

What is Team River Runner?

Team River Runner (TRR) provides health and healing for military injured, active duty and veterans through therapeutic kayaking and other forms of adventure paddling. We are an independent 501-3(c) organization made up of volunteer experienced kayakers, canoeists and certified instructors. The program is physically demanding and socially supportive to help recovering veterans develop a lifestyle of fitness and outdoor adventure.



Introduction to the sport begins by learning the basics in a lake, a calm stretch of river, or a heated, indoor pool. From there, we head out to lakes, creeks, streams and rivers for group paddling trips. TRR adapts instruction and gear to individual injuries and challenges with a goal of forming a veteran supportive community that enjoys camaraderie and sharing knowledge of paddle-sport skills.



Why kayak?

- It's a fun, challenging, and rewarding sport
- Connect with nature and the wilderness
- Meet new friends
- A family member or friend is welcome
- **It's FREE** – boats, gear, instruction

Physical Benefits

- Strengthen core muscles
- Improve flexibility
- Enhance coordination

National and International Paddling Opportunities

The national organization of TRR also organizes trips to more progressively challenging venues in Colorado, Montana, Florida, U.S. Virgin Islands and Mexico. Many of these trip opportunities are available at no cost to paddlers. Leadership training is provided so that wounded warriors can take their growing adventure skills home to share with veterans in their community.



TEAM RIVER RUNNER

Susquehanna Valley, PA



The Road to Recovery is a River

Susquehanna Valley TRR serves Active Duty Service members, Veterans, Disabled Veterans, and disabled members of the community in Adams, Cumberland, Perry, Dauphin, Lebanon, and Lancaster Counties.

SV-TRR Leadership

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FAQs

- **How big is the program?**
 - TRR began in the first week of September, 2004 at Walter Reed Army Medical Center. TRR now has over 50 locations nationally. The other locations are in various stages of development. Each year more than 1,500 recovering veterans paddle with us in sessions held around the county. We encourage family members to participate.
- **Who does TRR serve?**
 - TRR serves wounded and disabled veterans, active duty Military, and their families. We also work with non-disabled veterans and disabled members of the community, as well as non-Veteran volunteers. TRR is inclusive, accepting participants from all branches of the service and all a variety of disabling conditions, from amputations to blindness to Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI).
- **What are some key points you should know about TRR?**
 - **Lifestyle:** Paddle regularly and year-round if possible, i.e. pools when it is too cold for rivers. Build skills and maintain a fun, social connection.
 - **Purposeful:** Encourage the wounded or disabled veterans and family members to take on purposeful leadership in their chapter or TRR national endeavors.
 - **Inclusive:** We have both male and female participants and leaders from all conflicts and all disabling/wounds from several eras of Military service.
 - **Community Support:** Participants who take on instructional leadership and chapter volunteers are encouraged to reach out to communities and allow disabled children or non-military adults the opportunity to try adaptive paddling-supported and taught by the veterans!!
 - **Leadership Clinics:** TRR has a series of Leadership Clinics in many locations, these programs are designed to have Chapter Coordinators send (recommend) their most active veteran participant attend to develop more leadership skills, and network with other chapter participants from around the nation.
- **How can people get involved in TRR?**
 - If you know of a veteran struggling with a disabling condition, encourage them to contact us. Or, if you are interested in volunteering with us to teach kayaking or help on river trips, contact us!
 - As a non-profit, your donations are critical! Visit www.teamriverrunner.org/get-involved/donate/ to help us serve those who served our country.