



kawartha
CREDIT UNION

Presents

Peterborough's Dragon Boat Festival

CAPTAINS' MEETING
THURSDAY, MAY 5, 2005



Hosted by Survivors Abreast
www: survivorsabreast.com

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Peterborough's Dragon Boat Festival 2005

CAPTAINS' MEETING

Thursday, May 5, 2005

7:00 - 9:00 p.m.

AGENDA

TIME	TOPIC	WHO
6:30	Check-in with Len Minty	Team Captains
7:00	Welcome	Susan Miller
7:05	Overview of Event 2005	John Gullick (Chair)
7:15	Dragon Boat Races and Logistics	Len Minty
7:40	Captain's Role	Susan Miller
7:50	Team Photos	Mike Fisher
8:00	Pledges	Barb Fisher/Laurie Miller
8:10	Volunteers	Margie Lightbody
8:20	Posters/Team Profiles	Carol Mutton
8:25	Awards	Pat Stiver
8:30	Land/Parking	Jim Hobson
8:35	Questions	All
8:45	Adjourn	

OVERVIEW OF EVENT

Goals

Survivors Abreast goals for the Dragon Boat Festival 2005 are to:

- Raise awareness of breast cancer in the community.
- Raise funds for diagnostic equipment for the Breast Assessment Centre at the PRHC to facilitate early detection of breast cancer. A portion of the funds will go towards keeping the dragon boat team "afloat."
- Continue to provide opportunities for breast cancer survivors and the larger community to participate in dragon boating, an exciting and rewarding water sport that:
 - emphasizes community team building
 - contributes to the health and well being of breast cancer survivors and members of the larger community.

Thanks to Our 2005 Sponsors!

- Kawartha Credit Union is the **event's platinum** sponsor for the fourth consecutive year.
- **Gold sponsors** are: Minute Maid Coca Cola Ltd. and CHEX TV/The Wolf/980 KRUZ.
- **Silver** sponsors are: Americredit and Tim Hortons
- **Bronze** sponsors are: Investors Group, Peterborough This Week, and Marks Work Warehouse.
- **Teak** sponsors are: Global Telesales, Saturn of Peterborough, Country 105, Shirley McDowell, Associate Broker Re/Max, Saville Publishing, Price Chopper, Coach Canada, The Peterborough Examiner, Liftlock Fibreglass Fabrication/Kawartha Canoes, BE Catering and Purolator.

Organizers

A planning committee comprised of several members of Survivors Abreast along with dedicated volunteers and supporters is responsible for organizing the event while Survivors Abreast team members are the official hosts and ambassadors of the festival.

The Day – Free Admission

- The "dotting the eye of the dragon" ceremony with the officials' remarks and national anthem at 8:00 a.m. to kick off the event at the T-wharf.
- The races start at 8:30 a.m., end around 5:30 p.m. and take place at the T-wharf on Crescent St.
- Free massage, water and juice will be available for team members.
- Pledges go to the Breast Assessment Centre at the Peterborough Regional Health Centre.

- The Lions and Lioness Clubs are providing food all day – breakfast, lunch and snacks.
- Tim Hortons is selling coffee and donuts.
- Nearby, for art and garden lovers, the Art Gallery is holding a “Bloomin’ Art Show” in and around the gallery.
- The One-Stop-Dragon-Shop will be selling a variety of dragon merchandise all day.
- A special race with 6 breast cancer survivor teams will take place around noon followed by a memorial ceremony.

BACKGROUND

About Survivors Abreast

Survivors Abreast, a dragon boat team of women living with breast cancer, was founded in 1999 in Peterborough by Meredith Cosburn with the assistance of Len Minty, Survivors Abreast coach. Four Peterborough Regional Health Centre doctors kindly donated a \$4000 down payment towards the purchase of a dragon boat and Liberty Mutual Group generously provided the remaining \$16,000. The team started practicing at the Family YMCA and the rest is history!

Dragon Boating and Women with Breast Cancer

The dragon boating experience has been described as a "floating support group" for women with breast cancer. It all began with a study initiated in 1996, by Dr. Don McKenzie, a sports medicine physician at the University of British Columbia, who launched Abreast in a Boat, a team of more than 20 breast cancer survivors.

Medical experts believed that repetitive upper-body exercise in women treated for breast cancer encourages lymphedema, a permanent, irreversible swelling of the arm and chest area that may develop after lymph node surgery and radiation treatment. Dr. McKenzie disagreed. He believed that women could get involved in a sport like dragon boating if they followed a special upper-body exercise and training program. They could enjoy active lives and avoid the onset or worsening of lymphedema.

Dr. McKenzie's theory was right. No new cases of lymphedema occurred and no existing cases got worse. Since 1996, dragon boat racing by breast cancer survivors has grown rapidly in popularity across the world including Canada.

PLACING YOUR TEAM IN THE BOAT

Weight	Weight should be balanced both fore and aft and side to side.
Rights and Lefts	Which hand a paddler holds the shaft of a paddle determines whether he or she is a “right” or “left” and therefore on which side of the boat he or she will sit.
Bow	The first three paddlers on each side constitute the “bow”. Ideally all three will have impeccable timing and natural flexibility. They shouldn’t be too large. The “Threes” should be good athletes.
Stroke	The “Ones” are referred to as the “Strokes”, right and left respectively. They must possess an acute sense of timing, a high level of fitness and the ability to change the pace that they set for racing.
Engine Room	The “Fours”, “Fives”, “Sixes” and “Sevens” comprise the “Engine Room”. Ideally these are your big powerful paddlers. Ultimately, how fast they can work will determine the stroke rate and boat speed.
Stern	The “Eights”, “Nines” and “Tens” make up the “Six Pack” or “Stern” of the crew. Flexibility is a benefit to an “Eight”. A small butt is essential to a “ten”. This is where your smallest, least experienced and least fit should be placed. It is much easier to paddle here.

PRACTICE READY

Warm Up

Arrive at the Brown Sea Base beside the Paddle Boat at least ten minutes early to stretch and warm up before getting into the boat.

Seating

Know your assigned position. i.e. left 4. The boat will be filled and emptied in an orderly fashion two partners at a time, i.e. fives, eights, etc.

Clothing

You are going to get wet! The engine room (the middle rows) requires throw runners or rubber footwear (no rubber boots) as water will collect there from paddle spray. Bare hands will be fine because the June water is not too cold but some paddlers prefer to wear gloves. Rain gear is appropriate if the weather warrants it. Old sweatshirts and tee-shirts are fine as long as the cuff on the lower arm can be rolled up. In warm weather, shorts or bicycle pants that dry quickly are appropriate.

Bum Pads

Bum Pads or “Bummers” are really garden kneeling cushions put to a different use. These (as the name implies) are used to sit on while training or racing.

Sun Protection

Sun glasses, sun screen and peaked hats are a must if it is a sunny day. Make sure they won't come off in the wind – bring straps for your glasses.

P.F.D.'s & Paddles

Provided by the festival. You may bring your own for P.F.D. for comfort and dryness.

DRAGON BOAT COMMANDS

“Bow” front of the boat

“Stern” back of the boat

“Gunwale (pronounced “Gunnel”)" side of the boat

“Paddles Up” Paddlers assume a start position with their paddle blades a couple of inches above the water, reaching forward with their lower arm straight and back bent ready to stroke.

“Take it away” Immediately all paddlers begin to stroke.

“Let it run!” or “Easy all” Immediately all paddlers cease stroking and allow the boat to glide.

“Attention please!” Command given by the starter just before the starting signal.

“Draw right!” The three right bow paddlers draw (or feather) the bow of the boat to the right to help align the boat (usually at the start of the race).

“Draw left!” The three left bow paddlers draw..see above

“Back it up! The six stern paddlers (three rights and three lefts) paddle backwards usually to bring the boat back to the starting line.

“Finish!” The command given either by the drummer or cox to encourage a strong finish of thirty to fifty strokes.

“Hold Water” putting paddles in the water to stop the forward motion of the dragon boat.

“Steady the boat” paddlers place their paddles flat on the surface of water, blades out from the side of the boat to keep it from rocking.

CAPTAINS' RESPONSIBILITIES

Up to this point you've been very busy with the challenge of organizing your team. Thanks for all your efforts! Your team will have plenty of fun and will help to raise awareness and funds for a good cause. All of the pledge money goes to the Breast Assessment Centre at the Peterborough Regional Health Centre.

Captains Responsibilities:

- Make sure your team members know the time and location of the practices.
- Make sure each member knows the time and location of where you will meet prior to each race and the race schedule.
- If there are pledge sheets to be handed in, make sure they are handed in to the pledge tent on June 18.
- Team pictures are scheduled to take place prior to your race time. Make sure everyone is together and then go to the photo site. After the photos are done, go to the staging area.
- Know the rules of the water and make sure paddlers are aware of them. The coach will discuss these rules during your practice times.
- Make sure each person registered on the team has signed their waiver. Anyone who has not signed the waiver will not be allowed to race. If there are last minute substitutions, there will be waiver forms at the T-Wharf to sign.
- Each person in the boat listed on the team roster must wear an arm band.
- Please ask the paddlers on your team if they have a medical condition that you should know about, for example, a pacemaker or an allergy to bee stings.

PLEDGE FORMS

- **The more accurate the pledge form, the easier it will be for everyone involved. Please print!**
- **Receipts will be issued for donations over \$25.00, if required. We must have the correct address & postal codes to mail the receipts out.**
- **Team participants may deposit their pledge money in an account at any of the three branches of the Kawartha Credit Union prior to race day or hand in their pledges at the pledge tent on festival day.**
- **Clear instructions are included on the pledge form.**

Check List

- ✓ Your name and information is clearly printed on the top of the form.
- ✓ There is a complete address for every \$25.00 pledge.
- ✓ There is a postal code accompanying every address. If there is no postal code, a receipt will not be issued.
- ✓ Money and pledge sheet is placed in an envelope.
- ✓ **All cheques are made payable to Peterborough Dragon Boat Festival**
- ✓ All team pledge forms and money are handed in before 2:00 p.m. June 18, 2005.

Reminders

- Charitable donations CANNOT be used as registration fees
- Any names on the pledge sheets with money NOT collected will be crossed off and a new sheet will be needed when the money is collected.

Prizes

- The person who collects the most pledges will receive a Kawartha canoe donated by Liftlock Fibreglass Fabrication. Second prize is a dragon boat festival paddle and a life jacket. The third and fourth prizes are: a 3-month membership at GoodLife Fitness Club and a festival golf shirt. Fifth prize is a festival golf shirt.
- The team raising the most funds will have their team name on the memorial plaque in memory of Dr. Jaroszonek, which is displayed in the Peterborough Clinic.

TEAM PHOTOGRAPHS BY AWESOME PHOTOS

- The team photographs will be taken at 4-minute intervals near the staging area.
- Please ensure that all of your team members are ready for the photograph as time is limited.
- The cost of team pictures is included in the pre-paid registration fee.
- All proceeds go to the Breast Assessment Centre at the PRHC.
- Thank you for participating in this day!
- If you have any questions regarding the photograph information, please contact Mike Fisher at 799-5496.

RACE DIRECTOR – LEN MINTY

Survivors Abreast Coach and Race Director of the festival is Len Minty. Len is a Peterborough native and retired high school teacher who held a couple of world records in master's swimming events. He's an accomplished dragon boat paddler with over three years experience with the Sing Fai Athletic Club in Toronto, reputed to be one of the best teams in the area at the time. Go to survivorsabreast.com for a complete profile of Len.

VOLUNTEERS NEEDED

FOR THE
PETERBOROUGH DRAGON BOAT FESTIVAL SATURDAY JUNE 18,
2005

ARE YOU A STUDENT NEEDING VOLUNTEER HOURS OR SOMEONE WHO WANTS TO BE PART OF ONE OF THE BIGGEST, MOST SUCCESSFUL FUND RAISING EVENTS IN THE PETERBOROUGH AREA?

LAST YEAR THIS EVENT RAISED MORE THAN \$175,000 FOR THE BREAST ASSESSMENT CENTRE AT THE PETERBOROUGH REGIONAL HEALTH CENTRE AND \$16,000 FOR THE SURVIVORS ABREAST DRAGON BOAT TEAM TO PROMOTE BREAST CANCER AWARENESS.

WITHOUT VOLUNTEERS THIS EVENT COULD NOT TAKE PLACE.

SO VOLUNTEER TODAY!

Contact Marilyn Tudhope at 743-3930.

WHAT A GREAT FEELING KNOWING YOU MADE A DIFFERENCE!

FESTIVAL

MERCHANDISING AT THE ONE-STOP-DRAGON SHOP

On the day of the event, a variety of items will be available for your shopping pleasure including: long sleeve shirts with all team names listed on the back and special 5th year anniversary event T-shirts.

We're pleased to have **MARK'S WORK WEARHOUSE** back for a third year as merchandising supplier and bronze sponsor for the festival.

LOGO restriction is as follows:

Only the Dragon Boat Festival Merchandising Committee is allowed to order the official logo on a black OR purple T-shirt/background.

All proceeds from festival merchandise will go to the Breast Assessment Center at the Peterborough Regional Health Centre.

QUESTIONS AND ANSWERS

When is the festival?

Saturday, June 18, 2005 all day long!

Where will I park?

There is limited space right at the park but there is plenty of parking nearby in public parking lots. The festival offers a shuttle bus service, compliments of Coach Canada, from the Evinrude Centre (South side) on Monaghan Rd with stops at the King St. and Simcoe St. City Bus Depot parking lots on route to the park.

What will be available on-site?

- Plenty of food and refreshments for sale on-site during the festival.
- Free massage provided by the Kawartha Region Chapter of OMTA to team members.
- Bleachers near the T-warf for spectators
- Team pictures available to everyone as part of the registration fee.
- Free water from Price Chopper and juice from Minute Maid for the athletes.
- Merchandise at the One-Stop-Dragon-Shop.

How safe is a dragon boat?

Due to the size and design, dragon boats are very stable. This makes them suitable for participants of all levels. We will also have trained safety boats on the water with certified life guards aboard, and St John Ambulance in the park.

What are dragon boats made of?

Traditional dragon boats are constructed of wood, while newer boats are often made of fiberglass or a combination of both materials. We rent these boats from the Great White North in Toronto and they are delivered here with the paddles, drums, heads, tails for the boat and certified life jackets.

Can I wear my own life jacket?

Yes, as long as it is a M.O.T. and/or Canadian Coast Guard approved personal floating device.

Why do we need a drummer?

The drummer's job is to keep the beat of the stroke and encourage the paddlers to the finish line.

Will I get help with commands during the races?

A qualified, experienced steersperson will be provided the day of the races. You can ask your steersperson to help you with commands just before you enter the boat e.g. to call out the "finish" command.

Can we have the same coach for all races/practices?

Unfortunately, due to the logistics of having so many teams registered, we cannot guarantee teams the same coach for practices. We will ensure that all coaches are equally trained and follow the same routine for training and racing.

What about bad weather?

The festival (and practice sessions) will take place rain or shine. The coach, Len Minty, will make decisions about canceling practices or races if there is bad weather i.e. lightening.

Are there any awards?

Yes, there will be plaques awarded to the winning team in each division. Also, participants will receive ribbons in the afternoon races and medallions will be presented to the top overall team. A special prize will be presented to the winning team for the breast cancer survivor race.

Where does the pledge money go?

All money raised through the festival stays right here in Peterborough, \$75% of the revenue goes to the PRHC Breast Assessment Centre, and 25% for Survivors Abreast. **All pledge money** goes to the PRHC Breast Assessment Centre and all donations over \$25.00 will be receipted by the hospital. If you have not deposited your pledge money at one of the 3 branches of the Kawartha Credit Union prior to race day, please hand them in by 2:00 p.m. at the pledge tent.

Are there any prizes?

The person who collects the most pledges will receive a Kawartha canoe donated by Liftlock Fibreglass Fabrication. Second prize is a dragon boat festival paddle and a life jacket. The third and fourth prizes are: a 3-month membership at GoodLife Fitness Club and a festival golf shirt. Fifth prize is a festival golf shirt.

The team raising the most funds will have their team name on the memorial plaque in memory of Dr. Jaroszonek, which is displayed in the Peterborough Clinic.

Can you give me any strategies for raising pledges?

- Hold an office sale
- Organize a car wash
- Have an office casual day
- Put on a potluck luncheon for you co-workers
- Organize a bake sale
- Raffle a day off
- Get pledges from family and friends

How many practices does each team get?

The registration fee of \$700 includes one practice or \$800 for two practices during the designated training period

Why practice?

Team practices are designed for all participants to become familiar with some of the skills involved with dragon boat racing and to help make your team's experience more enjoyable. One of the goals of the festival is to promote team-building and wellness through the sport of dragon boating.

How long is each practice session?

Each practice session is 60 minutes long. You should arrive at least 15 minutes prior to your team's practice time. Your signed waivers should be handed in to Susan Miller at the Captains Meeting on May 5.

Where are the practices held?

The boats for practices are moored beside Brown Sea Base at the south end of Holiday Inn.

What should I wear and bring?

You should wear clothing that does not constrict your movement. Sweat pants, sweat shirts, T-shirts, and shorts are examples of suitable clothing. Bear in mind that practices take place in the evenings. It is cool or windy, a nylon windbreaker would be useful. You are likely to get wet so a towel and change of clothes are a good addition to your bag. There is no designated place to change clothes.

Who can we contact for more information?

General information:	John Gullick/Chair 295-2867 Margie Lightbody/Vice-Chair 745-4448
Registration:	Susan Miller 743-9253
Practices or races:	Len Minty 876-1159
Pledges:	Laurie Miller 745-7005
Promotions/marketing:	Carol Mutton 292-0015
Volunteers:	Marilyn Tudhope 743-3930
Merchandising:	Bernice Cote & Shirley Welch 742-5524
Land/Parking:	Jim Hobson 741-2006
Team Photos:	Mike Fisher 799-5496
Sponsors:	Founder, Meredith Cosburn 745-8422
President Survivors Abreast:	Barb Fisher 799-5496
Treasurer:	Barb Fisher 799-5496
Signage:	Heather/Gord Wilson 705-793-1715
Awards:	Pat Stiver 741-5955
Food:	Evelyn Johnson 741-2699 and Edith Lacey
Administration:	Shirley Welch 742-5524

CONGRATULATIONS FESTIVAL 2004!

FESTIVAL PROCEEDS

Total raised \$196,706.78 (pledges and revenue)

- Portion donated to the PRHC \$175,123.57 (pledges and revenue).
- Portion to Survivors Abreast \$16,583.21 (revenue)
- Hold over for Festival 2005 \$5,000 (revenue)

WINNING TEAMS

Mixed Division

1. Dragon Flyers/downtown division 1:40.20

2. The Skinny Dippers/community division 1:45.71.
3. The TAS Griffins/education division 1:46.40,
4. Healing Hands/medical division 1:48.97
5. Price Chopper/sponsor division 1:50.87
6. Cavan Bog Buccaneers/business division 1:53.13.

Ladies Division

1. Twohey's Titans—1:52.37
2. Hot Baguettes third—1:54.03
3. Dental Dragon—1:53.30
4. Dragon Queens—1:54.98
5. Dragon 'R Butts—1:57.37
6. PPP Pistillites—1:57.77.

Breast Cancer Survivor Race

1. Knot A Breast— Hamilton—1:53.76.
2. Survivors Abreast— 2:01.68.
3. Chestmates —Kingston— 2:03.20

PLEDGE WINNERS

Winning Teams

1. Dave and The Purnauts—\$7,578. The team name is engraved on a special plaque in memory of Dr. Jaroszonek and is displayed at the Peterborough Clinic.
2. GE Motor Maniacs team— \$7,226
3. Survivors Abreast team— \$6,758
4. Team Synergy— \$5263.44 and
5. GM Buick Dragons— \$3,788.05.

Individual Winners

1. Dave Nicholls, Dave & The Purnauts raised \$5384 & won a Kawartha Canoe donated by Liftlock Fibreglass Fabrication & 6-month membership at GoodLife Fitness Club, Chemong Rd.
2. Heather Angione, Team Synergy—\$1,690 won a 6-month membership to GoodLife Fitness Club, Chemong Road.
3. Shawn Wilson, Price Chopper—\$1,664.63.
4. Anne Munroe, Annie's Oars—\$1562,
5. Diane Benson, Survivors Abreast—\$1,215