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OGE NightSprints Includes Team Stand Up Paddle Board Relay Racing At the Oklahoma Regatta Festival Oct. 1

OKLAHOMA CITY – September 2, 2011 OKC RIVERSPORT has brought stand up paddle boarding (SUP) to Oklahoma City, and will offer the city's first SUP race on Saturday, October 1 during the Oklahoma Regatta Festival. The Stand Up Paddle Board Relay takes place from 5-7 p.m. during the OGE NightSprints with registration open to anyone ages 13 and up. Register as a four-person co-ed team or as an individual and be placed on a team. Cost is \$100 per team or \$25 per individual and includes an event T-shirt and free SUP rental, plus use of equipment during the race. Registrations are accepted online at OklahomaRiverEvents.org.

Stand up paddle boarding is a fast growing water sport that allows the boarder to explore everything from ocean surf to lakes to rivers, with no waves required. Paddlers stand on a board with feet hip-width apart and gaze at the horizon as they paddle, taking in great views of the water and surrounding landscape. SUP provides a great full-body workout, engaging muscles for stability, power and endurance.

OKC RIVERSPORT offers a RIVERSPORT SUP Night, Wednesdays at 6 p.m. at the Chesapeake Boathouse, 725 S. Lincoln Blvd for anyone wanting to learn more about this exciting sport. The class includes basic SUP instruction with a paddle coach and is offered at no charge with a paid rental; rentals are \$15. For more information, call (405) 552-4040.

The Oklahoma Regatta Festival is a four-day event featuring rowing, kayaking, stand up paddle board and dragon boat racing on the Oklahoma River in downtown Oklahoma City's Boathouse District. The 2011 Festival includes family activities, the Oklahoma City University Head of the Oklahoma Regatta, OGE NightSprints, blu VIP Party, USA Rowing World Challenge, USA Dragon Boat National Championships, and Corporate Racing. The Oklahoma Regatta Festival is presented by Chesapeake Energy, Devon Energy, and OGE, and is a project of the Oklahoma City Boathouse Foundation. Learn more at headoftheoklahoma.com.

The OKC Boathouse Foundation promotes the use and development of the Oklahoma River as a world-class urban aquatic venue and provides access to rowing, kayaking and fitness programs for people of all ages and abilities. OKCBF programs pursue the highest goals of sports and embrace the principles of the Olympic spirit, which inspire athletes to work toward personal excellence, embrace the power of teamwork, and practice respect for all people and the environment. To learn more or get involved, call (405) 552-4040 or visit okcbf.org.

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A project of the Oklahoma City Boathouse Foundation