

**Free Clinic**  
**Friday Afternoon,**  
**Instructor Mike Ingham**  
**"Driving the leach and the tails"**

Sept 7-9, 2007

*Don't Miss*

# **XTREME THISTLE ACTION!**

Rochester Canoe Club  
Presents

## **The Fall Frontier Regatta**

East Coast Fall Series  
First Leg

Racing September 8 – 9  
**Rochester Canoe Club**

**Featuring**

- Friday Afternoon Clinic
- Dinosaur BBQ party
- Racing on Lake Ontario or Irondequoit Bay (if conditions require)
- Saturday Dinner with roast turkey dinner
- Fabulous prizes

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