



FOR IMMEDIATE RELEASE

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Kayaking in Annual River Relay Gives People of All Abilities a New Way to Be Active

SAN ANTONIO-Amputees participating in the annual River Relay kayaking and running race shows [River Relay 2017](#) is for people of all fitness levels and abilities. In 2016, members of the San Antonio Amputee Foundation along with a hundred other racers kayaked or ran a 5k for the first time on the redeveloped Mission Reach Trail in the annual River Relay race. The variety of race options, running/walking a 5k or kayaking a 4k on the San Antonio River, accommodates racers' abilities. "I am always looking for new ways to get my members fit and active. I specifically signed up for River Relay because a team is always more fun and the option of kayaking was different." says Mona Patel, President of the San Antonio Amputee Foundation.



Mona Patel, President of San Antonio Amputee Foundation, kayaked 4k during River Relay 2016

River Relay 2017, benefiting the [San Antonio River Foundation](#), will take place at Mission County Park 2 (7675 Padre Circle) from 9am-1pm on Saturday, November 11th. Patel says, "It's crucial that events like River Relay be offered to us. It is an amazing opportunity to get outside and get active. Great for the body and mind. It's wonderful that we have different options to choose from. Those that have leg amputations and cannot run have the option to kayak and vice versa. Signing up for events like River Relay gives people a goal to work towards and that is very important. Goals are important as they keep us physically and mentally sharp and strong."



Member of San Antonio Amputee Foundation walked River Relay in memorium of her son

River Relay, the only kayaking race on the southern 8 miles of the San Antonio River, is an opportunity to overcome tangible challenges and also the bounds of expectations. "I am a single below knee amputee and had an amazing time last year on the kayak. My partner ran and had a great time." says Patel, "Another member, Janet, bilateral below knee amputee, walked 5k in honor of the anniversary of her son's death. It took her a long time but she crossed that finish line and it was an extremely emotional moment."

River Relay takes place on the recently redeveloped Mission Reach Trail, one of the largest urban ecological restoration projects in the U.S. and the city's only Texas Parks and Wildlife

Designated Inland Paddling Trail. Wide paved trails and easily accessible launch points for watercraft make the race an ideal event for those wishing to discover outdoor recreation outlets available nowhere else in San Antonio. River Relay's mission is to bring people of various fitness levels and capabilities to discover the active opportunities to connect with nature and wellness through outdoor recreation. The San Antonio River Foundation's Executive Director Robert Amerman says, "Water has a way of bringing us together and making us smile. The *River Relay* experience is a special treat for any ability level."

Details at www.sariverfoundation.org/riverrelay.

