



FREQUENTLY ASKED QUESTIONS for CORPORATE (NOVICE) DIVISION

No paddling experience required!

- WHAT:** San Diego Dragon Boat Race
For more information go to: <http://www.sddragonboatrace.com/>
- WHEN:** **Saturday, October 23, 2010 (for corporate racing only)**
8:00 a.m. – 5:00 p.m. (Teams arrive at 8:00 a.m. for registration and orientation)
- WHERE:** Mission Bay Park (*south* of Hilton San Diego Resort/Spa)
See map: <http://www.sddragonboatrace.com/location.html>
- CONTACT:** Sandra Chong, (619) 301-1429 or sandra_tm_chong@hotmail.com

What should I bring and wear on race day?

- ❑ Wear water-resistant clothes (e.g., board 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, snacks and/or lunch.
- ❑ Bring money to buy lunch from food vendors, merchandise from other vendors, and/or San Diego Dragon Boat Race commemorative t-shirts.
- ❑ Bring your camera too!
- ❑ **Team leaders--PLEASE BRING YOUR OWN TENT, CANOPY, OR TARP if you would like a covered shelter in your team's assigned area. You will be on grass. Please bring your own lawn chairs, picnic mats, etc. to sit in your team's assigned area. Plan for a day at the beach.**

What does dragon boat racing look like?

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

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

- Paddlers who register, sign 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) Use of equipment: wooden paddle*, 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) Steersperson and drummer (*courtesy of SDDBT*)

(*Paddles, life jackets, and dragon boats are property of SDDBT and must be returned.)

How many races will I participate in?

Corporate teams usually 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* of two or three races with the top teams competing in the final races. SDDBT has full discretion to call the winner of close races. The top three teams will be ranked: First (gold), Second (silver), and Third (bronze) place.

What do I receive if my team wins?

Each of the top three teams will receive a team trophy and 19 medals; one for each individual paddler, the coach, and two alternate paddlers.

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 a replacement for you. 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. All paddlers in the corporate division are novice. No experience is required. 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”.

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, stay hydrated and stretch when possible.)

What is the physical distance of the race?

Depending on the wind and other weather conditions, the race distance is 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.

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

Yes! The San Diego Dragon Boat Race is for everyone. (Only paddling on/with a team requires payment of a fee.) Invite friends and family to come down for the day and cheer you on! The location of the 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 participate in dragon boat races. These divisions include “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 teams for two days. In contrast, the corporate division is for novice paddlers,

composed of 16 paddlers with a steersman and drummer provided courtesy of SDDBT; racing 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 tentative 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.

RACE SCHEDULE

8:00 Volunteers' Organizational Meeting at Central Tent

8:00 Teams arrive and setup at assigned spots

8:30 Captains/Team Leaders' Meeting at SDDBT Tent

9:00 **Call to Assembly** (Main Stage)

Opening Ceremony

Introduction

National Anthem

Guest of Honor: City of Hope (SDDBT will make a charitable contribution)

Ceremonies of Blessing-the-Dragon-Boats & Dotting-the-Dragon's-Eyes

10:00 First Teams to Instruction Tents/Marshalling Areas

10:20 Begin First Round Races

[Racing continues during lunch hour]

12:20 Second Round and Finals

4:00 **Awards Ceremony** (Main Stage)