



FREQUENTLY ASKED QUESTIONS for CORPORATE (NOVICE) DIVISION

No paddling experience required!

- WHAT: San Diego Dragon Boat Race
For information, please visit: <http://www.sddragonboatrace.com/>
- WHEN: **Saturday, October 22, 2011 (only Saturday for corporate racing)**
8 am – 5 pm (Teams arrive at 8:00 am for registration & orientation)
- WHERE: Mission Bay Park (**south** of Hilton Hotel).
See map for race location: <http://www.sddragonboatrace.com/location.html>
See map for parking: <http://www.sddragonboatrace.com/parking.html>
- CONTACT: Andi Liskay dragonboatsd@gmail.com

What should I bring and wear on race day?

- ❑ Wear water-resistant clothes (e.g., shorts, bathing suit underneath, rash guard, windbreaker).
- ❑ **DO NOT WEAR JEANS, COTTON, or FLEECE** because you will get wet!!
- ❑ Optional, but recommended items include a hat, sunglasses, sunscreen, and water gloves.
- ❑ You may wish to wear water-resistant shoes or go barefoot in the boats. **FLIP FLOPS are NOT recommended.**
- ❑ Do not wear a watch or jewelry that you do not want to get wet.
- ❑ Bring a towel, change of clothes and shoes, water or sports drink, and snacks/lunch.
- ❑ Please also bring money to buy lunch from food vendors (or bring your own lunch) as well as SD Dragon Boat Race t-shirts.
- ❑ Bring your camera too!
- ❑ **Team leaders--PLEASE BRING YOUR OWN TENT, CANOPY, OR TARP if you would like a covered shelter. You will be on grass. Please bring your own lawn chairs, picnic mats, etc. to sit. Plan for a day at the beach. First come, first serve on picking a spot for your team on the grass area, near the blue gazebo closest to the Hilton.**

What does dragon boat racing look like?

To learn more about San Diego Dragon Boat Team (SDDBT) and dragon boat racing, please visit: <http://www.sandiegodragonboatteams.com/> and <http://www.youtube.com/watch?v=8RSwxchFpQg>

What do I receive for my registration fee? (16 paddlers pay \$400/ team)

Paddlers who register, execute a waiver, and pay the non-refundable fee will receive the following:

- (1) A full day of Team Building fun on and off the water
 - (2) “on-loan” use of equipment: wooden paddle blade,* life jacket,* 40-foot dragon boat*
 - (3) onsite paddle training and water commands from SDDBT
 - (4) participation in two or more dragon boat races
 - (5) souvenir Race program booklet
 - (6) “on-loan” steersperson and drummer from SDDBT
- (*Paddles, life jackets, and dragon boats are property of SDDBT and must be returned.)

How many races will I participate in?

The corporate teams will likely paddle in three to four races: two to three preliminary heats, and a final.

How is the winning team determined?

Depending on the number of entries from corporate (novice) teams, SDDBT will use combined times in two or three races with the top teams competing in final races. SDDBT has full discretion to call the winner of close races. The top three teams will rank First (gold), Second (silver), and Third (bronze) place. SDDBT also reserves the right to have two corporate divisions for racing.

What do I receive if my team wins?

Each of the top three teams will receive both a trophy for the team and 19 medals for the individual paddlers, the coach, and up to two alternates.

May I participate if I do not have a team of 16?

Yes, SDDBT will place you on a team.

May I participate in the Race if I can only stay for part of the day?

SDDBT will find you a replacement. Alternatively, your team may race with fewer than 16 paddlers.

Will I have the opportunity to practice before race day?

To create a level playing field for corporate (novice) teams, practice will not be available prior to the race. SDDBT will provide paddlers with on-site training on the day of the race and paddling out to the start line will be part of the "warm up." No experience is required. All paddlers in the corporate division are novice.

What can I do to prepare and train for the race?

Cardio and strength training are recommended, but not necessary. (On the day of the event, make sure to stay hydrated and stretch when possible)

What is the physical distance of the races?

Depending on the wind and other weather conditions, one race would be approximately 250 meters.

How can I monitor the progress of my team throughout the Race?

SDDBT will post the results from each heat at a central location.

Will I have "down time" in between races?

Yes. You will probably have a race every hour over several hours. Before your first race, your team will get "trained" on how to paddle. Every time you race, you have to go to the "marshalling" area to line up and put on lifejackets. In between racing, you will have "down time." You may want to get dry, watch other dragon boat races, bring a book to read, just hang out and talk to others, go to the vendors to buy a race T-shirt or race poster, go eat, or bring a football or horseshoes to throw around.

Is the event free and open to the public? May friends and family watch me paddle?

Yes! Our Dragon Boat Race is for everyone. (Only paddling requires payment of a fee.) Have friends, family and fans come down for the day and cheer you on! The location of our Race is ideal for viewing the entire race from start to finish.

For those who may have participated in past dragon boat “festivals,” how is this event different?

This Race will consist of several divisions for competitive teams that regularly race dragon boat , including “open,” college, and cancer survivors, who will be traveling from out of town and out of state. Those divisions will compete in 20-man and 10-man boats for men, women, and coed for two days. In contrast, the corporate division is for novice, will have 16 paddlers, will be provided a steersman and drummer by SDDBT, and will take place only on Saturday. As such, you will have a chance to see lots of competitive dragon boat racing!

What is the schedule for the Race?

A likely schedule is listed below as an example. The final schedule will be posted online and sent to the team captains the week before the race.

PRELIMINARY RACE SCHEDULE

7:00-8:30am	Paddlers arrive & set up
8:15-8:45am	Mandatory Captain's Meeting- to be held at the Gazebo with the blue roof
8:45-9:00am	Blessing by the Monks
9:00-9:15am	Dragon Boat Eye Dotting Ceremony
9:15-9:30am	City of Hope Charity Welcome- guest speaker
9:30am	Commence marshaling for Heat #1
9:30-10:00am	Training of corporate (novice) teams on how to dragon boat paddle
9:45-10:00am	Exhibition Race by San Diego Canoe & KayakTeam Junior Paddlers
10:00am	First Race of the Day to commence
10:00-12:45pm	Commence Dragon Boat Racing
12:45-1:15pm	Cancer Survivor Race & Ceremony
1:15-5:30pm	Dragon Boat Racing continues
5:30pm	Awards Ceremony for Corporate, College, & Division II Mixed

Team Captains:

-Bring executed waivers for all paddlers. You may use one form for all 16 paddlers:

-Bring your completed team roster. You may use this form:

<http://www.sddragonboatrace.com/forms.html>