

DRAGON BOAT INTERNATIONAL

The Newsletter of the International Dragon Boat Federation

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This Issue: Updates on Macau and Amsterdam - Dragons from East and West - Members News

The World Governing Authority for Dragon Boat Sport

國際龍舟聯合會

INTERNATIONAL DRAGON BOAT FEDERATION

Member of SPORTACCORD - the General Association of International Sports Federations

www.idbf.org



THE IDBF DRAGON SPREADS – PICTURE GALLERY FROM NORTH TO SOUTH !

Paddle sports received huge recognition as a result of being an integral leg of the final day of the 2010 Vancouver Olympic Torch Relay. The torch arrived at Granville Island, Vancouver on 12th Feb 2010 and was transported across False Creek first by dragon boat and then by a traditional style voyageur canoe. This was the perfect water venue for the torch relay as False Creek is home to many local paddling clubs, including the False Creek Dragon Boat Team – Gold Medalists at the 2006 CCWC in the Premier Open 500m Championship. *By Ben Lee.*

IDBF Boat Manufacturer Buk's Olympic Flame Boat, False Creek, Vancouver.



Dragon Boat Racing – Ghana style.

A warm Welcome to our new IDBF Member.

Racing in Ada-Foah, down Accra way – Trad Boats become Dragon Boats - see also separate article.



Senegal, M’Bao – Senegal joins the world wide IDBF Dragon Boat Family.

Trad Boats at rest and racing as the crews demonstrate their paddling skills ready for the first IDBF Dragon Boats to arrive later in 2010. (BTW this Titanic did not sink on this occasion !!)



New Zealand – Jan 2010

First time out - United Crew in their small IDBF Dragon Boat



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Visit our Web Site a Warm Welcome Assured



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YOUR SPORT NEEDS YOU !! SIGN UP FOR THE IDBF PATRON'S CLUB

In any sport and especially the non-Olympic Sports finding sponsors and raising finance to fund the running and development of the sport is always hard and never ending. Dragon Boating as a modern sport and the IDBF have always faced this fundamental fact of sporting life and have constantly looked for ways of financing the development of the sport, particularly in Countries new to Dragon Boating and its culture. In general Dragon Boat Sport and certainly the IDBF, is an entirely a self funding operation and therefore we tend to look within the Dragon Boat Family for support for new projects and that is what the IDBF is doing right now by starting an IDBF Patron's Club designed to raise funds, specifically for the development of the sport in new Countries and Territories.

The **IDBF Patrons' Club** is open to people and business based organisations (Corporate) who wish to support the IDBF by raising money specifically to help new and developing Countries enter the sport of Dragon Boat Racing and take part in IDBF International competitions. All surplus funds from Membership or sponsors, after the deduction of running costs, will go to the IDBF Development Fund specifically for the provision of Dragon Boats and Equipment.

At the moment the IDBF has Dragon Boats donated by our Boat Manufacturers but not the funds to cover the shipping costs to send them to places like Uganda, Senegal, Ghana, Chile, Costa Rica, Moldova and other Countries, who want to start Dragon Boating but don't have the equipment or finance or both, to start out great sport in their own areas. To cover such costs would be the first fund raising task of the IDBF Patron's Club.

But the IDBF is not asking you for "something for nothing". Up until now the IDBF Newsletter, Dragon Boat International has been produced as a PDF but from this year it will also be published in hard copy for PC Members - with the PDF being sent out as an abridged version. All IDBF Patrons' Club Members will receive **as part of their Membership:-**

- * **A hard copy of every issue of DBI, currently published four times a year.**
- * **Free accreditation at IDBF World Championship Regattas (worth USD 10.00).**
- * **VIP Status and treatment at IDBF World Championship Regattas.**
- * **Discounted subscription to Dragon Boat World International Magazine.**
- * **Discounts on other publications and services offered by or through the IDBF.**
- * **A Certificate of Patronage.**

The annual membership fee for the IDBF Patrons Club will be USD 49.00 per person (Euro 35) and if you want to receive Dragon Boat World Magazine too, then just add USD 20.00 for a year's subscription and send a total of USD 69.00 (Euro 50.00) with your Patrons' Club Application Form. All surplus funds from Membership Fees, after the deduction of DBI production costs, will go to the IDBF Development Fund for the provision of Dragon Boats and Equipment.

In addition to individual membership, there will also be a Corporate Membership package for businesses that would like to support the development of the sport.

If you would like to become a Patron's Club Member or are interested in Corporate Membership, then drop an email to the IDBF Treasurer at dacogswell@aol.com and you will be sent an Membership Application Form or details of the Corporate package.

By the way - if you would like to receive a hard copy of DBI but don't want to join the IDBF Patron's Club, then the annual subscription will be USD 28.00.(Euro 20.00). Email mikehaslam@aol.com for a subscription form.

Patron's Club thanks go to Buk, Champion, Plastex and Swift; IDBF Dragon Boat manufacturers who have contributed development boats for Cyprus, Ghana, Senegal and Uganda. Now all we have to do is raise the USD 12,000 needed to cover the cost of shipping the boats to these Countries !

Charity they say begins at home, so make your charity the IDBF Patron's Club and make a contribution to the development of YOUR SPORT.

DATELINE MACAU - 7th WORLD CLUB CREW CHAMPIONSHIPS - 28 JULY to 1 AUGUST 2010

Provisional Entries have been received for the 7th Club Crew World Championships (CCWC) from over 200 Crews from Australia, Canada, Czech Republic, China, Germany, Great Britain, Hong Kong, Hungary, Japan, Malaysia, Macau, New Zealand, Philippines, Russia, Singapore, Trinidad, UAE, Ukraine and USA.

Possible entries have also been indicated from Cyprus, France, India, Indonesia, Iran and Thailand. It is estimated that the total number of athletes who are likely to compete in the event will be around 4,500. **So with five months to go, now is the time for you to confirm your intention to compete in Macau 2010, the 7th IDBF CCWC.**

Macau 2010, supported by the Macau Sports Development Board, will be held at the Nam Van Lake Nautical Centre, Macao S.A.R. China from Wednesday, 28 July through Sunday, 1 August, 2010. The Opening ceremony will take place on the evening of 28 July 10. To see the course go to www.macau2010ccwc.com. Wed 28th July, will be the reserve racing day in the event that the number of crews necessitates an extra day's racing.

Crews are advised to arrive in Macao no later than Tues 27 July 10 but crews arriving earlier will be catered for.

Dragon Boat & Paddles – IDBF Specification dragon boats will be provided for the Championships. Crews are informed that only IDBF Spec 202a Racing paddles will be permitted in the CCWC.

Championships Format. The Championship Divisions, Racing and Competition Classes that will be contested in both the **Standard and Small Boat Races**, are listed below, provided that sufficient entries are received for each competition class. Classes may be combined.

- Standard Boat (22 Racers)** (Mixed Crews = min of 8 and max of 12 female paddlers)
- Small Boat (12 Racers)** (Mixed Crews = min of 4 and max of 6 female paddlers)

The Small Boat Races are aimed at new Crews or older Clubs with a small number of available paddlers in a Racing Class. A Club can enter the Standard or Small Boat Races or both but the Small Boat paddlers all have to be different paddlers from those in any of the Standard boat crews. A Club cannot enter a Standard and Small Boat crew in the same Championship Division. (Championship Divisions are Premier, Senior, Junior and U23s) and the double rostering of paddlers between any Divisions is discouraged.

A minimum of six entries from different IDBF Member Associations or Non-Member Dragon Boat Associations are required per competition class for World Championship status, while at least three entries per competition class are required to qualify for IDBF championship status. **Each Country or Territory may enter 5 different crews (one per Club), per Competition class. Note: There are 200m and 500m races for the Small Boats but no 2000m competitions.**

Category	Premier Division	Senior A Division	Grand Dragons-Snr B	Juniors A & B	Under 23s
Open	200, 500, 2000m	200, 500, 2000m	200, 500, 2000m	200, 500, 2000m	200, 500, 2000m
Mixed	200, 500, 2000m	200, 500, 2000m	200, 500, 2000m	200, 500, 2000m	200, 500, 2000m
Women	200, 500, 2000m	200, 500, 2000m	200, 500, 2000m	200, 500, 2000m	200, 500, 2000m

- Age Regulations:- (1) Seniors: A** - Over 40; **Senior B** (Grand Dragons): over 50 as of 31 May 2010.
- (2) Junior: A** - Under 18 but 12 or over; **Junior B** Under 16 but 12 or over as 31 December 2009.
- (3) Under 23s** - Under 23 but 18 or over as at 31 December 2009. 6 crew members may be U18 – for the Small Boat 3.

CANCER SURVIVORS Division. This CCWC will see the introduction of a new Cancer Survivors Division. BCS Crews and All Cancer Survivors Crews (ACS) will race in the Cancer Survivors Division, with Championship Medals.

All entries are to be sent to IDBF directly at ccwcentry@idbf.org with all administrative information and returns going to the Macao 2010 Organizing Committee at abdmc2000@gmail.com

Official Hotels and Transport. A list of Official Hotels are shown in the CCWC Web sites at www.idbfworldchamps.com as are the transport arrangements and costs for accommodation, lunches and transport during the Championships. All bookings for the Official Hotels is to be done through the Macau 2010 Official Travel Agent accommodationccwc@grayline.com.mo or fax to + 853 - 28331 155. The Package includes Accommodation on a twin sharing basis unless otherwise stated, with daily breakfast and Bus transportation from Macau Airport, Terminal and Macau-China Border Gate to Official Hotels on the day of arrival and from Official Hotels to Airport, Terminal, and Border Gate on the day of departure for crew and their guests.

The Official package does not include transport to and from the Regatta Course or transport to the Celebration Dinner for which there is not a charge to competing crews, neither is there an Administration Fee for this CCWC but all participants will be required to pay an IDBF Registration Fee of USD 10.00, per, person, payable with a crews Named Entry in June 2010.

Crew History & Training – Each Club Crew will be asked to provide a brief description (100 words) of the crew, for inclusion in the Championship's Programme and Crew training sessions will be available at the race venue from Sunday 25 July 2010.

DEADLINES FOR ENTRIES AND FEES

Confirmed Entry and deposit Non-refundable deposit of USD200.00, per crew, towards accommodation costs.	03 May 2010
20% of accommodation costs – for the relevant Hotel.	07 June 2010
Named Entry and IDBF Registration Fees (USD10.00, per participant)	28 June 2010
Balance of accommodation costs – for the relevant Hotel	

EDITORIAL- 2009 WAS GREAT BUT 2010 IS SET TO BE EVEN GREATER - by Mike Haslam.



WELCOME, as always to DBI, the Official newsletter of the IDBF brought to you in PDF format and for members of the IDBF Patron's Club also in hard copy, together with a copy of Dragon Boat World International.

What a great year for our sport 2009 was, with IDBF Membership continuing to rise and with two hugely successful Championships, the European Club Crews in Budapest and the World Nations Championships in Prague, which between them attracting over 4500 athletes from 27 different IDBF Members. That was good but 2010 is set to break all records with four Championships Regattas during the year, starting with the Asian Nations Champs in April, then the Club Crew Worlds in Macau at the end of July, followed by the European Nations Champs in Amsterdam in mid August and last but certainly no means least, the Asian Games Dragon Boat Races in Guangzhou, China, in November.

When you add to this feast of top class racing the other 140 plus dragon boat races shown in the IDBF Calendar of Members and Affiliate's events, happening on all five Continents, then you have a sport that is still developing fast and certainly going places.

Sadly, the year started with the tragic news from Penang that young lives had been lost when a dragon boat crew of students capsized in the harbour, at the end of a training session, when their boat hit some large waves made by a passing vessel. Our thoughts and condolences go out to the parents, relatives and friends of those who were lost.

The Winter Olympic Games is not exactly the place you would expect to see a Dragon Boat but a flotilla of Dragon Boats took part in the Olympic Torch Relay, with the lead boat carrying the Olympic Flame and passing it over to a Voyager Canoe. All the paddlers were from the False Creek Canoe Racing & Dragon Boat Club. False Creek were the 2006 Premier Open 500m Club Crew World Champions and carrying the Olympic Flame is starting to become a Dragon Boat Tradition. A Hong Kong DBA crew carried the Flame across the Harbour in 2008. What price a hat trick at the 2012 London Olympics? After all Lord Coe, the Chairman of the London 2012 Organising Committee, is the Patron of the British Dragon Boat Racing Association.

LEGACY IS THE STORY FOR 2012, SAYS COE - Guardian Newspaper, London.



Photograph: Richard Saker

Sebastian Coe has defended efforts to secure a sports participation legacy from the London 2012 Olympics but warned more needed to be done to "tell the story in a coherent way".

Coe's vision for an Olympics that could help inspire a generation of young people helped win the 2012 Games – of which he is chairman – for London and the UK government subsequently promised to get two million more people doing sport or taking part in more physical activity by 2013.

The most recent figures from Sport England, which is investing £480m in grassroots sport over the next four years, show that only three sports had recorded an increase in participation in the past year. The government has argued the investment needs time to take effect.

Coe said - "The legacy from sports participation is a better story than is currently being told. My concern for some time is that we are not collating that narrative as well as we could be.

My experience of travelling widely throughout schools in the UK is that national governing bodies, local education authorities and agencies have risen to this challenge. I hope we are properly gathering the information that will enable us to tell the story in a coherent way come 2012."

But Coe also made clear that it was not the organising committee's job to drive increased sports participation, despite the fact he is personally closely associated with the promises he made in Singapore in 2005.

"It is deep in my DNA to want to see more people play sport at the end of this process and, if you're pressing me, that's why I went to Singapore. **Seb Coe is also the Patron of the British Dragon Boat Racing Association**

BOOK REVIEW - "Dragons in the Water" - J.H Wear

Not the usual book about Dragon Boating this one but a fictional story, of love, intrigue and mystery, set in the wilder parts of Canada and centred around a Dragon Boat Crew competing in its first race of the season.

"When Harry accepted an invitation to join a dragon boat racing team by the eccentric Sheldon, he was plunged into the world of paddling, festivals and romance. But with Sheldon there is always a mystery and unknown forces involved as well" - so says the introduction to the book and so it proves to be! For committed Dragon Boaters the book's main theme brings back memories of those first times in a boat and the commitment to the sport that it brings. For the non-committed, the relationship between the two main characters; Harry's love life and the underlying mystery of Sheldon's past and the mysteries to come, keep the reader's interest going, until the whys and wherefores of the story's paranormal conclusions are revealed!! But that's for you to find out!! **Dragons in the Water - Published by Midnight Showcase Fiction USA - ISSN 1555 - 5488 Vol.210-06SE**



Ten Years after Creation, World Anti-Doping Agency Calls for Renewed Commitment to Protect Sport's Integrity

Montreal – Exactly ten years after the creation of the World Anti-Doping Agency (WADA) on November 10, 1999, WADA's President John Fahey emphasized today the impact the Agency has had on the protection of clean sport and called on all parties involved in the fight against doping in sport to further enhance their efforts.

"There is no doubt that the fight against doping in sport has experienced a sea-change under WADA's leadership and guidance," said Mr Fahey.

"As the independent international organization responsible for promoting, coordinating and monitoring the global fight, WADA has made a significant difference in the protection of athletic integrity and has offered athletes good reasons to believe in the future of sport."

WADA's Director General David Howman highlighted a number of areas where the Agency's role has been instrumental.

"All over the world, awareness is much higher today than it was ten years ago," he said. "Using a comprehensive approach to the issue of doping,

WADA has continuously enhanced activities in areas such as education, athlete outreach, scientific research, harmonization and independent monitoring of anti-doping activities, development of capacities in underserved regions, and innovations through partnerships inside and outside of the anti-doping community.

Global anti-doping efforts in general have become smarter and much more sophisticated with experience."

However President Fahey cautioned that these achievements are just the beginning. "To succeed in our common quest to rid sport of doping, all those involved – athletes, the sport movement, governments, and others – must continue to constantly increase their efforts," he said.

"We need to continue to act with determination and resolve. We need to continue to be innovative. Most importantly, we need to further step up education efforts in order to change mentalities and ensure that incentives for athletes to compete clean are stronger than incentives to cheat."

WADA was constituted as a Swiss private law foundation on November 10, 1999. The Agency held an initial Foundation Board Meeting on January 13, 2000, followed by a first full Board Meeting on March 22, 2000.

To mark WADA's anniversary, the Government of Sweden has offered to contribute to the hosting of WADA's annual end-of-the-year Executive Committee and Foundation Board Meetings on December 1-2 in Stockholm. Journalists who wish to attend the December 2 Foundation Board Meeting and the subsequent press conference can request accreditation prior to November 16 2009.

In addition, WADA has published a "Special Tenth Anniversary Issue" of its Play True Magazine. This issue highlights some of WADA's most significant accomplishments and presents ideas for the way forward. It includes testimonials from athletes and other key actors in the fight against doping in sport.

The new electronic version of Play True includes additional video clip messages from WADA's President, Director General and other personalities.

18 NEW IDBF RACE OFFICIALS PASS MUSTER IN SINGAPORE – JANUARY 2010

Following a weekend course of induction and assessment, run by Mike Thomas , Chairman of the IDBF Competition & Technical Commission, 18 members of the Singapore Dragon Boat Association (SDBA) were successful in obtaining their IDBF International Race Officials Certificate (Grade 1). Mike Haslam, IDBF EP helped to staff the course, on 30/31 January 2010, which was hosted by the SDBA and organised by SDBA Sec- Gen, Lim Wee Kok. The number of IDBF Race Officials around the world now exceeds 200, of which more than 90 have applied for the 30 International Officials posts at the Macau 2010 Club Crew World Champs.

GHANA GOVT PLEDGES SUPPORT FOR DRAGON BOAT RACING Ghana News - Thursday, 18 March 2010

Both residents and visitors of Ada in the Dangme East District of the Greater Accra Region, were thrilled by a fascinating boat racing competition held last week. Education Minister, Alex Tettey-Enyo, who witnessed the races described the maiden edition of the competition as God-sent.

According to him the competition will greatly boost the development of Water Sport and Tourism in Ada and Ghana in general. He believes the sport will contribute positively to the economic and social upliftment of the country.



The event was organized by the International Dragon Boat Federation (IDBF) as part of Ghana's 53rd Independence Anniversary celebrations, held on the 6th March 2010.

According to the Minister who is also the Member of Parliament for Ada, government will involve other relevant ministries such as Youth and Sports and Tourism to develop both Dragon Boat and Traditional Boating as a regular event, as this would contribute greatly to the development of non-traditional Sports in Ghana, the Education Minister said.

Hundreds of people drawn from Greater Accra and the Volta Region attended the function, with participants drawn from the two regions.

It also brought together top officials from the National Sports Council, Ministry of Tourism and Executive President of the International Dragon Boats Federation, Mike Haslam, who is based in the UK. He was accompanied by Bryan Hartley, from the IDBF Competition & Technical Committee.

District Chief Executive for Ada, Rex Dan Wussah told the hundreds of spectators that boat racing is not new in the area, even though its popularity has been falling lately. "It's a traditional culture passed down by our great grand fathers and sustained over time," he said.

Traditional Sport

(Photo: L to R. DCE Rex Dan Wussah: Minister Alex Tettey-Enyo: IDBF EP Mike Haslam)

Mr Wussah welcome the efforts by IDBF and the Ghana Dragon Boats Federation to develop the sport in the Dangme East District and pledged the Assembly's support in that direction.

After watching the competition, Mike Haslam, the Executive President of the International Dragon Boat Federation, observed that Ghana had a great potential to compete equally on the International stage.



He said, with the needed support the country could win great laurels at major international competitions. "With what I've seen here I think Ghana has strong youths who can compete and win laurels for the country on the international stage," he added.

Ada-Foah Estuary Stars won the male competition covering 500 metres in 2 minutes, 11 seconds with Akplabanya and Azizanya Stars coming second and third respectively. Ga Mashie came fourth, Black Eagles from Ada-Foah came fifth and Keta Lions' Heart was 6th. Ten teams competed in the male category.

Oz Murray River Race

A warm hello from Australia. How good is this to have a family so big and spread all across the world?

How tough are dragon boat paddlers? Jenny and I have just been involved for the 40th year at the cutting edge of a 404km canoe race on Australia's Murray River. Dragon boaters have talked about entering for ages but it took 10 paddlers and their helm in a 400kg boat (the worst dragon boat I have ever seen) to actually get on and do it.

These girls are all breast cancer survivors and they almost made it, having just dipped out on completing the 96km 'Day 2' of this five day event. They just missed the cut off time at the last check point with about 25km to go. They finished each of the other 4 days. It's flat water all the way with no portages and no fast water. The event has attracted over 1000 competitors from time to time. You could paddle K1, K2 or even K4 ..full distance or relay but how about a dragon boat for a challenge.

The event has been organised by Australian Red Cross since 1969 (we missed the first one) but has now been handed over to the YMCA. I am the friendly voice that wakes the camp just after dawn each morning with Cat Stevens, "Morning has Broken" .. they call me rude names ...but you wouldn't want to miss your start. Email us for more information or go to **YMCA Murray Marathon**. It's a fantastic event on a magnificent, unspoiled river.

Jonathan and Jenny Mayne

2010 IDBF EXECUTIVE COMMITTEE and COUNCIL - KNOW WHO YOUR REPRESENTATIVES ARE

Following the elections at the 2009 Members Congress, the IDBF welcomed new members to the IDBF Council. So to keep you up to date here is the list of your representatives on the IDBF Executive & Council and those who speak for Dragon Boat Sport with other sports federations and multi sport organisations such as SportAccord (GAISF) and the IOC. The next elections for Council Members will be in Tampa during the 2011 World Champs.

IDBF EXECUTIVE COMMITTEE: 执行委员会

Executive President: 执行主席及理事会主席 Mike **HASLAM** (Gbr) 英国
(Chairman of Executive & Council)

President and Chairman of Congress 主席及代表大会主席 Madam **XIAO** Min (Chn) 中国

Vice-Presidents: Senior 第一副主席 Mason **HUNG** (Hkg) 香港
Second 第二副主席 Bob **MORRO** (Usa) 美国
Third 第三副主席 Claudio **SCHERMI** (Ita) 意大利
Fourth 第四副主席 Ahmad **DONYAMALI** (Irn) 伊朗

Secretary-General 秘书长 HU Jianguo (Chn) 中国
Treasurer 司库 David **COGSWELL** (Gbr) 英国

COUNCIL MEMBERS: 理事会成员

Commissions' Chair Holders 国际龙联各委员会主席

Competition & Technical 竞赛和技术委员会 Mike **THOMAS** (Gbr) 英国
C&TC Vice Chairman 主席 (Mac) 澳门
Divisional Organisation (IBCPC) Michelle **HANTON** (Aus) 澳洲

Marketing & Media 推广和媒体委员会 Sharifa **KHAN** (Can) 加拿大
Medical & Sports Science 体育医学和体育科学委员会 Prof Bob **McNAMARA** (Usa) 美国
Protocol, Culture & Heritage XU Jusheng (Chn) 中国

Continental Representatives 洲际及区域代表

Asian Dragon Boat Federation (ADBF) 亚洲龙舟联合 (亚洲龙联) Madam **XIAO** Min (Chn) 中国
European Dragon Boat Federation (EDBF) 欧洲龙舟联合会 (欧洲龙联) Alan **van CAUBERGH** (Nld) 荷兰
Bartosz **WISNIEWSKI** (Pol) 波兰
Oceania Dragon Boat Federation (ODBF) Kel **WATT** (Aus) 澳大利亚

Regional Representatives 区域代表代表洲际联合会尚未成立的地区如北美、南非及澳洲等

* Regional Representatives are appointed when a Continental Federation has not yet been established

*North America (NOA) * 北美 Ginny **O'HARE** (Usa) 美国
*Southern Africa (SOA) * 南非 Pam **NEWBY** (Rsa) 南非

Development Panel Rep & Chair of PADBF Steering Committee. Mike **KERKMANN** (Can) 加拿大
Commonwealth Federation Rep Hon **LIM** Chien Aun (Mal) 马来西亚

Hon Legal Advisers Asia John **EDWARDS** (Sng) 香港
Europe Manfred **RUSS** (Ger) ??

国龙联合会秘书处工作人员**IDBF Secretarial Staff**

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Administrative Staff **Provided by CDBA**
Secretary to Executive President **Miss Hallie YIN** (China)

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AMSTERDAM:**9TH EUROPEAN NATIONS CHAMPS****13/15 AUGUST 2010. "Paddlers for Paddlers"**

The organization for the 9th European Nations Championship is on schedule. The website is getting lots of visits, extra possibilities for hotels are being arranged, and **both information bulletins and entry forms are online at www.enc2010.nl**

We have already received provisional entry forms from Gt Britain, the Czech Republic; Ukraine. Switzerland, Russia and Germany.

On our website is a video of the 2009 Nations Cup held on the Bosbaan. This is just to give you an idea how our beautiful racing venue will look like with dragon boats on the water!



LOCATION: Amsterdam is the capital of the Netherlands and situated in the centre of Europe! It can be easily reached by car, train or plane. Schiphol Airport is about 30 minutes away by road.

COMPETITION FORMAT: The ENC will be conducted under the IDBF Competition Regulations and IDBF Rules of Racing by appointed IDBF International Race Officials and NDBF National Officials, under the direction of an IDBF-appointed Chief Official and with a jury nominated by the EDBF Board.

CLASSES and DISTANCES: Races will be held for the following Racing Classes:

Premier: Open/ Mixed/ Women over 200m, 500m and 2000m (1 entry, per Competition Class, per country)
Senior: Open/ Mixed/ Women over 200m, 500m and 2000m (1 entry, per Competition Class, per country)
Junior A/B/C & under 23: Open/ Mixed/ Women over 200m, 500m and 2000m (1 entry, per Competition Class, per country)
Grand Dragons: Open/ Mixed/ Women over 200m, 500m and 2000m (1 entry, per Competition Class, per country)

BOATS AND EQUIPMENT: Up to 18 boats will be provided by the championships organizers. Competing crews are not allowed to bring their own boats. Crews are expected to bring their own paddles provided they conform to the IDBF Paddle Specification 202a.

CHAMPIONSHIPS PROGRAMME:

Thursday 12th August	9.00 - 10.00	Race officials meeting
	11.00 - 16.00	EDBF Annual General Assembly
	9.00 - 15.00	Practice sessions for crews.
	18.00 - 20.00	Opening ceremony
Friday 13th August	9.00 - 10.00	Crew leaders meeting
	14.00 - 18.00	2000 metres - all classes
Saturday 14th August	8.00 - 19.00	200 metres - all classes
Sunday 15th August	8.00 - 17.00	500 metres - all classes
	18.30 - 01.00	Paddlers for Paddlers party



The above programme is provisional and subject to alteration and final confirmation from the EDBF.

COMPETITION FORMAT: The ENC will be conducted under the IDBF Competition Regulations and IDBF Rules of Racing by appointed IDBF International Race Officials and NDBF National Officials, under the direction of an IDBF-appointed Chief Official and with a Jury nominated by the EDBF Executive Board.

REGATTA COURSE: The Bosbaan Regatta course and technical facilities are to EDBF standards, with the exception that the overall depth is a flat 2.5 meters. This was discussed and approved unanimously in the EDBF AGA in 2008. There will be SIX Racing Lanes, with a width of at least 13.5 meter per lane. There will be photo-finish equipment to 1/1000 second accuracy.

PERSONAL SAFETY: Crew members must be water-confident but ideally be able to swim at least 50 meters. It is the crew manager's responsibility to ensure that known weak swimmers wear personal flotation aids. Crews compete entirely at their own risk and must be 'Fit to Race', as defined in the IDBF Regulations

DEADLINES:

Numerative Entries & administrative fee deposits of 500.00 euro per national team –
 Named Entries and remaining fee balances including EDBF Registration Fee of Euro 5 per person –

1 May 2010
1 July 2010

CULTURAL CORNER - Dragons Abound in both East and West



At Summer Palace in Beijing

The dragon boat festival is an ancient and revered Chinese tradition which recently received recognition as a special historical and cultural celebration by being added to the UNESCO World Heritage List.

The existence of dragon boats is traced back to over 5000 years ago when they were used in springtime ceremonies to please the highest being in Chinese mythology, the dragon. These ceremonies were held to entreat the dragon to bring about good fortune, strong health and a bountiful harvest.

Much later, about 2300 years ago during the period of the Warring States, the beloved statesman and poet Qu Yuan was betrayed and drowned himself in agony in the Mi Lo River in today's Hunan Province. When the people heard about it, they rushed out on boats to either rescue Qu Yuan or to at least save his corpse from being eaten by

the fish. To scare away the fish, the people made noise by hitting drums and the like. In addition, they threw rice into the water to distract the fish from Qu Yuan's body. This legend is told with many variations, but all center on the historical events of Qu Yuan's death. Only after his passing did dragon boats develop into annual festival races to commemorate this event, and eventually into what is now a sport that has spread worldwide in the past 30 years.

In promoting the sport, the International Dragon Boat Federation (IDBF) stands as the keeper of this Chinese tradition. That is one reason why the IDBF specifies a very specific hull shape that is not to be changed. The IDBF also stipulates that when a dragon boat is raced, it must include a dragon head, a dragon tail and a drum, which must be actively used during the race.

But with dragon boating gaining popularity all over the world, into countries and cultures beyond China and Asia, new interpretations are emerging about what a dragon should look like and how the dragon should be honored.

The most obvious variations become apparent when Western teams sculpt their own dragon heads and tails for their boats. In a number of cases, Chinese paddlers and spectators see these western dragons as aggressive and even, in some instances, inappropriate.

But the Western teams are often stunned by this kind of reaction to their well-meaning efforts to embrace the colorful traditions and symbols in dragon boat racing. Just imagine a man buys an expensive and valuable ring for his girlfriend just to learn she doesn't like it at all!

Perhaps we could simply tell both sides to just be more tolerant of each other's views as a way to help develop deep and mutual understanding? Since we are all members of the growing family of dragon boaters, I think we owe it to ourselves to at least attempt to explain both sides.

One root of the misunderstanding can be found in the fact that most Chinese believe dragons are pure Chinese beings. For the Chinese and East-Asians, dragons represent positive characteristics like good luck and fertility. They are also viewed as superior, god-like beings with imperial powers. There are the big dragons of the East, West, South and North, while other dragons are from places like the seas, waters, lands, and mountains.



What most Chinese don't know are the dragons of other cultures. I lived for almost 13 years in Hong Kong and my wife is Chinese. When we recently moved from Hong Kong to Germany, my wife was astounded to find that the area where we now live is even named "Dragonsland" (Drachenfelsen Ländchen). The coat of armor for our community is a white dragon on a blue background. Just across the River Rhine, there is a mountain with the ruins of an old fortress at its peak. The mountain is named "Dragon's Rock" (Drachenfels). Climbing up the mountain you'll come across a small exhibition hall named the "Niebelungenhalle." Inside it features the cave of the dragon Fafnir, who was defeated and killed by the sword of Siegfried.

The legend, of which again many different versions are available, tells that Siegfried was born the son of a king who was involved in a difficult war. To protect his son, the King abandoned the baby in a basket to the currents of the River Rhine. A smith, living in the forests of another kingdom downstream found the child and raised him as his own. Siegfried grew strong and tall with blond hair and blue eyes. He learned how to make swords and forged his own spectacular sword.

Soon after this, Siegfried left to go to the city. Here he was told that the kingdom was being threatened by a dragon, who settled down in a cave of a mountain nearby. The dragon was eating away all cattle and sheep and with his breath of fire, was destroying the harvest in the fields. The King and his army moved out to hunt the dragon, but the King barely survived after being heavily wounded, while his army was badly defeated by the dragon.

Siegfried, who meanwhile had fallen in love with the King's daughter set off to fight the dragon all alone. Siegfried is said to have killed Fafnir at the location now known as Dragon's Rock. Siegfried returned in glory to the city. He had rid the kingdom of a frightful dragon. He married the princess and eventually became the King himself.

This legend is considered one of the most important Germanic parables and is well known throughout the Northern European countries. Of course my wife told the story to our family and friends in Hong Kong. Without exception, everyone was completely surprised to learn of mythical European dragons. All of them had considered dragons to be exclusively Chinese and were not aware of dragons outside of Asian mythology.

In fact dragons appear throughout the history of numerous cultures. One of the oldest dragons known is the Babylonian Marduk, who is shown on tiles dating back into the second millennium BC.



On a housewall in Macau



In a cave at Drachenfels near Bonn / Germany



Engraving by Matthäus Merian: Drachenfels at 1646



Drachenfels nowadays



Siegfried slays Fafner
by Arthur Rackham 1867-1930

Dragons are also mentioned in Old Testament of the Bible and appear in ancient South American cultures. The ancient Greeks, followed by the Romans, had dragons placed in their coats of armor and on flags. The word "dragon" comes from the Greek draco.

All dragons share the trait of being a mixture of various animals. They are primarily based on snakes with legs and claws of an eagle or even a tiger, but there are many varieties depending on where the myth developed.

Most modern day Western dragons are based on ideas that were solidified during the Middle Ages, which was also the time when dragons appeared in more cultures than ever before. A good example is the Celtic Red Dragon to be seen on the Welsh flag and stands in the centre of Welsh culture. There are speculations that this dragon finds its origins in the Sarmatian-influenced Draco standards carried by the late Roman cavalry and of course St George the Patron Saint of England also slew his fire breathing Dragon and rescued the fair damsel in distress.

George was reputedly a brave Roman soldier who protested against the Romans' torture of Christians and died for his beliefs. The popularity of St George in England stems from the time of the early Crusades when his emblem, a red cross on a white background, was adopted by Richard The Lion Heart and brought to England in the 12th century. The king's soldiers wore it on their tunics to avoid confusion in battle.

One of the best-known stories about Saint George is his fight with a dragon. But it is highly unlikely that he ever fought a dragon, and even more unlikely that he ever actually visited England. Despite this, St George is known throughout the world as the dragon-slaying patron saint of England. (Ed: Could Siegfried and George be one and the same man? Now there's a thought!!)

A big difference between the Dragons of the East and West can be found in the different types of Chinese dragons, which are most certainly among the oldest ones and the "rest of the world" dragons. Chinese dragons stand for positive, friendly and protective features, while the others mainly represent chaos, evil and greed. Western dragons have wings, Chinese dragons don't. All dragons have superior powers, however.

The Chinese have brought us this wonderful traditional sport. The challenge for them is to at least understand and tolerate it when new IDBF Members try to bring their own dragons to our sport. The challenge for the rest of us is to understand and honour the Chinese Dragon by explaining the cultural difference to new Dragon Boaters and to display the Chinese Dragon's head on our own Dragon Boats as a mark of cultural respect.

We could fill an entire book with more information about dragons. But that's not the point of this article. My intention was simply to briefly show that many different cultures have their own dragons. Therefore it's not surprising to find that groups now being introduced to dragon boating find it only natural to interpret the look and nature of the dragon in a way that is consistent with their own culture and that need not be a problem at local festival level.

Even if these Western dragons have features that seem quite aggressive, they are peaceful and simply want to join the community. Isn't that a great thing, the dragons of the world meeting in this great and colorful sport of dragon boat racing?



Henning Wiekhorst
IDBF Marketing & Media Commission

PHILOSOPHICAL CORNER – EVEN A CRACKED POT HAS ITS USES.

An elderly Chinese woman had two large pots, each hung on the ends of a Pole which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walks from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the woman bringing home only one and a half pots of water.

Of course, the perfect pot was proud of its accomplishments.

But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do. After two years of what it perceived to be bitter failure, it spoke to the Woman one day by the stream.

'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.

The old woman smiled, 'Did you notice that there are flowers on your side of the path, but not on the other pot's side?'

'That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them.'

For two years I have been able to pick these beautiful flowers to decorate the table.

Without you being just the way you are, there would not be this beauty to grace the house.'

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.

SO, to all of my cracked pot friends, have a great day and remember to smell the flowers on your side of the path!

1ST COMMONWEALTH CLUB CREW CHAMPIONSHIPS – PENANG 22 JULY TO 25 JULY 2010

www.penangdragonboat.gov.my



A Commonwealth Dragon Boat Federation was established some years ago in Malaysia under the Chairmanship of Mr Lim Chein Aun. The Honorable Mr. Danny Law, has kindly offered to host a Commonwealth Championship in 2010 in Penang. The Championship will be held the weekend prior to the Club Crew World Championships in Macau. The CCCC presents a wonderful opportunity for International teams to participate in two major Championships within short period of time.

The Championships will be held on the Teluk Bahang Dam Regatta Course, Penang, Malaysia and will comply with IDBF Competition Regulations and Rules of Racing. Competing crews are asked to arrive in Penang no later than Wednesday, 21 July 2010. The Competition

Divisions, Racing and Competition Classes that will be contested are listed below provided sufficient entries are received for each competition class.

Standard Boat Racing Classes	Premier Div Comp Classes	Senior Div Comp Classes	Grand Dragons Comp Classes
Open	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m
Women	200m, 500m, 2000m	200m, 500m	200m, 500m
Mixed	200m, 500m, 2000m	200m, 500m, 2000m	200m, 500m, 2000m

Age Regulations:- (1) Seniors: Over 40 years of age on 1 June 2010 **(2) Grand Dragons:** Over 50 years of age on 1 June 2010
Each country may enter up to **8 crews**, per Competition Class.

Outline Programme;	Thursday 22 July 10	Friday 23 July 10	Saturday 24 July 10	Sunday 25 July 10	Monday 26 July 10

- Crew Managers and Race Officials Meetings
- Opening Ceremony and Race Day
- Race Day
- Race Day and Celebration Dinner
- Crews Depart.

The above programme is provisional and is provided to assist crews with their initial planning. The programme is subject to change. The competition classes by day will be confirmed after all Entry Forms have been received.

Ground Arrangement Package: The Organising Committee has made arrangements for a choice of accommodation from 3-stars to 4-stars hotels. The Org Com are offering **FREE HOSTING PACKAGE** to all foreign crews that register early. The free hosting is for the core period from 22 to 26 July 2010, which includes: **Free Accommodation; Free Transportation to and from airport; Free Transportation to and from racing site.**

This is a very special offer and is on a first-come-first-served basis, so quickly register today. **Successful crews will be notified on receipt of their entry forms.**

All the official accommodation locations are 15 – 20 minutes from the regatta site by car or bus. For crews who do not receive Free Hosting, the cost ranges from **USD 30 to USD 43 per person, per night, sharing twin rooms and include:**

1. Airport transfer (for group) - The Organising Committee has made available bus transportation from Penang Bayan Lepas International Airport to official event hotels and return to the airport at the conclusion of the event for group arrivals. This service is not available where crew members are arriving or departing at significantly different times on the same day or on different days. These transportation charges will be included in the accommodation package.

2. Hotel accommodation & Breakfast - Daily breakfast will be provided in the respective hotels.

3. Transport to & from race course /celebration dinner. The Organising Committee has made available shuttle bus transportation for crews and their registered guests to and from official event hotels and the race course each practice day and race day and to and from the Opening Ceremony and the Celebration Dinner. These transportation charges will be included in the Ground Arrangement package.

4. Lunch box during race day - Lunch boxes will be available to all participants and registered supporters on the race days and the costs will be included in the Ground Arrangement package.

5. Celebration dinner - A complimentary celebration dinner will be given to all competitors who take up the Ground Arrangement package which will be held on Sunday, 25 July after completion of the races. However, for those who are not taking the Ground Arrangement package but wish to join the celebration dinner the cover charge will be USD20 per person.

REGATTA FEES; An CDBF **Registration Fee of USD 10 per person**, is to be paid by all participants but there will be no Administration Fees charged for this Championship. However, a deposit sum of USD200 has to be paid upon submission of entry form. The deposit of USD200 can be used to settle the ground arrangement package.

ENTRIES: BY 15 APRIL 2010, late entries may not be considered for the Free Hosting Package.

Entry Form from and submission to - secretary@penangdragonboat.gov.my with cc to corinnawwp@yahoo.com

PASSAGE TO INDIA – DRAGON BOAT FEDERATION MEETS IN NEW DELHI

An IDBF delegation travelled to India for the first time in January 2010, to meet with officials from the Dragon Boat Federation of India (DBFI), government officials from the Ministry of Youth & Sport and to attend a General Meeting of the DBFI.

Mike Haslam (IDBF Executive President) and Mike Thomas (Chair, IDBF C&TC) arrived at a very foggy New Delhi Airport on 26 Jan 10 – so foggy in fact that once the KLM plane finally landed the pilot had to wait for an escort car to lead the aircraft to the terminal, as it could not be seen !! Needless to say nothing could be seen either during the car ride to the hotel !

The next day, in the late afternoon, some 28 people were, present at a General Meeting of the DBFI and 11 State Dragon Boat organisations were represented. The main purpose of the meeting was to consider revisions to the DBFI Constitution, which in parts was felt to be contradictory and unclear concerning the procedures and protocols for calling, attending and conducting General Meetings.

The meeting accepted the revised Constitution tabled by the Sec-Gen and the advice of the IDBF delegation that the revised Constitution should be circulated to all DBFI Members for further discussion and amendment, before being placed before the 2010 AGM of the DBFI, for formal ratification. This will take place in June during the DBFI's National Championships, At that time the Officers and Members of the DBFI Executive Committee will stand for re-election under the terms of the revised Constitution.

Whilst in Delhi, the IDBF Delegation agreed to assist the Officers of the DBFI, in checking the revised Constitution for clarity and to give advice on any areas that should be brought into line with the IDBF Model Constitution for National DBAs. Following the meeting informal talks were held with the representatives from the different State DBA's on the organization of the sport in India and its governance by the DBFI.

On the following day the IDBF Delegation and DBFI Officers visited the offices of the Ministry of Youth Affairs and Sport (MYS) and met with Mr Injeti SRINIVAS (Joint Secretary for Sports) and afterwards Mr George VARGHESE the Officer on Special Duty to the Minister of YA&S. Comprehensive discussions were held covering the situations at National and International level, including the IDBF's application to the IOC and IDBF policies for the governance and ongoing development of the sport world-wide.

DBFI – EGM
27 January 2010, New Delhi, India



(L to R. DBFI Sec-Gen, IDBF EP, DBFI Presd, IDBF C&TC Chairman) (Delegates to the EGM)

2nd INDIAN NATIONAL DRAGON BOAT CHAMPIONSHIPS 2009 – ASSAM



IDBF CALENDAR OF AFFILIATE FESTIVALS AND MEMBERS DATES APRIL – DECEMBER 2010

www.idbf.org

Date	Regatta Details	Race Venue	Country	Contact Details
2-3 Apr 2010	Dubai International DB Festival	Dubai	UAE	jmackenzie@hotmail.com
16-Apr-2010	School's National DB Championship	Bedok Reservoir	Singapore	www.sdba.org.sg
17-Apr-2010	British National League Race 1	London, Royal Albert Docks	England	www.dragonboat.org.uk
17-Apr-2010	Gt New Orleans DB Festival	Madisonville, Louisiana	USA	www.gwndragonboat.com
18-Apr-2010	Italian 5000m Championships	Bracciano Lake, Rome	Italy	www.dragonboat.it
22-25 Apr 2010	Australian National Championships	Adelaide, South Australia	Australia	www.ausdbf.com
22-24 Apr 2010	Boracay International DB Races	Caticlan, Aklan,	Philippines	boracayislandpaddlers@yahoo.com
23-25 Apr 2010	Ukraine National Championships	Kiev	Ukraine	www.dragonboat.org.ua
24-Apr-2010	Gdansk Dragon Boat Races	Gdansk	Poland	www.dragonboat.pl
25-Apr-2010	BOC Festival of Sport DB Races	Hong Kong, SAR	China	www.hkdba.com.hk
30 Apr-1 May'10	9th Asian DB Championships	Wujin City, Jiangsu Province	China	adbfdragon@126.com
1-May-2010	Tampa Bay International DB Festival	Garrison Channel, Tampa Bay	USA	www.tampabaydragonboats.com
1-May-2010	10th Houston DB Festival	Allen's Landing, Houston	USA	www.texasdragonboat.com
1-2 May 2010	Czech DB Cup & Grand Prix Races	Palava, Moravia	Czech Republic	www.dragonboat.cz
2-May-2010	Inter Schools Championships	Hong Kong, SAR	China	www.hkdba.com.hk
2-May-2010	British National League Race 2	Queen's Lake, Liverpool	England	www.dragonboat.org.uk
8-May-2010	Typhoon 8 Mini DB Races	Deep Water Bay, Hong Kong	China	www.typhoon8.com
9-May-2010	HKIPC Deep Water Bay DB Races	Hong Kong, SAR	China	www.hkipc.com
9-May-2010	Rome 15k Long Distance DB Race	River Tiber, Nr Rome	Italy	www.dragonboat.it
9-May-2010	East Anglia Hospital Charity Race	Oulton Broad, Lowestoft	England	www.dragonboatpatfestivals.co.uk
15-16 May 2010	UK Corporate Games DB Races	Liverpool	England	www.corporate-games.com
15-May-2010	Charlotte Dragon Boat Festival	Charlotte, North Carolina	USA	www.gwndragonboat.com
15-May-2010	Wetlands Dragons Tournament	Steenwijk, Dolderkan	Netherlands	www.ndbf.nl/kalender
15-16 May 2010	Gyor International DB Festival	Gyor	Hungary	www.dragonboat.hu
16-May-2010	British National League Race 3	River Trent, Nottingham	England	www.dragonboat.org.uk
16-May-2010	Tokyo Dragon Boat Race	Odaiba Park	Japan	lilyshobu@gmail.com
22-May-2010	Heart of the Dragon Festival	Macon, GH	USA	www.usdbf.com
22-23 May 2010	Czech DB Cup & Grand Prix Races	Palava, Moravia	Czech Republic	www.dragonboat.cz
22-23 May 2010	Knappensee Dragon Boat Regatta	Knappensee	Germany	www.drachenboot.de
23-May-2010	Vogalong Int Boating Festival	Venice	Italy	www.dragonboat.it
23-May-2010	Martin House Charity Challenge	Roundhay Park, Leeds	England	www.dragonboatpatfestivals.co.uk
29-May-2010	Chelmo Dragon Boat Races	Chelmo	Poland	www.dragonboat.pl
29-30 May 2010	Istanbul International DB Festival	Golden Horn, Istanbul	Turkey	www.dragonboatfestivali.com
29-30 May 2010	Europe Corporate Games DB Races	Flostos Marina, Athens	Greece	www.corporate-games.com
30-May-2010	French Dragon Boat Cup - Race 1	Annecy	France	Rsawhney@forrester.co.uk
4-6 Jun 2010	Mainzer Dragon Boat Festival	Mainz, Mombach (Rhein)	Germany	www.drachenboot.de
5-6 Jun 2010	Istanbul Corporate Games DB Races	Istanbul	Turkey	www.corporate-games.com
5-6 Jun 2010	Czech DB Cup & Grand Prix Races	Treboh, South Bohemia	Czech Republic	www.dragonboat.cz
5-6 Jun 2010	Pickering Dragon Boat Challenge	Pickering, Ontario	Canada	www.gwndragonboat.com
6-Jun-2010	NDBF Cup	Alkmaar	Netherlands	www.ndbf.nl/kalender
6-Jun-2010	PROSTaid Charity DB Challenge	River Soar, Leicester	England	www.dragonboatpatfestivals.co.uk
11-13 Jun 2010	BCS International DB Regatta	Peterborough, Ontario	Canada	www.survivorsabreast.com
12-13 June 2010	Prague Int Dragon Boat Festival	Charles Bridge, Prague	Czech Republic	www.dragonboat.cz
12-13 Jun 2010	Peterborough Dragon Boat Festival	Peterborough, Ontario	Canada	www.gwndragonboat.com
12-13 Jun 2010	4 Cities Races - Race 1.	Zhuhai City	China	chksardbf2009@live.hk
13-Jun-2010	British National League Race 4	Preston	England	www.dragonboat.org.uk
13-Jun-2010	Vogalonga Rome Boating Festival	Lake Bracciano, Rome	Italy	www.dragonboat.it
16-Jun-2010	Stanley International DB Races	Stanley Bay, Hong Kong	China	www.dragonboat.org.hk
16-18 Jun 2010	4 Cities Races - Race 2.	Nanning or Zhanjinag City	China	chksardbf2009@live.hk
18-20 Jun 2010	4 Cities Races - Race 3.	Zhaoqing City	China	chksardbf2009@live.hk
19-20 Jun 2010	Sabah Int Dragon Boat Races	Likas Bay, Kota Kinabalu	Malaysia	www.sabahtourism.com
19-20 Jun 2010	Telus Toronto Int DB Festival	Toronto Centre Island	Canada	www.dragonboats.com
19-20 Jun 2010	Budapest DB Festival & Hungarian Cup	Budapest	Hungary	www.dragonboat.hu
19-20 Jun 2010	Rio Tinto Alcan Dragon Boat Festival	False Creek, Vancouver	Canada	www.dragonboatbc.ca
20-Jun-2010	French Dragon Boat Cup - Race 2	Vaulx en Velin	France	Rsawhney@forrester.co.uk
20-Jun-2010	Takaishi Dragon Boat Race	Takaishi city, Osaka	Japan	lilyshobu@gmail.com
25-27 Jun 2010	4 Cities Races - Race 4.	Guangzhou City	China	chksardbf2009@live.hk
25-27 Jun 2010	Hamburg Taiwan Cup Races	Allermöhe, Hamburg	Germany	www.drachenboot.de
25-27 Jun 2010	Eglisau Dragon Boat Cup	River Rhine, Eglisau	Switzerland	www.dragonboatcup.ch
26-Jun-2010	Knoxville Dragon Boat Festival	Knoxville, TN	USA	www.usdbf.com
26-Jun-2010	Zoetermeer Dragon Boat Festival	Zoetermeer	Netherlands	www.ndbf.nl/kalender
27-Jun-2010	Stanley Short Course Races	Stanley, Hong Kong SAR	China	www.dragonboat.org.hk
3-4 Jul 2010	Italian National Championships	Standiana (Ravenna)	Italy	www.dragonboat.it
3-4 Jul 2010	Polish National Championships	Ostroda	Poland	www.dragonboat.pl
3-4 Jul 2010	Zurich Festival Cup Races	River Limmat, Zurich	Switzerland	www.dragonboatcup.ch
3-4 Jul 2010	Canadian National Championships	Whistler, British Columbia	Canada	www.dragonboat.ca
04-Jul-2010	Milton Keynes Dragon Boat Festival	Willen Lake, Milton Keynes	England	www.dragonboatpatfestivals.co.uk
10-Jul-2010	Austrian Dragon Boat Race Series	Rabbs	Austria	www.drachenbootverband.at
10-11 Jul 2010	Finger Lakes Dragon Boat Festival	Ithaca, NY	USA	www.ithacadragonboat.org

Date	Regatta Details	Race Venue	Country	Contact Details
10-11 Jul 2010	Dragon Boat Sprint Cup	Samorin	Slovakia	www.dragonboat.cz
10-11 Jul 2010	Singapore DB Festival - 800m	Marina / Bedok Reservoirs	Singapore	www.sdba.org.sg
11-Jul-2010	British National League Race 5	The Quay, Exeter	England	www.dragonboat.org.uk
17-Jul-2010	Bedford River Festival DB Challenge	River Ouse, Bedford	England	www.dragonboatfestivals.co.uk
17-Jul-2010	Austrian Dragon Boat Race Series	Thurnberg	Austria	www.drachenbootverband.at
17-Jul-2010	GWN Sport Regatta	Toronto	Canada	www.gwndragonboat.com
18-Jul-2010	Japan International DB Races	Mid city Osaka	Japan	lilyshobu@gmail.com
23-25 Jul 2010	Commonwealth Club Championships	Penang	Malaysia	
23-25 Jul 2010	Hong Kong Int DB Festival Races	Tsim Sha Tsui, Hong Kong	China	www.hkdba.com
23-25 Jul 2010	USA National Championships	Chattanooga	USA	www.usdbf.com
23-25 Jul 2010	Chattanooga Dragon Boat Festival	Chattanooga	USA	www.usdbf.com
24-Jul-2010	Darsser Dragon Boat Races	Darsser	Germany	www.drachenboot.de
25-Jul-2010	British National League Race 6	Caldicote, Milton Keynes	England	www.dragonboat.org.uk
29 Jul -1 Aug 2010	7th Club Crew World Championships	Nam Van Lake, Macau SAR	China	www.idbfworldchamps.com
31-Jul-2010	Austrian Dragon Boat Race Series	Litschau	Austria	www.drachenbootverband.at
31 Jul-1 Aug 2010	Long Beach Dragon Boat Festival	Marine Stadium, Long Beach	USA	www.lbdragonboat.com
7-8 Aug 2010	Czech Cup & Moravian Champs	Palava, Moravia	Czech Republic	www.dragonboat.cz
7-8 Aug 2010	New York Hong Kong Int DB Festival	Flushing Meadows	USA	www.hkdbf-ny.org
13-15 Aug 2010	9th European Nations Championships	Bosbann Regatta Course	Netherlands	www.edbf.org
13-15 Aug 2010	Canada Dry Victoria DB Festival	Victoria BC	Canada	www.victoriadragonboat.com
14-Aug-2010	Emder Sparkassen DB Races	Age River, Emden	Germany	www.drachenboot.de
14-Aug-2010	Dover Regatta DB Races	Dover Harbour, Dover	England	www.dragonboatfestivals.co.uk
21-Aug-2010	Gateway Dragon Boat Festival	St Louis, Missouri	USA	www.gwndragonboat.com
22-Aug-2010	British National League Race 7	Worcester	England	www.dragonboat.org.uk
27-29 Aug 2010	ICF Members DB Championship	Budapest	Hungary	Closed Regatta for ICF Members only
28-Aug-2010	Muggelsee Beach Cup	Berlin	Germany	www.drachenboot.de
28-Aug-2010	SDBA-AUSTCHAM 10k DB Challenge	Marina Reservoir	Singapore	www.sdba.org.sg
29-Aug-2010	Austrian Dragon Boat Race Series	River Danube, Weitenegg	Austria	www.drachenboot-event.at
3-5 Sep 2010	German National Championships	Mainz, Mombach	Germany	www.drachenboot.de
4-Sep-2010	British National League Race 8	London, Victoria Docks	England	www.dragonboat.org.uk
4-Sep-2010	More Valkenburg	Valkenburg	Netherlands	www.ndbf.nl/kalender
4-5 Sep 2010	Czech Rep National Championships	Racice	Czech Republic	www.dragonboat.cz
10-12 Sep 2010	Dubuque Dragon Boat Festival	Dubuque	USA	www.dubuquedragonboat.org
11-Sep-2010	Cambridge Dragon Boat Festival	River Cam, Fen Ditton	England	www.dragonboatfestivals.co.uk
11-12 Sep 2010	GWN Dragon Boat Challenge	Toronto	Canada	www.gwndragonboat.com
11-12 Sep 2010	Biwako Dragon Boat Race	Lake Biwa, Kyoto	Japan	lilyshobu@gmail.com
11-12 Sep 2010	Portland Dragon Boat Races	Portland, Oregon	USA	www.dragonsports.org
18-Sep-2010	EHDC Bosbaan Dragon Boat Cup	Amsterdam	Netherlands	www.ndbf.nl/kalender
18-Sep-2010	Mercer County DB Festival	West Windsor, New York	USA	www.gwndragonboat.com
18-19 Sep 2010	Quebec Cup	Olympic Basin, Montreal	Canada	www.22dragons.com
19-Sep-2010	French Dragon Boat Cup - Race 3	Sedan	France	Rsawhney@forrester.co.uk
24-26 Sep 2010	Golden Dragon Int Festival Races	Kiev	Ukraine	www.dragonbato.org.ua
25-Sep-2010	Polish Long Distance Championship	Malbork	Poland	www.dragonboat.pl
25-Sep-2010	The Great River Race	River Thames, London	England	www.greatriverrace.com
25-Sep-2010	Czech Long Distance Championship	Morava River, Kojetin	Czech Republic	www.dragonboat.cz
25-26 Sep 2010	San Francisco Int DB Festival	San Francisco	USA	www.sfdragonboat.com
25-26 Sep 2010	British National Championships	NWSC Course, Nottingham	England	www.dragonboat.org.uk
1-Oct-2010	Shau Kei Wan DB Championship	Hong Kong, SAR	China	www.hkdba.com.hk
2-Oct-2010	Philadelphia Dragon Boat Festival	Philadelphia, Pennsylvania	USA	www.philadragonboatfestival.com
2-3 Oct 2010	SAVA Sprints International	Singapore River	Singapore	www.sava.com.sg
8-9 Oct 2010 (P)	Abu Dhabi DB Festival	Shangri-la Hotel, Abu Dhabi	UAE	www.dubaidragonboat.com
9-10 Oct 2010	National 5-Crew DB Championship	Jurong Lake - 300m	Singapore	www.sdba.org.sg
10-Oct-2010	Italian Dragon Boat Cup - 200, 500m	Florence	Italy	www.dragonboat.it
10-12 Oct 2010	Ukraine Nat Junior Championship	Kiev	Ukraine	www.dragonboat.org.ua
10 Oct 2010 (P)	Chinese Arrival Int Festival Races	Port of Spain	Trinidad	www.chinesearrivalt.org
16-Oct-2010	Orlando International DB Festival	Walt Disney World Orlando	USA	www.gwndragonboat.com
16-17 Oct 2010	French Dragon Boat Cup - Finals	Gerardmer	France	Rsawhney@forrester.co.uk
16-17 Oct 2010	Gulf Coast International DB Regatta	Brook's Lake, Sugar Land Texas	USA	www.texasdragonboat.com
16-17 Oct 2010	Cyprus International Races	Limassol	Cyprus	aermogenous@hotmail.com
30-Oct-2010	Police Charity DB Races	Hong Kong, SAR	China	www.hkdba.com.hk
31-Oct-2010	HK 10km Dragon Boat Relay	Hong Kong, SAR	China	www.hkdba.com.hk
18-20 Nov 2010	16th Asian Games DB Regatta	Zengchen Lake, Guangzhou	China	adbfdragon@126.com
20-21 Nov 2010	Singapore River Regatta - 300m	Singapore River	Singapore	www.sdba.org.sg
4-Dec-2010	Dresden Dragon Boat Striezel Cup	River Elbe, Dresden	Germany	www.drachenboot.de

2010 CHAMPIONSHIP REGATTAS

30 Apr/ 02 May '10	9th Asian Nations Champs	Wujin City, Jiangsu Province,	China	adbfdragon@126.com
23 - 25 July 2010	1st Commonwealth Club Crew Champs,	Penang, Malaysia	China	secretary@penangdragonboat.gov.my
29 Jul -1 Aug 2010	7th Club Crew World Championships	Nam Van Lake, Macau SAR	China	www.idbfworldchamps.com
13-15 Aug 2010	9th European Nations Championships	Bosbann Regatta Course	Netherlands	www.edbf.org secretary@edbf.org
18-20 Nov 2010	16th Asian Games DB Regatta	Zengchen Lake, Guangzhou	China	adbfdragon@126.com

INTERNATIONAL DRAGON BOAT NEWS

HONG KONG - ADAPTIVE DRAGON BOAT PADDLING – IDBF COMMITTEE FORMED.

Under the Chairmanship and guidance of Dr Raymond Ma (President, Hong Kong Dragon Boat Association – HKDBA) an IDBF steering committee to look at Adaptive Dragon Boat Paddling has been formed in Hong Kong.

During the last six months a pilot study has been undertaken based on providing regular dragon boating locally and internationally for the disabled to take part in alongside their able-bodied colleagues, either in combined crews or as separate crews that could qualify to take part in paralympic type competitions.

The aim and objective of the Adaptive Paddling Committee therefore, is to provide opportunities for the disabled to amalgamate with the able-bodied world and thus increase the confidence of those disabled people who wish to take part in Dragon Boating. Adaptive paddling will have an added impact for the sport with other water sports and multi-sports games, including recognition for Adaptive Dragon Boating within the Paralympic organisations.

Dr Raymond Ma has met with various leaders in the disabled sports fraternity in Hong Kong, including the Vice Chairman of the HK Paralympic Committee and Chief Executive of the Hong Kong Sports Association of the Disabled, all of whom expressed a keen interest in being part of this new initiative. In Hong Kong disabled athletes are pretty active in sport and the government is very supportive. The chairman of Government special fund for disabled sport was among the many people that Raymond Ma met with.

The first formal steering committee meeting will be held mid April. The agenda will include adopting a formal name for the discipline, funding, rules and regulation, safety and insurance, training and development - including special courses for existing coaches and any special equipment needs, race schedules, International connections, possible race or demonstration at the 2010 HK International Races in July and in 2012 a target 1st World Dragon Boat Regatta for the disabled, as part of the IDBF Club Crew World Championships.

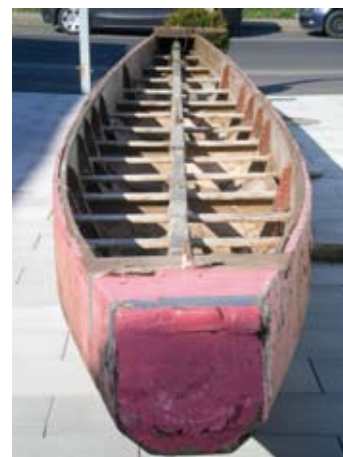
Raymond Ma.

GERMANY - TRADITIONAL CHINESE DRAGON BOAT - A Gift for ZAUG.

New project combines craft, community and tradition

"As it stands here in the yard, it is a masterpiece in itself," said Monika Neumaier, the managing director of ZAUG GmbH in Giessen, Germany. ZAUG is now the proud owner of a traditional Chinese dragon boat. "Actually, this project was created by accident," said Neumaier. "The ZAUG staff wanted to put together a dragon boat team in 2010 and so the idea came to us to build our own dragon boat in-house possibly in cooperation with the Marburg boatyard."

Blueprints to build a dragon boat are closely held and not readily available so they contacted Henning Wiekhorst, a representative of the IDBF (International Dragon Boat Federation). Together with Mike Haslam, Executive President of the International Dragon Boat Federation, a traditional teak dragon boat was found to present to ZAUG, but the boat was not in very good condition. This boat was designed in 1980 and was one of four made by local boat builders on behalf of the HK Tourist Association and sent to the UK as part of promoting Hong Kong through dragon boat racing.



The boat had its first outing in 1980 at the London Chinese Festival Races and then in 1981 in races in Nottingham at the National Water Sports Centre. In 1987 the boat was given to the BDA by the HKTA and moved back to the London Docklands and then to Dragon Boat Clubs on the River Thames, first with Kingston Royals and finally to the Henley Dragon Boat Club before being transported to Germany. So thank you to the BDA and Henley for passing on the custodianship of this historic boat which is considered to be the Ancestral boat of the current international standard racing dragon boats. as its dimensions were used as a template for the first fiberglass dragon boats.

Dr. Hegemann of ZAUG made all the necessary arrangements and organized the transport. Karl Gross, the shipping company, delivered the 12-meter long wooden boat at a special price from Nottingham to Giessen, where it was received by members of ZAUG. The dragon boat will be restored in the training workshop and apprentices will act as painters and decorators in an advisory capacity as employees of the Wetzlar Shipyard "Rudder Workshop" perform the actual restoration work. Somewhere over the past few decades, the boat lost both head and tail. Sculptor Daniela Anders will manufacture new ones according to the original patterns.

The inauguration of the boat will be on June 16th, 2010, at the international Dragonboat-Day in Giessen. Although the boat will surely be magnificent, it will not be suitable for competition. The modern dragon boat is made of fiberglass and weighs only 250 kg compared with this traditional boat with 1.5 tons in weight. This is not a problem for ZAUG – they are always paddling against the current.

ZAUG GmbH is a non-profit educational center located in the German city of Gießen. ZAUG offers professional education not only to young apprentices in various fields, but also to people with disabilities as well as training and qualifying people to get back on track in their professional lives after having lost their jobs. More information is shown at www.zaug.de where you will also find a link named "Drachenboot", showing the development of the boat's restoration in English.

Reproduced from DBWI magazine

NEW ZEALAND - NEWS FROM THE NZDBA NEWSLETTER – CHANGES ON THE NZ BOARD

The past months have seen the structure of the NZDBA board change significantly. The Chairman's hat has been passed from Dave Elliot to Shane Petley, as external commitments have seen Dave surrender the chairman's role. Dave continues on the Board as the Events Director.

The resignation of Alisha Zanetich left a vacancy for the secretary's role which Noel Anderton has stepped into. Our thanks go out to Alisha for her contribution whilst on the NZDBA Board and to Dave for his past and on-going contribution to the Board and to dragon boating in general.

Dave Elliot with his drive and passion will make a wonderful Events Director and will also incorporate Sweep (Helm) training into his role. It was felt, as Dave is such a well-known and knowledgeable sweep that in this instance this is a good fit.

The NZDBA Board are maintaining flexibility around the roles so that the person in the role is fully supported by all on the Board. Our new Chair, Shane (pictured right) has already given the Board a task list which will see rapid changes to how the NZDBA is governed, with the hope that all Members will benefit from these changes.

News on more of the initiatives that have been spoken about over the last 18 months or so will come to fruition with the continued move toward IDBF regatta rules and compliance. Some of these are:- Compulsory IDBF 202A spec blades at the 2010 NZDBA nationals –and Photo ID team sheets (and possibly ID tags) at marshalling for crew checks.

NZDBA are also releasing a NZDBA regulations appendix document for the selection criteria and rules for teams wanting to attend World Champs or World Crew Champs. Still under discussion are age group definitions and where the age group classes fit within the current paddling structure – mainly to do with juniors



Boss Shane-o at the Lake Hood start line

A line will be strung (as lines often are) across the lake-giving the callers something to hold onto and ensuring a fair start. Photo: Courtesy of NZDBA's Sooupu

THE NEW KID ON THE BLOCK.



KiaOra Dragon Boat Whanau! My name is Chris Stone; a dragon boater for roughly ten of my 31 years. A born and bred West Aucklander I was introduced to Dragon Boating with corporate when Lion talked my company's social club into giving it a go. It was a natural fit for our work hard play hard corporate law firm.

We raced for four years in Auckland, Hamilton, Wellington and my beloved Karapiro. I changed jobs and was distracted by visions of grandeur first playing American football, co-founding several clubs and then progressing in to regional and national governing bodies as a seconded advisor.

With my corporate background giving a firm grounding in policy, procedure, communications and process this was very beneficial to a sporting body that was largely governed by players and ex players with plenty of passion but lacking the professionalism to be recognized as an NSO (National Sporting Organisation), which I was able to assist with. I thoroughly enjoy being involved in sports and social clubs at an administrative level. I find great reward in enabling the community to experience a sport and the feeling, in this case, of heading out after work for a paddle or going on tour.

To race against other teams that have all been working hard to get their timing and technique in sync or even to get all of their paddlers in one place at one time - it can really be a struggle. However, seeing the joy of a crew heading over that finish line, be it in the Grand Final or in the petite final – you can't beat that feeling! This led me to re-launch the Air New Zealand crew three years ago.

My goal with the NZDBA is to assist with policy and procedure, where this can better improve the accessibility and the professionalism of the sport through effective governance. I want to assist in formalizing pathways for paddlers and in particular sweeps, callers and our coaches. Also to be able to help foster a culture of learning, information sharing and advancement of all paddlers, whether it is teaching or coaching styles through to strategies for race day.

I look forward to some hot discussion, some passionate opinions, and getting on and bringing dragon boating to the people in an easily accessible fashion, from the social paddler through to national representative. Good luck to you all for the racing season, enjoy being out on that water! **Chris Stone - Promotions and Development, NZDBA**

9th ASIAN DRAGON BOAT CHAMPIONSHIPS – WUIJING, CHINA, 28 APRIL – 2 MAY 2010

The 9th ADBC will be held in Wujing District, Changzhou, Jiangsu Province, China from April 28th to May 2nd, 2010. The race course will be the CDBA National Regatta Course. The ADBF Executive Committee Meeting and Congress will be held on May 2nd, 2010. The invitation letter and Bulletin No.1 has been circulated to ADBF Members. Wujing is a similar distance (about 140km) from Najiing and Shanghai. Both have international airports, so crews can choose to fly to either one.

Further information from adbfdragon@126.com

ENTER THE DRAGON

Great Britain Dragon Boat Team inspires the creativity of Croydon Schoolgirl

Eleanor Smith, a 12 year old Warlingham School student based in Surrey, recently had her poem published in a new book of poems called 'Bust-a-Rhyme' after being inspired when she had the opportunity to be part of the Great Britain Team that travelled to Prague in the summer of 2009 to compete in the 9th World Dragon Boat Championships.

For those that don't know, Dragon Boating is a team-based canoe water-sport with its Origins dating back centuries to China. In the UK there are a number of well established clubs who compete in both a premier and a standard league throughout the year.

At the world championships last year, five Great Britain Teams involving over 100 of the countries top paddlers and coaching staff, travelled to Prague to pitch their skills against the best in the world, including current world champions Canada and other top teams like the USA, Australia and Germany.



Eleanor went along to the championships with the GB Team to support her Dad, Richard, who months earlier had decided to set a goal to see if he could fulfil a childhood dream (at the age of 44!) to represent his country as an elite athlete and was ecstatic when he qualified to get into the GB Senior Mixed Team. Richard said "I wanted to show to my daughter that anything is possible when you have strong self-belief and a compelling desire to do something (it is never too late to be what you might have been) and whilst it was fantastic to represent my country in a really great team sport, a memory I will always treasure, finding out that Eleanor had written a poem being inspired by her experience of being part of our GB Team and had the poem published in a book of poems was an even prouder moment for me"

Eleanor is a keen dragon boat paddler and has been the drummer on the front of the dragon boat on a number of occasions, taking part in UK competitions with her Dad's club, Kingston Royals, based on the Thames. Eleanor said "I really love sport and the World Championships in Prague was a great experience. I really enjoyed writing the poem and am really pleased that it got published in the book"

DRAGONBOAT: A poem by Eleanor Smith (aged 11) September 2009, Warlingham School, Surrey

They all set off, cheerful & happy, not knowing what was ahead, Excited, ecstatic, eager, "we're going to win medals!" they said.

They arrived at the course, their eagerness once so strong, had finally turned to nerves as they made their way through the throng.

'Crews are you ready?' Everyone was silent in anticipation. 'Attention!' Bang! They paddled in quiet desperation.

Startled by the new noise, they'd had a bad beginning. Try harder, they thought to themselves, the other teams were winning!

To their right, a sorry picture Team America were sinking. Bailing out, crying out, back their tears they were blinking.

Finally the race came to an end, they'd finished a solemn last. Depressed, dismayed, devastated, all hopes and dreams had passed.

Then suddenly everyone was hugging me, I think I understood why, 'Great cheering', they smiled down at me and life just went on by.

Poem published in the book 'Bust-a-Rhyme' (ISBN: 978-1-84924-719-1)

Editor's Note:

Eleanor's Father – Richard, did not even know that she had written the poem until she presented him with a book that has just been published and had gone on sale with Eleanor's poem in it after she won a competition for creative writing.

As for Richard he had never been in a dragon boat until January 2009 and had not done any serious exercise for quite sometime as for the last 20 years he had been totally absorbed in business. A couple of years ago Richard ended up coaching a friend to help her strengthen her mindset and get her training regime into a disciplined shape to qualify for the GB Women's Squad team for the European Championship in Sabaudia, Italy. When she came back with 3 medals it made him want to compete for his country as well, so for 5 months he trained like a mad man, got through the GB time trials and then had a fantastic experience in Prague with the GB Senior Mixed Team. Eleanor sort of became like the team mascot and loved every minute of it. Thus the poem. (Ed: What a great family story to illustrate just how our sport attracts all ages groups and can inspire people to achieve, in many different ways !!)

USA - US NATIONAL CHAMPS 2010 - Chattanooga, TN July 23-25th 2010

This year, Club Crews from all across the US will have many reasons to come to Nationals to race for the title of National Champion in their division. The winning crew for each division will win a berth for the 2012 IDBF Club Crew World Championships to be held in Hong Kong.

From a purse pool of \$10,000, cash prizes will be awarded to the winners of various divisions. Nationals 2010 will also be hosting the BCS National Championships awarding the Dana Nelson Memorial Trophy to the winning BCS crew.

In the past, there have actually been two events going on during the Nationals.:The first being National Club Crew Championships and the other being TEAM USA Qualifiers. The TEAM USA selection process for adult crews to participate in IDBF World Championships held in Tampa in 2011 will be based on individual time trials held throughout 2010-2011 in each of the regions for all divisions.

Although we will no longer be hosting TEAM USA Qualifiers for the adult divisions at the Nationals, we still want to give potential junior paddlers for TEAM USA the opportunity to come together in one place to race-off.

There will be TEAM USA Qualifiers for all Junior divisions under the age of 18 (known as Junior A or U18) and under the age of 16 (known as Junior B or U16) to select the TEAM USA coaches for these Junior Divisions. All junior paddlers who participate in these qualifiers will be eligible to participate in TEAM USA Junior crews as long as they meet the appropriate age requirements. Additionally, there will be Junior Divisions racing in the Club Crew National Championship Races as well that will determine the National Junior Championship Crews for 2010.

If you think your club has what it takes, we hope you will join us at the 2010 Nationals.

This is the year to reclaim the CLUB CREW FOCUS and bring out the strongest clubs from around the country to paddle it out for the title of National Champion and continue on to represent the USA at the IDBF Club Crew World Championships in Hong Kong in 2012.

Please note: The USDBF will be adhering strictly to the definition of a club crew and will not accept any super-crew structures participating in Club Crew National Championships. **Ginny O'Hare - USDBF President**

LIMASSOL INTERNATIONAL RACES –CYPRUS – 17/18 OCTOBER 2010

Racing in Cyprus, is a great way to end the European Dragon Boat season. Sunshine, sandy beaches, really marvellous food, tourist attractions galore, fun in the sun and oh, some dragon boat racing too!

Racing will take place this year on the sea course in front of the Famagusta Nautical Club, Limassol, on 17/18 October 2010, with racing on both days (200m and 500m). A fully buoyed course of 4 racing lanes will be provided on the course which, with its sandy beach and restaurant garden facilities fronting the race area means that you can race and be a sun-bathing tourist, all in the same place – race & relax at the same time !!

The Race Registration fee is Euro 10.00, per person and a range of accommodation packages ranging from around Euro 69 – 90 per person, per day, based on a 4 day core period, sharing rooms and including transfers to and from Larnaca or Paphos airport, daily transport to and from venue and a dinner party. Crews are free to make their own arrangements for accommodation and transport.

There are many activities close by and around the island e.g Golf, Safari, Go karting, Scuba Diving, Deep Sea Fishing, Hangliding, Trecking, Bike Hire etc.

For more information and a Race Entry form, contact the Event Organiser, Andy Ermogenous by email at aermogenous@hotmail.com or by telephone at + 357 99 679138



HONG KONG –Lamas, Dragons and Horses !?

The Lamma Dragons and Thirsty Horse are pleased to announce that they will host the **4th Annual Lamma 500 – Dragon Boat Festival** at Tai Wan To Beach, Lamma Island, on **Sunday, May 16th 2010**, from 09:00 hours..

The Lamma Dragons have been a vibrant part of the Hong Kong local and international Dragon Boat community for more than 20 years, and we would be delighted if your club would like to participate in our Festival during this 2010 season. For those of you who have attended our previous Lamma Festivals, thank you for your fantastic support and we hope that you will also attend this year.

Fees for this year's race are: HK\$2,000 per team. Enrolment date closes on Monday, April 19th 2010. Late enrolment fee is HK\$2,500 per team after April 19th. So book us into your calendar now! We look forward to seeing you at the 4th Lamma Dragon Boat Festival - 2010. **Gina Miller (Race Convener for Lamma DB Festival)**

MALAYSIA - DOUBLE HEADER IN PUTRAJAYA & SABAH – 18/20 JUNE 2010

Putrajaya: The Malaysia International Dragon Boat Festival 2010, in Putrajaya is scheduled for the 18th - 20th June 2010. The race site is the centrepiece of the city on the 650-hectares man-made Putrajaya lake is situated.

The event is organised by Mega Event Sdn Bhd with the support of the Ministry Of Youth and Sports Malaysia, a government agency - Putrajaya Corporation and Associations, Putrajaya Dragon Boat Association, Penang Dragon Boat Association. The festival is also affiliated to International Dragon Boat Federation.

For information visit the event website at www.putrajayadragonboat.com or www.1malaysiadragonboat.com
DATO' HERMAN CHIN. Organising Chairman

Sabah: Attractive package rates are on offer for crews attending the Sabah International Races during the 17th - 21st June 2010. Crews will stay in Kota Kinabalu for 4 nights. The rate per person, with a minimum of 20 crew members staying for four nights is only RM 685 per person in a single room or RM 400 per person sharing room

The rate is inclusive of accommodation for 4 nights at Beverly hotel (4 star): all transportation, entry to the dinner party and a packed lunch on both race days. To make your stay longer and more enjoyable, optional tours of the city, white water rafting, island tours and snorkelling are all on offer from 45 to 180 RM per person. Zachary Mobijohn, Organizing Secretary Sabah Dragon Boat Race. Website: www.sabahtourism.com

USA - MISSOURI RIVER - 340 MILE RACE, JULY 27-30 2010

If you have the ability for distance paddling, we're interested in talking to you about a team entering a dragon boat in the Missouri River 340 race, July 27-30. This is a 340-mile race that many of us have already tackled in various other boats, but thought it would be a unique and possibly record-setting experience to race a dragon boat in this amazing race.

We have eight MR340 veterans already booked for the team and we want to talk to those who are interested in such an endeavor. We do understand the huge challenge this represents, but we've never shyed away from paddling challenges in the past. Four of us represent the mixed-gender record-holding team for this race in a customized four-seat racing canoe. Now, we are calling out to others who may be interested in what is sure to be a spectacle.

If you are interested or have questions, please don't hesitate to ask. You can send your inquiry to Dan Grubbs at ckrmagazine@gmail.com

2010 Finger Lakes Dragon Boat Festival - July 10-11 2010, Ithaca, NY.

The Ithaca Asian American Association (IAAA) is proud to announce its 2010 Finger Lakes Dragon Boat Festival scheduled for July 10-11, 2010, Ithaca, NY. Teams of all abilities are welcomed. Racing begins at 8am Saturday, July 10 and concludes by Sunday at 1:00 p.m. – followed by a BBQ and Award Ceremony.

Race distances of 250m, 500m with races for Premier Mixed, Women, BCS, Youth and Community crews (local crews only). Registration: Before May 15: \$900 After May 15: \$1000 with a special rate for Canadian Teams of \$600, Multiple team registration receives \$100 discount.

Cash Prizes and/or medals for winner for each division. Results and pictures from last year's festival are available on our website of www.ithacadragonboat.org. For more information, please contact info@ithacadragonboat.org.

The **Texas Dragon Boat Association** would like to announce the 10th Annual Houston Dragon Boat Festival - May 1, 2010, Saturday Allen's Landing, Downtown Houston, Texas AND the 7th Annual Gulf Coast International Dragon Boat Regatta - October 16 & 17 (tent.), 2010 Brook's Lake @ Fluor Corp., Sugar Land, Texas

Please visit our website at www.texasdragonboat.com for more information - Michelle O'Brien, Executive Director.

AUSTRALIA - DRAGON BOAT RACING AT THE PAN PACS IN AUSTRALIA

The 7th Pan Pacific Masters Games will be held from 6 to 14 November in 2010 on the beautiful Gold Coast in Queensland, Australia. Included in the 34 sports on the program, Dragon Boat racing is quickly becoming a favourite. In 2008, over 700 people participated in the Dragon Boat competition at the Pan Pacific Masters Games, and this year it's your chance to "Play it, Live it, Love it!" in Australia!

The Pan Pacific Masters Games is a celebration of master's sport with both fierce and friendly competition and a jam-packed entertainment program at the Games Village at the end of each day. With 34 sports on the program, more than 10,000 people from all over the world are expected to converge on the Gold Coast to compete. Participants at the Pan Pacs, as the Games are affectionately known, compete in their age group with no qualifying standards to enter.

The only criteria for entry is that participants must meet the minimum age for their sport – which for Dragon Boat racing is 30 years of age.

The Pan Pacs is also a wonderful opportunity to discover the Gold Coast's spectacular coastline, exciting city centre, thrilling theme parks, enticing shopping, appetizing restaurants and picturesque rainforests. What sets the Pan Pacs apart from many others is the vast array of accommodation available for all budgets offering more than just a place to stay.

For more information on the 7th Pan Pacific Masters Games, visit www.mastersgames.com.au



DRUM BEAT

Where You Have Your Say About Your Dragon Boat Sport



NEW SURFSKI ASSOCIATION FORMS – BUTTS HEADS WITH ICF

In this issue of Drum Beat we pass the baton from Dragon Boat Sport to Surf Ski and reproduce an article from Canoe & Kayak Racing Magazine, that covers the recent announcement from by the ICF, that they had now set up a Surf Ski Committee and the reactions from the paddlers in this independent paddle sport

In January, race organizers and key leaders in surfski racing regions collectively formalized the International Surski Paddling Association (ISPA) in response to the International Canoe Federation's (ICF) actions to create a surfski world series of races that it would govern.

"I think its important to note, that while certain events have sparked the formation of the IPSA, this is by no means a knee-jerk reaction" said Dawid Mocke, the current world surfski champion and member of the interim governing committee of the IPSA. "We have actually had a governing body now for at least four years, albeit very informal"

A surprised surfski community

According to the new ISPA's president, Rob Mousley, the ICF took what he characterizes as unilateral action without much input from the larger surfski community.

"It appears that they took this action without consulting more than a few individuals in surfski and we are concerned that the people on the ICF working committee are neither representative, informed nor involved enough in our sport to make appropriate decisions" "The first exchanges (with the ICF) have been a little fraught" Mousley said.

(DBI: An echo here of when the ICF set up its Dragon Boat Committee in 2003, with just 4 non-representative people from the dragon boat community).

Yet, according to written commentary by the secretary general of the ICF Simon Toulson, this was not a sudden development but the culmination of several years of committee work. "As the organisation officially recognized worldwide for the whole sport of canoeing and paddling by IOC, GAISF, ASOIF etc, it would seem logical to have as many disciplines under the same umbrella.

(DBI: Some economy with the truth here as the IDBF is recognised quite separately by the GAISF and the IOC has already sent the IDBF the application forms for recognition. There is also the International Rafting Federation (IRF) applying for GAISF Membership and the IVF (Outriggers) are expect to follow suit).

Surfski has been around for a long time and the ICF has had it as part of its committees for the last six years" Toulson wrote. Toulson indicated there have been many meetings and discussions with the leading people in surfski, but did not identify whom they had consulted. Mousley questions who these leading people have been "No one had any idea that this had progressed beyond a concept. No one in surfski would have agreed with this without a great deal more consultation"

Regarding this issue, Toulson wrote that the ICF has "a set of procedures and statutes for how we create committees and new disciplines. We have followed these procedures to the letter"

(DBI: Indeed, like all International Federations but the ICF has changed its statutes at least three times in recent years to include all paddling activities as disciplines of canoeing, even those they are not presently active in. A search of the ICF website and Congress decisions over the past six years or so does not reveal any motion from the ICF Members to form an ICF surfski committee, perhaps it is paddling under a different name).

Arguable benefits

Some observers might ask if all the sponsors and their support were already in place with the existing races that are attended by hundreds of international paddlers, what would be the benefit of ICF leadership for surfski ?

According to Toulson, it would be the international structure of the ICF. "The structure and recognition of an international body is a main factor" he wrote. The "possibilities of entering major sporting events, like World Games, Masters Games, Olympics, Continental Games, Beach Games, etc, can only be achieved through ICF"

(DBI: Not true, Dragon Boating has been in the SE Asian Games, East Asian Games, Asian Beach Games and this year the Asian Games, all exclusively under the IDBF banner).

The ICF structure also has more than 150 national paddling federations under its control. "The problem is that by far the majority of these federations have no knowledge whatsoever of surfski paddling," Mousley said "So we could find ourselves with surfski being run by a group of individuals from landlocked countries"

(DBI: The facts are that most ICF members are only interested in the Olympic disciplines of Sprint Racing and Slalom, with others like Marathon, Canoe Polo taken up by the minority. The ICF Dragon Boat Championships typically attract between 7 and 15 different countries only, mainly from Europe).

Jonathan Crow, another member of the new ISPA interim governing committee, agrees with Mousley. "Every person I have spoken to in surfski paddling has joined the sport because of its lack of officialdom, bureaucracy and the soul and spirit of the sport. "We have our own World Series and events already set and we need to all work together to establish this series as the superior and premier series" Crowe added.

Mocke echoes these thoughts. "The ISPA's primary concern will be to advance and protect the interests of surfski paddlers worldwide" Mocke said. "Our sport is unique as a paddling discipline and it is this essence that we need to preserve. Our mandate will be centered around this"

(DBI: Interestingly and without any contact with surfski, these are almost the same sentiments and objectives that the IDBF has expressed with regard to Dragon Boating).

Toulson indicates this isn't unprecedented "Surfski's situation is similar to boardcross, snowboard, skate-boarding, BMX ... all these disciplines have eventually realized they need to join major federations to gain mainstream recognition and exposure, hence they have joined the FIS and UCI.

(DBI: True, they have joined other organizations but in most, if not all, of these cases the sports have chosen to do so and have not been faced by the federations concerned unilaterally setting up their own specialist committees in advance).

It seems to be working

Yet, there already is significant prize money at sponsored races around the world, even in the ICF stronghold of Europe.

"Surfski paddling has come a long way from its beginnings of a few guys making their own skis and chasing the wind" said Jonathan Neill, race organiser for EuroChallenge 2010 in Spain. "Today it is a well organized and complex sport that has developed on various levels. This has been done through the dedication of paddlers and race organizers around the world. The sport has grown beyond our expectations. "Local competitions have been run in different parts of the world for the last 20 years and each year more countries are getting involved," Neil added.

Yet, according to Toulson, there is growing interest in the ICF structure for surfski racing. "A lot of our federations have expressed an interest in surfski," Toulson wrote. "The ICF can create a series and disciplines within paddling sports; this is the main reason of being, to promote and develop paddling activities. Surfski is seen as part of that development"

Others, some even experienced with the ICF way of doing things, aren't so convinced that this will be the case with surfski racing. According to DeAnne Hemmens, once a member of the U.S sprint kayak team, the ICF is not the right direction to take for surfski

"I think anything to do with the ICF is a bad idea" Hemmens said. "More regulation, limits and fees for paddlers is not the way to go. Surfski paddling does not need them to have an official world cup or anything else. With the IPSA we can develop credibility over time that elevates the sport. ICF has for too long had control over sports without elevation, proper promotion and development; and basically some of the sports they represent are dying. I don't think jumping on a sinking ship is the way to go."

(DBI: The Dragon Boat experience is that the ICF has not brought many new paddlers into the sport or new Countries but has merely given existing Dragon Boaters another event or three each year to compete in and those are the only Dragon Boat events that the ICF promote, certainly not the 140 plus events on IDBF's annual calendar.)

Where do sponsorship monies go ?

Another issue raised by the ISPA is media rights. "Given that the media rights for these races are the only asset of the sport that is attractive to potential sponsors, it is crucial to potential sponsors, it is crucial that we have a proper understanding of who would own what in the future" Mousley said. "it is our position that the races must retain their own rights. Would the ICF take these away? We simply don't know.

Toulson did answer this question in his written commentary. "Any global sponsor would be arranged by the ICF and any international TV signal or exposure would come under ICF domain"

Hemmens views the money as the primary reason the ICF wants to get involved with what many paddlers agree is already running well. They (ICF) see money and high participation and they want to get their hands on it" Hemmens said.

According to Toulson, the "strength of paddling is in using the resources out there to promote the general activities as best we can and ICF is a central player to that",

(DBI: When the IDBF proposed to the ICF, last year that all the different paddle sports should come together every four years for a paddle sports games, the ICF declined to be involved)

As of now, it seems, the big carrot of the Olympic Games is not enough to entice surfski racers to play under the ICF flag. Race organisers also seem hesitant to want to play the ICF game with too much sponsorship money to risk.

(DBI: The number of athletes in the Olympic Games is controlled by the IOC. The ICF allocation for its Olympic disciplines is around 350 in total. To bring another discipline in the ICF would have to lose one it already has or reduce the numbers of Sprint and Slalom paddlers to accommodate another discipline. As most ICF member federations concentrate mainly on Sprint Racing it is highly unlikely that they would vote themselves out of the Olympic Games programme).

“Key to the current popularity of surfski racing is the fact that the average paddler can line up with the best in the world,” Mousley said. “ICF World Cup Sprint Races limit the number of entries per country. We need to ensure that this doesn’t happen to surfski”

According to some, what is likely to happen in the short term is that there will be some degree of support for the ICF from European nations. Yet, without having the biggest names in the game racing in ICF world cups, it’s apparent no one who rides a ski will consider a world championship determined by the ICF.

With Moloka’I and the IPSA world series not part of the ICF, and hundreds of thousands of dollars in current prize money without the ICF, it’s not likely that the ICF will ever attract enough racers to make it work to match what currently exists.

(DBI: The IDBF experience shows that this is probably true. Since the ICF started to run its Dragon Boat Championships in 2005, the number of competitors attending has been less than 900, averaging nearer 600, whilst the IDBF World Champs have continued to grow from around 1500 athletes in 2002 to nearly 3000 at the 2009 World Nations Champs in Prague).

To read more about the situation in surfski and what the paddlers think about the ICF moves, go to www.surfski.info and read the article and comments on ‘International Surfski Paddling Association Launched’.

After Note: A look at the International Surfing Association’s (ISA) website shows that as an International Federation they claim that all activities that take place in the surf come under the ISA and that shortly, they intend to hold the 1st Stand Up Paddling World Champs! Could the IPSA find itself between a rock and a hard place with two international federations claiming jurisdiction over their sport??

Historical Notes: The present situation about governance in paddle sports stems from a unilateral declaration that appeared in the ICF Canoe News, in April 1999, which stated that:-

“on the recommendation of AGFIS (GAISF), Dragonboat, Rafting; Outrigger Kayak-surf and Waveski are now recognized canoe disciplines of the ICF. This was a unanimous decision of the ICF Board in Madrid’

This statement was made despite the fact that independent International Federations already existed for most of these newly recognized canoe disciplines of the ICF. In a later written statement the GAISF (AGFIS) stated that they had never made such a recommendation to the ICF but merely accepted a notification that the ICF were now going to expand their canoeing disciplines. However, it was not until 2003 that the ICF set up a committee for any of these new disciplines and then it was only the ICF Dragon Boat Committee. Co-incidentally, at this time the IDBF were applying for GAISF Membership for the first time. In 2007 the IDBF was finally admitted into GAISF Membership as the specific member for Dragon Boating.

In 2008 the IRF, IVF and IDBF formed the AIPSF (Association of International Paddle Sport Federations) as a way of enabling paddle sports to meet and talk to each other about common areas of interest and ways of supporting each other without compromising each sports independence and development. The ICF were invited to join the AIPSF but declined to on the basis that they did not see anything to be gained by joining such a paddle sports organization.

2010 CZECH REPUBLIC DRAGON BOAT SEASON

7th year of Czech Dragon Boat Cup for Premier, Senior, Junior Open, Mixed and Woman Sport Crews - 200, 500 and 2000m.
3th year of Dragon Boat Grand Prix for Mixed Fun and Company Crews - 200 and 1000m

MAY 2010

- 1.- 2.5 Pálava Dragon Open **Start of the Czech DB season in Moravia! 1st Race of Czech DB Cup and DB 2010 Grand Prix series!**
- 8.5. DB Race Ústí DB Race in the North of Bohemia on river Labe in Ústí nad Labem.
- 15.5. Břeclav Grand Prix 2nd of Moravian GP series in new location of Břeclav City on Dyje River.
- 22.- 23.5. Lipno DB Race **High level background of location on Lipno dam. This year Czech DB Cup and GP together!**
- 29.5. ONV Grand Prix DB Festival in Slovácko – beautiful part of Moravia in GP series!

JUNE 2010

- 5.- 6.6. Dragon orld T?ebo? **South Bohemia, famous pond the World and support of brewery Bohemia Regent! Czech DB Cup and GP together!**
- 12.6. Prague DB Festival 13th year of traditional DB Festival in Prague City, NEW Czech Republic University Dragon Boat Championships’
- 26.6. GP Špindl Comeback to the dam in famous Krkonoše mountain holiday resort – Špindler?v Mlýn.
- 26.- 27.6. GP Hranice Traditional DB Race on Be?va River. This season for the first time in GP series!



LICENSED MANUFACTURERS - IDBF SPEC RACING DRAGON BOATS & PADDLES
as at 25 March 2010

BOAT BUILDER	Model	Country of Origin	Email or Fax Contact
Bizzon Dragon Boats	1222	Czech Republic	krlkzsk@yahoo.co.uk
Boat & Home	1222	Canada	boatandhome@hotmail.com
BuK Boats	1222/ 912	Germany	Buk-Gmbh@t-online.de
Champion Boats	1222/ 912	China	cd@dragonboat.cn
Donoratico	1222	Italy	Fax + 39 056 577 4290
Gemini	1222	Poland	dragonboats@gemini.gda.pl
KTH Seagull Boats	1222	Singapore	sales@seagull.com.sg
Olym Elite Boats	1222/912	China	info@olymp-sports.com
Pei Sheng Boats	1222	China	psfrp@163.com
Plastex Composite	1222/912	Poland	plastex@home.pl
Regata 2000	1222	Hungary	regata.bt@chello.hu
Simon River Sports	1222	Canada	lou@simonriversports.com
Swift International	1222/912	China	timyang@swiftinternational.biz
Tedi Sport	1222	Poland	tedisport@wp.pl

202a PADDLE	Licence Number	Country of Origin	Email or Fax Contact
Apex Composites	3021/22/23	Canada	apex@bellnet.ca
Braca Sport	3061	Lithuania	braca-hu@bracasport.com
Burnwater	3011/12	USA	arinchang@burnwater.com
Champion Paddles	3191	China	cd@dragonboat.cn
Chinook Paddles	3131	Canada	info@chinookpaddles.com
Dutch Composites	3241	the Netherlands	info@doubledutch.eu
Dynamo Paddles	3341	Lithuania	dynamo@sugardas.lt
ES Dragon Paddles	3101	Germany	Brigitte.Schmidt@beiersdorf.com
Far East FRP Boat Co	3331	China	wendell.zhou@fareastboats.com
Grey Owl Paddles	3081/82/83	Canada	info@greyowlpaddles.com
G' Power	3121	Poland	info@gpower.pl
Kajner Sport	3301	Hungary	info@kajner.hu
Kanoe Sports	3291	Singapore	Patrick@kanoesports.com
Kialoa Paddles	3251/52	USA	kialoa@bendcable.com
Kober Moll	3221	Germany	info@kober-moll.com
Land & Ocean Comps	3111	China	lando@land-ocean.net
Ocky Oars	3071	Australia	edmcilwain@bigpond.com
Olym Elite Paddles	3211/12	China	info@olymp-sports.com
Seatec Paddles	3242/43	Singapore	info@seatecpaddle.com
RAAB Paddles	3141	Czech Rep	raab@cmail.cz
RK Company	3311	Czech Rep	rkcompany@centrum.cz
Simon River Sports	3091/92/93	Canada	lou@simonriversports.com
Stanley Residents Assoc	3271	Hong Kong	stanleydragonboat@ymail.com
Swift International	3151	China	timyang@swiftinternational.biz
Talon Technology	3201/02/03	Australia	geoff@talon.com.au
Trivium Paddles	3051	Lithuania	info@triviumpaddles.com
Typhoon 8	3041/42	Hong Kong	lister@typhoon8.com
Yarn-Way Enterprise Co Ltd	3321	China	sarah@yarnway.cn
Zijie Sports Oars	3261	China	zijiesports@yahoo.cn
ZRE Racing	3031	USA	zaveralb@mkl.com



UNDERSTANDING THE DIET FOR DRAGON BOATING -

by Tyrone Shum. DBV.com.au and Dragonglobe.com

Have you come home from training and felt really hungry where you could eat a 10 course meal? I bet you have because the amount of energy that you burn during training is more than what you do during the day. It's important for you to eat healthy and eat at the right times because 70% of what you do within dragon boating is about your diet. A Dragon boater's diet is very similar to that of your average adolescent, with one critical exception:-

CARBOHYDRATES. Paddlers need more carbohydrates. The energy a paddler uses primarily comes from carbohydrate stored in the muscles as glycogen. The carbohydrate level in the muscle must be restored before the next practice in order for the paddler to "recover" and be ready to work hard again. If the levels are not restored, the paddler remains fatigued and training is not effective. If the problem persists, they will not be able to race well.

Many coaches and leading nutritionist suggest that calories be split so that 65% comes from carbohydrates, 15% from fats, and 20% from proteins, reflecting the greater carbohydrate needs. As nutrition is very important for supporting muscular development during training, supplements such as mult-vitamins are crucial and I would recommend taking a daily dosage to aid in a faster recovery.

Carbohydrates are the most important energy source for a paddler. They help maintain blood glucose levels and replace muscle glycogen that has been used for energy. Carbohydrates are also the only nutrient that the brain can use. Paddlers should aim to have 6-10 grams per kilogram of body weight (3-4.5 grams per pound) of carbohydrates each day. To put this into perspective:

- * A serving of fruit, grain, or milk and alternatives contains about 15 g of carbohydrates
- * A serving of legumes (¾ cup) contains about 20 g of carbohydrates.
- * Vegetables contain varying amounts of carbohydrates, from 5g in a cup of lettuce to 15 g in ½ cup of corn.

PROTEIN: Proteins are the body's "building blocks", helping to rebuild muscle after intense exercise. Paddlers do have higher protein needs than the average person (1.2-2 grams per kilogram vs. 0.8-1 grams per kilogram body weight) and therefore need to incorporate protein supplements to help with muscle growth.

Assuming that a paddler needs 1.5 grams per kilogram protein a day, a 60kg paddler would be able to meet his/her needs just by having two eggs, a glass of milk and toast for breakfast, a wrap or sandwich with meat, cheese, and veggies for lunch, an afternoon snack of yogurt with granola and a balanced dinner with a little bit of meat, starch and a good portion of vegetables. Breaking this down:

- * A serving of meat and alternatives contains about 15 - 20g of protein.
- * A serving of milk and alternatives contains about 8g of protein.
- * Grain products and vegetables provide a little bit of protein as well.

In order to get the most out of your protein intake, you should take small amounts of protein, like an egg or a glass of milk, every two to three hours to help the body convert it to amino acids and build muscle.

FATS: Because fat provides over double the calories per gram compared to carbohydrates and protein, it has gotten a bad rap in the past and has been the nutrient to eliminate in many diets. However, aside from providing energy, fat intake is necessary for the body to get the essential fats that it can't produce itself. It also helps the body absorb the fat-soluble vitamins A, D, E, and K. **For a person who eats 2,000 calories a day, 400-500 of those calories should come from fat,** which would be about 45-55g. Choose sources of unsaturated fats like canola oil, olive oil, avocado, fish and nuts and seeds to prevent inflammation from high-intensity exercise and maintain heart health. In terms of food:

- * All oils are 100% fat, and every millilitre weighs about a gram. A teaspoon of oil would contain about 5g of fat.
- * Nuts and seeds contain about 20 g of fat per Food Guide serving of ¼ cup. Although they're a great snack, you definitely should watch the portion!
- * An avocado contains about 30 g of fat.
- * Most of your fat will probably come from the milk and alternatives and meat and alternatives groups. Choose leaner sources of these food groups to avoid overdoing your fat intake, especially saturated fat.

WATER OR REPLACEMENT FLUIDS: Although water doesn't provide any energy, hydration is just as—if not more—important than maintaining a balanced diet. Any degree of dehydration can hurt an paddler's performance. A good schedule for fluid intake is:

- * 400-600 mL (1½-2½ cups) two hours before exercise.
- * 150-350 mL (¾-1¼ cup) every 15-20 minutes during exercise.
- * 450-675 mL (2-3 cups) after exercise for every pound lost during a workout.

Water should be perfectly fine unless you're performing intense activity for over an hour or exercising in very hot/humid conditions where sweat loss is increased. At that point, you need to be more careful of fluid and electrolyte losses through sweat and depletion of muscle glycogen. Therefore, you should drink a quality sports drink containing sodium, potassium, and small amounts of carbohydrate during your workout in those situations.

As you can see, the importance of eating the right foods will not only enhance your performance for dragon boating, but will also make you stronger, more energetic and increase your longevity of life.

What Type of Personal Flotation Device (or Aid) is Right for Dragon Boating ?

The Dragon Boat Forum email group often comes up with interesting Dragon Boat discussions and recently a question about inflatable Personal Flotation Devices (PDF) came to the fore when **Will Murphy in the USA asked:-**

"Has anyone paddled with an inflatable PFD? If so, would be interested in your experience with it, whether it got in the way, was comfortable, etc."

Doug Sinclair in Australia, came back with:-

"I routinely paddle with an inflatable PFD. Have done for three years. It is not much of a bother if you use one of the U shaped ones that sit on the chest with a waist strap and strap down the centre of the back. You just need to get comfortable by making sure the PDF sits high (back) on your shoulders so it doesn't bear down on the back of the neck"

If I'm prepared to spend top dollars on a Trivium Paddle surely I am prepared to spend a similar amount on saving/protecting my life as a person who could barely manage 50M unaided. I wear a PDF designed for Helicopter pilots. It cost around \$400 AUD and has been very useful. I've never had to inflate it with the gas bottle but I have manually inflated it about 4 times.

I look for comfort, freedom of movement while paddling, cool to wear, likely to work when I want it to and not when I don't want it to. In Victoria Australia the wearing of PFD's while paddling a dragon boat is mandatory by law, everywhere else it is optional. In NSW and elsewhere the Maritime authority is trying to make the wearing of PFD's for all paddling craft mandatory and the OC crowd are trying to argue why that is unnecessary legislation."

Not to be left out of the discussion Jeff Campbell back in the USA weighed in with:-

"Personally, I wouldn't wear one and we won't allow them at the regatta's we run. If you own it and are good about the upkeep and maintenance, and you don't mind trusting your life to a device that requires some active measure to operate, then they can be very comfortable to wear and safe.

Again, this is my personal opinion, if I'm unconscious when I hit the water I want my PFD already working. I'm aware of all the research done by the manufacturers and that they are guaranteed to work, but that isn't going to prevent someone's family from suing my company if someone dies at one of our races because theirs failed. We don't allow them because we have no way of verifying that the owner has actually done the maintenance and therefore we have no way of knowing whether or not it will work when needed.

Maybe I'm overly cautious, but we don't even use the cheap \$10 one-size-fits-none vests in our rental fleet. For 20 bucks more we get better fitting vests with multiple adjustment points that carry lifetime warranties. The key to any PFD is to wear it properly, it makes me crazy to see novices getting into boats with the wrong size vest because that was all that was left in the pile.

However, if anyone out there ever questions the importance of a PFD during practice, (and clearly Will and Doug wear theirs) just remember the two recent tragedies in Asia where multiple lives were lost during a training session because paddlers, even those that could swim, were not wearing PFD's."

Doug responded with – "Not all Inflatable PFD's automatically inflate. Those that do have a dissolvable tablet on the safety that releases in contact with sufficient water immersion. Those types (of better quality) usually have an optional override plastic fitting that removed the need of the tablet and substitutes it with a draw chord.

Naturally they also have the accessory air tube for manual inflation or manual topping up when the unit loses air. I have used mine for three years without fault and have often also participated in Huli drills in OC6 craft.

The bonus is I can slightly inflate it for comfort when in the water via the manual tube then using the release (drain valve) of the tube (you reverse the cap on the end of the tube) I have again deflated the PFD in seconds and closed it up again. **If the gas were to be accidentally triggered while I was under a craft** it may push me up into an air pocket (desirable) or if not and providing I am conscious at the time I would rapidly deflate it using the reversed cap then get out. Once out if I felt I needed the support I would manually inflate it while holding onto the craft for support. Just another way to look at it. No answer is more right or more wrong.

Having started the discussion, which had moved away from his original question, Will Murphy came back with:-

My team requires that PFDs be worn at all events. We have had ocean rescue lifeguards and triathletes on the team. They all wear PFDs. Synergy, my company which puts on a series of small regattas here, requires that everyone wear a type III PFD. We quite like Extrasport's PFDs, and many of ours are from them, I think the Fleet model. Nothing fancy, but reliable and much better fitting than the non name ones.

I agree that use of (as in wearing) a PFD is an important safety issue. If you think that just having it in the boat is good enough then consider these stories:-

1) I was in an OC6 (outrigger canoe). For those unfamiliar with them, they have a narrow "float" (the "ama") on one side, generally the left. The ama provides flotation if any force tries to roll the canoe to the left. It also provides some resistance to forces trying to roll it to the right simply by its weight but much, much less resistance than to forces to the left and once something lifts it high enough, it will gain momentum and the boat will rapidly capsizes (a "huli").

Well, our novice paddler saw a floating piece of trash just out of reach on the right and stood up and leaned and faster than I could say "No.No! NO!) we were in the water. One of the paddlers was hit in the head by the ama. Fortunately, she was not seriously hurt and was conscious but suppose she had been knocked out? If she had and was not wearing a PFD, maybe a fatal accident instead of a minor concussion.

2) If you want a certification as a kayak guide in the USA you have to complete a workshop. I did the workshop years ago. One of the things they made us do was jump off a dock and then they threw us our PFDs. We were all experienced paddlers and swimmers. **It was surprisingly difficult to get on!**

This is when we knew it was going to happen, there was no real urgency, calm water with no current, we were uninjured and everyone with us was calm and uninjured and no boat and paddle floating away, etc. We were in ideal conditions (except it was very cold by Florida standards, but probably not at all cold compared to what is typical in the waters where many of you train and race) and it was still harder and more awkward to get the darned thing on than I would have imagined. Had we just capsized and been with panicked, possibly injured people, in moving water, etc etc

I don't drive without wearing a seatbelt. I don't cycle without wearing a helmet. I don't paddle without wearing a PFD.

I know many paddlers feel like they don't need them because they swim well. Hopefully the stories above help illustrate why that may not always be enough. As for the comfort factor, a good PFD made for paddling is comfortable, if it is well-fitted. If you won't wear it for yourself, wear it for your mom. **Will**

In putting forward what paddlers should consider concerning the wearing of PFDs, Mike Haslam said:-

Paddling in some types of inflatable PFDs, can be done but the problem with them is if they inflate, either accidentally or by human error or intent. Then they are not at all easy to paddle in and in the event of a capsize, there is the possibility that inflated they can trap or hold a paddler underneath the boat or any other object that a person may be swept underneath in a moving water situation - a pontoon or tree branches, for example.

Remember that this type of life jacket - because that is what they really are - are designed to be used by crew members of sailing boats on open water and the sea and not for dragon boats when racing or training.

The inflatable life jacket (PDF if you will) is designed as a jacket that will help to save the life of a crew member who has been swept overboard away from a moving boat and who may also be unconscious in the water - not a situation you ever find in a Dragon Boat Race and rarely, if ever, experienced in training.

The life-jacket is constructed so that when inflated it will take the person wearing it to the surface quickly and keep them the right way round with their head out of water. Those jackets that inflate automatically put a lot of pressure and force into the jacket to achieve its design task - not the sort of force you necessarily want to experience if you are under a capsized dragon boat.

A normal non-inflatable buoyancy aid (the basic kind of PFD - also called PF Aids - PFA) is much more suitable for Dragon Boating and the recommended choice for paddlers in most, if not all, paddle sports, including Kayaking, Canoeing, Rafting, etc. They are what they say, an adequate aid to personal flotation that will keep a person afloat in the water, without affecting too much their ability to swim. Try swimming with an inflated PFD (life jacket) around your neck. Not easy, as Will has pointed out.

So folks, paddle in an inflatable PFD if you must - see the IDBF Water Safety Guidelines for advice on when and where it is appropriate to wear PFDs - but remember to check on what the different kinds of PDF are designed to do and choose one that is right for the type of Dragon Boat activity you are going to take part in, especially if you regularly train on open water or sheltered sea conditions. And as with all insurances, don't pay over the odds for your policy !!

From the Newsweek Archives - Kung Fu Fighting for Fans - report by Melinda Liu

The Long and Winding Olympic Road was the title of an article in DBI, some while ago explaining the process and difficulty of becoming an Olympic Sport. The following article shows that even when a sport appears to have made it to the 'Olympics' things may not always be what they seem.

What happened to Wushu - the Dragon Boat equivalent amongst the Martial Arts - is of particular interest to the IDBF as IWUF President Wang Xiaolin, was the IDBF Secretary-General before going to the Wushu Federation.

"Ever heard of Wushu"? Most if not all of China's 1.3 billion people have. Contributor Fergus Naughton explains why you may not have. And why China's traditional martial arts did not compete with beach volleyball to snag spectators during the 2008 Olympic Games in Beijing:

In 2001 when Beijing got the nod from the International Olympic Committee (IOC) to host the 2008 Games, it was hoped by many that Wushu -- China's traditional practice of martial arts, also referred to as gong fu or kung fu -- would be accepted as a medal event seven years later. After all, South Korea got to introduce its indigenous martial art of Taekwondo as an exhibition event in the Seoul '88 games. Surely Wushu -- the ultimate synthesis of China's unique sporting tradition -- would be considered worthy as an exhibition event?

It was not to be. IOC head Jacques Rogge declared in 2005 that Wushu would not be added as an Olympic event. "We are not introducing Wushu in the Olympic programme," state media reported Rogge as then saying. "It will not be an exhibition at all," he said. This was a kick in the face for the Beijing-based International Wushu Federation (IWUF), the sports governing body. (Ed: The IDBF had faint hopes of Dragon Boating also being included in 2008 but unfortunately Exhibition Sports or Demonstration Sports as they were also called, were phased out of the Olympic Games Programme after Seoul 1988)

In an attempt to save itself from louder criticism -- and to save the IWUF some face -- the IOC sugar-coated this rejection by allowing the Beijing Organising Committee to hold the Wushu International Tournament, Beijing 2008, at the same time as the Olympics and in an Olympic venue - the Olympic Sports Center, Gymnasium.

That Wushu was not a marquee Olympic event passed unnoticed by most Games enthusiasts. In the run-up to the Olympics, visitors to China were bombarded with the "five thousand years history and culture" party line but if you walked down the street, took the bus or subway, opened a magazine or newspaper, or flicked on the TV you were bombarded with images of sporting heroes in glory, triumph and even in defeat -- but few of these images were that of a Wushu practitioner. (Tai chi, one type of Wushu, did feature in the spectacular Olympic Opening Ceremony though -- as did stylized Dragon Boating, Ed).

The IOC's official line on its ruling is that the IOC is trimming down the number of events in the Olympics. While baseball has been taken off the ticket, many other relatively inaccessible sports such as BMXing, mountain biking, clay pigeon shooting and dressage, to name but a few, appear to remain.

Reaction to the IOC's decision by local martial arts practitioners was one of muted bewilderment. After all, this sport is a perfect showcase for China's vast and lengthy history "I really don't understand it," said Mr. Zhang, a former Wushu champion and now a teacher of Chinese martial arts in Beijing. "The Olympics has Korean Taekwondo and Japanese Judo.....why not our own gung fu?"

Perhaps the IOC thought Wushu was just not popular enough or international enough to become a regular Olympic Sport, for despite the numerous breathtaking silver-screen displays of Chinese martial arts prowess, such as Jackie Chan movies, as well as the local period TV dramas and epics that hit the movie theatres in China come holiday season, real-life Wushu, it seems, has yet to capture the imagination of its own homeland, let alone a global audience.

But according to IWUF President Wang Xiaolin, Wushu -- which includes two schools, one known as taolu (routines such as tai chi) and a second known as sanda (full contact kickboxing) -- has about 200 million practitioners worldwide.

The Wushu Tournament Beijing 2008 aimed at boosting its global appeal. With 128 athletes from 43 countries and regions fighting it out for the tournament's 15 gold medals, it is hard to deny that China's martial arts had a more international and more venerable feel to it than some other sports, such as, say, synchronized swimming (where Spanish competitors were barred from wearing special lights that would have made them look like waterproof Christmas trees).

However, not all agree that bringing Wushu onto the world stage would necessarily be good for the sport or for traditional martial arts overall. "Wushu is a competitive sport, both in taolu and sanda," said a traditional-style Wushu practitioner. "If it becomes more global, it will cheapen the name of kung fu.....the reason for practicing martial arts will not be the same."

He admitted it would be good to see more people performing martial arts. But the pursuit of medals, fame and money, could hurt the core essence of Wushu. "People practice it for different reasons. Mostly it's for health, both physical and mental. But it is also a challenge....a life-long challenge," he said.

A life-long pursuit of personal pain and triumph may be too much delayed gratification for some people, especially Chinese youth who're continually bombarded with images of Bentley-driving NBA superstars. "Everyone wants to be a Yao Ming," said a tai chi teacher in downtown Beijing. "America is hot. NBA is hot. When kids finish school, they can put on these expensive clothes and play basketball with their friends." In fact, Chinese kids seem more willing to wear their Nike and Adidas replica jerseys and play, watch and consume soccer, basketball, and American football than to embrace the ancient and quintessentially Chinese art of Wushu. (Ed: and maybe Dragon Boat Racing too ?).

"What about Beckham?" the teacher's teen-age student piped up. "I want to be a football star like him". Perhaps Wushu's victory as a global phenomenon will come only after a long struggle, after many lifetimes of dedication, hard work and sacrifice. Then again, perhaps donning tight spandex swimwear might accelerate the process !?

So folks the simple message is "all that glitters is not gold" and perhaps there is food for thought here for Dragon Boating, as the IDBF begins its own quest for IOC recognition and eventual inclusion of the sport in the Olympic Games. The Games are one hugely important and dominating sporting extravaganza that takes place every four years but surely sport, any sport, has to be more than an Olympic Sport to really stand tall and be a major player on the World stage -- just ask Wushu.



Any Questions on World Championships?

Go to:

<http://idbfworldchamps.com>

An IDBF Service for You!



DRAGON BOAT NET

www.dragonboatnet.com

The Paddlers Site

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Győr International Dragon Boat Festival	Hun	email: info@sarkanyhajozas.hu website: www.dragonboat.hu
Hong Kong International Races	Hkg	email: hkdba@hkolympic.org website: www.hkdba.com
Istanbul Dragon Festival	Trk	email: info@dragonfestivali.com website: www.dragonfestivali.com
Labuan International Sea Challenge I	Mal	email: psong@lautanbiru.com.my
Limmasol International Dragon Boat Races	Cyp	email: aermogenous@hotmail.com
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Miami Hong Kong Dragon Boat Festival	Usa	email: miamidragon@bellsouth.net. website: www.miamidragon.com
Nantes Atlantique Dragon Boat Festival	Fra	email: nack.nantes@libertysurf.fr website: www.nack.nates.free.fr
New York Hong Kong Dragon Boat Festival	Usa	email: info@hkdbf-ny.org website: www.hkdbf-ny.org
Penang International Dragon Boat Festival	Mal	email: secretary@penangdragonboat.gov.my website: www.penangdragonboat.gov.my
Prague International Dragon Boat Races	Cze	email: klimbera@dragonboat.cz website: www.dragonboat.cz
Putrajaya Int Dragon Boat Festival	Mal	email: putrajayadragonboat.com website: www.putrajayadragonboat.com
Rouen AFCDB Dragon Boat Festival	Fra	email: guillaumebestaux@hotmail.com website: www.dragonboat.fr
Sabah International Dragon Boat Races	Mal	email: zachary@sabahtourism.com website: www.sabahtourism.com
Stanley International Festival Races	Hkg	email: stanleydragonboat@ymail.com website: www.dragonboat.org.hk
Tampa Bay International Dragon Boat Festival	Usa	email: cboudreau@yachtstarship.com website: www.TampaBayDragonBoats.com
Thailand International Swan Boat Races	Thl	email: tangentt@gmail.com
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Vladivostok Governor of Primorye Int Cup	Rus	email: tigersvld@mail.ru

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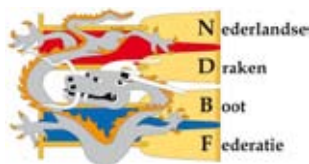
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