMPROVE YOUR SKILLS

RENO, Nev. (Spring 2006) — The 3rd annual Reno River Festival, May 12-14, brings together the best paddling competitors in the world for a weekend of kayaking competitions and demos on the Truckee River in downtown Reno. But festival-goers have more than just the chance to watch these kayakers compete — the Reno River Festival invites first-timers and even professionals to get in the water and test out the rapids with a full menu of FREE clinics led by local and regional paddling experts and even the invitational professionals.

Registration for a variety of FREE clinics scheduled for the Reno River Festival are available on-site May 12 from 8 a.m. - 7 p.m. and May 13 and 14 from 9 a.m. – 5 p.m. at the Truckee River Whitewater Park, registration area. Clinic space is reserved on a first-come-first-serve basis, so make sure you secure your spot early.

The following is a list of FREE Clinics scheduled for the Reno River Festival:

- **Never Ever:** Beginners can sign up for this clinic as an introduction to whitewater kayaking that focuses on river safety, equipment requirements, paddling lingo and basic skills to maneuver down the river. The only requirement for this class is a smile and enthusiasm.

Not a beginner but not quite an expert? Those with a basic understanding of kayaking can participate in the following clinics. Basic kayaking background and flat water experience is required for these classes:

- **Roll Session:** Kayakers learn and perfect the Eskimo roll, considered the most important technique in whitewater kayaking.
- **Rolling and Bracing:** Further perfects the rolling technique while developing stabilization skills.
- **Eddy Line Techniques:** Introduces basic river maneuvers focusing on peel-outs, eddy turns, S-turns and ferrying.

For those confident with their roll technique, the following clinics focus on advanced skills:

- **Intro to Play Boating:** Kayakers will learn freestyle techniques and maneuvers such as squirts, nose stands, flat spins and front surfing.
- **Slalom Basics:** Learn how to efficiently maneuver the river with forward and draw strokes, C-strokes, ferrying and eddy turns.
- **Advanced Techniques:** Veteran kayakers learn perfecting techniques in this course taught by superstar kayakers.
- **Advanced Slalom:** Focus on power and corrective strokes, eddy hopping and tricks of the trade.

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The Reno River Festival is not only about learning the sport of whitewater kayaking, but also provides a chance for kayak enthusiasts to compete as well. The **Open Freestyle** competition on Friday, May 12, is just the place to strut your stuff and show off freestyle skills. The top three men and women will go on to compete against the pros in the **Professional Freestyle Invitational Competition** the following day.

The **Boater Cross** competition puts a new, wet spin on the 100-yard dash. This is a fast-moving, action-packed race with four kayakers pitted against each with the goal to reach the finish line first. The preliminary run is on Saturday and the finals on Sunday, with winners selected through a process of elimination. The **Down River Race** is a more traditional kayak race that tests both endurance and speed. Paddlers will maneuver through five miles of river to claim the prize at the finish line.

For details about the annual Reno River Festival, or to sign up for any of the competitions, please visit www.RenoRiverFestival.com. For more information about Reno-Tahoe, America's Adventure Place, logon to www.VisitRenoTahoe.com or call 800-FOR-RENO (800-367-7366).

The Reno River Festival is held at the \$1.5 million Truckee River Whitewater Park, located in the heart of Reno's booming downtown business and arts district. The park, with rapids rated class 2 and 3, is both Nevada's and the region's first whitewater park and kayak slalom racing course, totaling 2,600 feet in length and featuring north and south channels that surround an outdoor amphitheater and park. There are 11 "drop pools" and specially-placed boulders for kayaking maneuvers, a slalom racing course, and 7,000 tons of smooth flat rocks along the shores for easy river access and spectator seating.

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