

North Dakota Parks & Recreation Department

## NEWS RELEASE

*For Immediate Release, Monday, July 28, 2014*

*For more information, contact Fort Ransom State Park, 701-973-4331*

### **Learn paddling skills on the Sheyenne**

On Aug. 9, a Fort Ransom State Park ranger is giving free instruction on canoeing and kayaking on the Sheyenne River. Meet at the Fort Ransom State Park Visitor Center at 1 p.m.

Participants will receive instructions on land first and then on the river with the park ranger. Canoes and kayaks can be rented from the park for those who don't have their own. To ensure enough canoes/kayaks are available participants are asked to register for the instruction by Aug. 6. To register either email the park at [frsp@nd.gov](mailto:frsp@nd.gov) or call 701-973-4331. Anyone under 18 years of age must have an adult present to sign a release. The lessons are expected to last about two and a half hours. Don't forget to bring a water bottle, sunscreen and bug spray.

There is a \$5 vehicle entrance fee for the park, unless an annual pass is visible on the vehicle. For more on Fort Ransom State Park go to <http://www.parkrec.nd.gov>.