

**RAPRD
SPRING 2021
FITNESS
CHALLENGE**

MARCH 1 - MAY 31, 2021

**WEEK 6 - April 5th - April 11th
Milton-Freewater, Oregon to The Dalles, Oregon
156 Miles to travel!**



The Dalles, Oregon

This week you will be traveling west to the biggest city visited since leaving Bend. Follow the Columbia River all the way. What a beautiful travel week!!!

The Dalles was once a major Native American trading center. The general area is one of the continent's most significant archaeological regions. In French, the "les dalles" means "the slabs", when a river flows over hard flat rocks it becomes shallow and rapids are created. The name first used in 1814 referred to the long series of major rapids in the river. During this time the area was dominated by the fur trade industry. In the early 1840's settlers moved in via the Oregon Trail that ended in The Dalles. At the time travel further west had to be via rafting down the Columbia as the steep cliffs fell right into the river. Freebridge Brewing now resides where the U.S. Government planned to put a mint in 1864. The Dalles also lays claim to; the home of author Ken Kesey who penned *One Flew Over the Cuckoo's Nest*, the Bonneville Power Administration, the creation of a new breed of cat in 1982 called LaPerm and in 1984 the site of the first and single largest bioterrorism attack in the United States history.

HEALTH TIP: Since we are traveling down the Columbia and our forefathers rafted the river it's best to talk about 2 great river activities...stand-up paddle boarding and kayaking. Being so popular AND so accessible here we'll start with stand up paddling (SUP). Focus your training for SUP on balance and paddling strength. No surprise, the strength of your paddling comes from active flexion of the torso by the rectus abdominis muscle. Maintaining the elbows straight, the shoulders assist in the flexion and pull of the paddle. Core training is essential for balance, power to pull and support of the entire body while standing on an unstable surface. So grab a BOSU (the half ball – half platform thing) at your gym. BOSU stands for Both Sides Up, so stand on the platform with the ball on the floor. Begin by using your paddle and following proper paddling techniques described above and just practice your balance and shifting the paddle. Change how many times you paddle on each side and vary the side change speeds. Challenge yourself by altering your foot stance to make yourself less stable. Using safely secured resistance tubing, hold it in a staggered manner with one arm getting more resistance than the other. Practice strong pulls, using proper form with even numbers on each side. Practice different timings; some fast, some slow. With a bit less resistance on the tubing practice paddling on each side continuously for varying lengths of time. Give yourself a quick general muscle strengthening session as well; adding squats and lunges, rowing exercises with palms down and thumbs up, and bicycling or twisting type abdominal exercises. Oh, and don't forget stretching! Legs holding a static position for so long will need a break.

Everyone remembers the hamstrings and the quads, but also focus on full range of motion for the ankles, hips and gluteal stretches and lengthening torso stretches.

Kayaking is one of the most popular flatwater sports. Seasoned kayakers or newbies should focus on building upper body strength and maintaining/improving core and lower back strength. Using the BOSU again, sit on the ball side. The resistance tubing should be secured behind you as well as turning and facing the anchor point. Alternately pull elbows back; lean torso back and forward slowly hinging at the hip; open both arms slowly from front to back with one towards 10:00 and one towards 4:00 and alternate; perform small twists holding tubing tight to the torso. Kayakers should also include varying intensities of interval cardiorespiratory training as well as stretching.

If you are training at home and don't have a BOSU you can use pillows or cushions for the ball part and a sturdy square of wood for the platform. Always err on the side of safety when improvising balance training equipment at home! You might not be ready for the Pole, Pedal, Paddle but when someone wants to float down the river you MIGHT not need to do it in an inner tube this year! Happy Paddling!