

Facts about the Weir River Water Shed and Estuary Center

In addition to supplying residents in the towns of Hull, Hingham, Cohasset, and Norwell with high quality drinking water, the Weir River Watershed building has been renovated using green technologies.

A 30-foot turbine installed near the building generates the equivalent of about two-thirds of the energy the structure requires.

Other green features include solar panels, a toilet that limits water used during flushing, and rain barrels to collect roof runoff.

www.WeirRiver.org



Every bit of plastic ever made, still exists

7:45am — Race 1: One Mile Stand-Up Paddle Board

8:30am — Race 2: Lifeguard Paddle Race
(lifeguards only)

9:15am — Race 3: Half Mile Prone Surfboard Paddle

9:45am — Race 4: Two Mile Relay Stand-Up Paddle Board Race
(bring a partner or be paired up the day of event)

10:30am — Race 5: Quarter Mile Youth Prone Surfboard Paddle Race (10-15 years)

- Each race requires a \$10 donation to enter. You may enter as many races as you are eligible for. (If you enter 3 races, you will send in a donation for \$30)
- If you do not Pre-Register, a donation of \$15 per race is required to enter on the day of the event.

Sponsors include:

Nantasket Therapeutic Massage
Nor'Easter Surf Shop
VEC Surfboards
Stinky Monkey Tattoos
Surfrider Foundation
East Coast Hui Surf School
SURFHULL Surfing Association
Weir River Water Shed
Rich Bonanno Photography
Stand-Up Journal

Any questions? 781-925-4004
Download forms: www.NTMassage.com/events

Join us for the 1st annual **Paddle Against Plastic**

race at

Nantasket Beach

August 2nd, 2009
7am registration/Check-in
(Storm date August 9th)

- Surfers
- Paddle boarders
- Stand-up paddlers

All skill levels, all ages are welcome to participate.

Great prizes!

Print your own registration forms out at
www.NTMassage.com/events.html

All proceeds will go directly to the Weir River Estuary Center in Hull.

Why is Plastic in the Ocean a Problem?

Because plastic does not biodegrade.

Instead, plastic goes through a process called photodegradation where it is broken down by sunlight into smaller pieces called plastic polymers. This process can take a very long time. It is estimated that disposable diapers take 500 years and a plastic bottle 450 years to break down.

It takes longer for the sun to break apart plastic in the ocean than on land due to the cooling effects of the ocean.

Not only is plastic clogging up our beaches, it is devastating millions of animals that inhabit our ocean.

Most marine life cannot distinguish between plastic and food. Once eaten, plastic can never be digested and will fill the stomach providing less room for real food causing starvation. Scientists have found this to be a widespread problem in birds noting over 80 species mistakenly ingesting plastic as a food source.

Broken, degraded plastic pieces outweigh surface zooplankton (marine food) in the Central North Pacific by 6:1



For more info, please visit www.RiseAbovePlastics.org



Facts about plastic

A plastic “graveyard”, called the Gyre, double the size of Texas swirls in the Pacific Ocean between San Francisco and Hawaii.

Plastic bits in the ocean act as a sponge for toxins like PCB’s concentrating them. Scientists have found that when marine life eat poisonous plastic and we eat the marine life, our health is at risk. Specifically, it was found that bisphenol-A found in water bottles is found to mimic estrogen and is linked to cancers and reproductive problems in lab rats.

Each Year, over 1 million seabirds and 100 thousand marine mammals die from ingestion or entanglement in plastic.

What can we do?

- ◆ Buy bulk and bring your own cloth bags to the store.
- ◆ Keep litter and debris out of storm drains and gutters.
- ◆ Reduce consumption by avoiding excessively packaged products including “Single Serving” items.
- ◆ Choose glass and aluminum instead of plastic.
- ◆ Reuse plastic utensils and containers.
- ◆ Look for “biodegradable” plastic products made from corn instead of a petroleum.
- ◆ Pick up 3 pieces of plastic each day.

Plastic, like diamonds, are forever

