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# Celebrate paddling in the Flathead Valley!

Try out demo equipment with experts available for guidance, attend a short talk to learn about paddling safety and tips, and participate in fun activities at the **2018 FLATHEAD LAKE STATE PARK PADDLEFEST!**

**SATURDAY MAY 19**  
10 AM TO 5 PM

### 10:00 Kid's Activity Station

Bring your kids to learn about Flathead Lake with fun craft activities!

### 11:00 Go or no Go?

The Flathead Paddlers will walk you through how to make the most important decision in your paddling: whether it's safe to paddle or not.

### 11:30 Water Safety

Learn how to safely recreate on Flathead Lake presented by the Coast Guard Auxiliary.

### 12:00 Splash 'n' Dash Relay Race

Test your speed, on land and water, in this short, family friendly relay race!

### 1:00 Wildlife Safety on the Shoreline

Learn how to help conserve wildlife and recreate safely outdoors in this short, family-friendly program.

### 2:00 Quick Tips to Paddle Faster

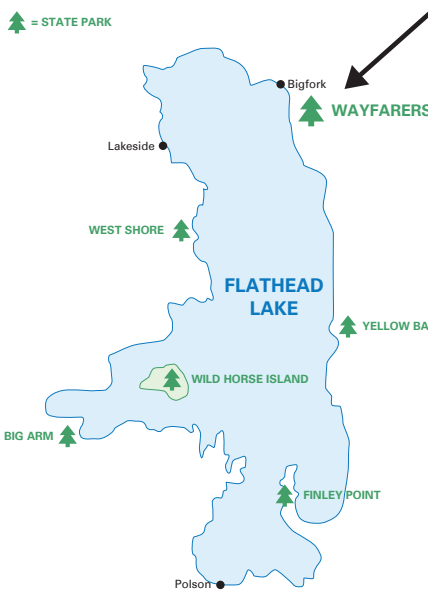
The Flathead Paddlers will start on land to guide you through how to efficiently and effectively paddle. Once through some basics, you'll put your knowledge to the test on the water!

### 3:00 SUP Yoga

Local Yoga teacher Leigh Clausen ([www.loveleighbg.com](http://www.loveleighbg.com)) will offer a brief introduction to SUP yoga, and give you a chance to test your balance on the water!

### 4:00 Safely Transporting your Kayak or SUP

Rocky Mountain Outfitters and Sportsman & Ski Haus will lead you through how to safely load, unload, and transport your kayak or paddleboard.



**SUNDAY MAY 20**  
10 AM TO 2 PM

### 10:00 Kid's Activity Station

Bring your kids to learn about Flathead Lake with fun craft activities!

### 11:00 Places to Paddle

Join the Flathead Paddlers to discover some of the best places to paddle around the Flathead Valley!

### 11:30 What makes Flathead Lake?

Join a ranger to learn about the forces that created and continue to shape Flathead Lake!

### 12:00 Deep Water Re-entry

Demo a kayak to get a front row seat and receive a door prize as the Flathead Paddlers demonstrate re-entry into your kayak in deep water.

### 12:30 Cardboard Kayak Race

What floats your boat? See if you and your team can fashion a kayak out of cardboard in 90 minutes. Cardboard, duct tape, and a box cutter will be supplied. Then, test your boat on Flathead Lake with the builders inside! Teams will be judged on Best Time, Best Design, and Best Capsize. Teams should consist of two people and all participants must be over the age of 12, and must wear a lifejacket.

*Space is limited for the Cardboard Kayak Race. To register, email [Juliana.himmel@mt.gov](mailto:Juliana.himmel@mt.gov). This event is sponsored by Sliters of Bigfork.*



***This event is free, although park entrance fees apply. Wear old shoes and bring a dry change of clothes. Bring your own PFD.***