

Padding Clinic

Friday 30th April 2010

(the day before the Anaconda Forster race)

Forster Beach, 12pm – 2pm

Don't let the paddle leg slow you down!

Come along to the *Oceanpaddler Paddling Clinic* and learn all the tricks of the trade.

Padding technique and skills

Skills for the ocean

Learn how to catch runners in the open water

Racing tips

Choosing the right craft

The clinic will not be strenuous, it will be a combination of land and water based activities. We won't tire you out before the big race!

Please contact us to register. Cost: \$25

www.oceanpaddler.com

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