

TRIUMPH FOUNDATION

Helping people triumph over paralysis

WWW.TRIUMPH-FOUNDATION.ORG

VALLEYGO! FREQUENTLY ASKED QUESTIONS

What is it?

Our Valley Go! Adapted Sports Program with Cal State Northridge is bringing handcycling and kayaking clinics to Castaic Lake. We have all the handcycles, kayaks and canoes for you to try out, and plenty of staff to show everyone the basics of the sports.

When is it?

Saturday, February 16th, March 16th, April 13th, May TBD

Where is it?

Castaic Lake's CSUN Aquatic Center: 32132 Castaic Lake Dr, Castaic, CA

How much does it cost?

The event is FREE if you RSVP within 5 days prior to event.

RSVP info@Triumph-Foundation.org

Who can participate?

We'll have many adaptive cycles available to use. Invite your friends and family to bring their own bikes and enjoy the ride! Kayaks and canoes may be limited to athletes with disabilities. No experience necessary. It is fun for everyone!

Will I get wet?

Any time you're near the water there's a chance that you might get a little wet, so be prepared. However, there's no swimming allowed. You should stay dry.

Lunch?

We will only provide water and small snacks. Bring your own sack lunch or other meal preparations.

Contact?

For more information, email info@Triumph-Foundation.org