



Media Release

Mekong River Paddle Adventure

Dave Ellingson is known as the Paddle Pilgrim. A retired Lutheran pastor/professor, his kayak adventures have taken him down the entire Mississippi River, the Erie Canal and Hudson River to the Statue of Liberty and most recently to his ancestral fjords in Norway. In March he will launch his kayak for a month long paddle down the Mekong River through Laos, Cambodia, and Vietnam to the South China Sea. He will be joined by three intrepid paddle partners: Titonath Dith, Tom Glasoe, and David Gehrke.

Along the way they will encounter unique and rich cultures, behold spectacular scenery, witness environmental issues, and experience physical, emotional, and spiritual challenges. Ellingson who has written three *Paddle Pilgrim* books about his journeys will once again chronicle the adventure in a book as well as produce a documentary film capturing the experiences of the Mekong River Paddle Adventure team.

The expedition will benefit the Dith Pran Foundation which raises money to support the educational dreams of Cambodian young people (www.dithpranfoundation.org), The Center of Rehabilitation and Support for Handicapped Children in Ho Chi Minh City, Vietnam (www.gofundme.com/f/thu-duc-orphanage-support), and the Dave Ellingson Scholarship for Environmental Studies and Social Justice (<https://tef-lbi.org/scholarships/>).

Sponsors include Advanced Element Kayaks (<https://www.advancedelements.com/>) and Werner Paddles (<https://www.wernerpaddles.com/>).

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