

Twin Rivers Paddle Clubs  
New Bern NC

Open: The meeting was called to order by Bill Sadler at the Gold's Gym on November 10, 2009 at 7:00.

Program: Milton Ward, trainer at Gold's Gym, began the presentation on exercises to stay in shape during the winter. Handouts were given out with instruction on exercises for the legs, arms, and shoulders. He emphasises the importance of using a stretch bands and weights. He explained that some of these exercises should be done every other day so the muscles can repair themselves.

A tour of the facilities followed with demos on the weight machines that would target the muscles we need for paddling. The floor was opened for questions.

Old Business: The shirts that were ordered were given out.

New Business: Bill will rewrite the discription for the 17 mile paddle which will include a 10 mile paddle. He will e-mail the the info.

Meeting adjourned at 7:45

Respectfully submitted  
Kathleen Vickrey