



# Dragon Bytes

*Race on the River News*

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[www.raceontheriver.com](http://www.raceontheriver.com)

## Mark Your Calendars!

<b>July 21-24</b>	Practice Times
<b>July 24</b>	6-8:30 pm Pledges to be turned in at Bank of Montreal, Provost Street (In town teams)
<b>July 25</b>	6:30pm Youth Races
	7:00pm Opening Ceremonies
	8:00pm The BBQ Kings
	9:30pm Celebration of Light and Life
<b>July 26</b>	<i>Race Day</i> - Races begin at 8:00 am
	8:30-9:30am Pledges to be turned in at Bank of Montreal (Out of town teams)

## It's not just paddling!

The *Race on the River* Dragon Boat Festival is not just about paddling. In addition to the lively competition of paddling in a Dragon Boat there are other chances for team competition. They include:

- **The United Way Tug of War**
  - Each tug of war team consists of ten members
  - The tug of war will take place at Rotary Park on the West shore of the East River
- **Women Alike Cake Walk**
  - Enter your team in the popular cake walk at the Women Alike T
- **Prizes**
  - For Best Dressed Drummer
  - For Most Spirited Team
  - For Best Team Banner
- **Individual challenges**
  - Challenge your competition on race day
  - Challenge other teams to raise the most pledges

## Mayor Ann MacLean to Open *Race on the River*

New Glasgow Mayor, Ann MacLean will be the Honorary Chair of this year's Dragon Boat Festival. As Honorary Chair she will awaken the Dragon in the "Dotting the Eye Ceremony". Mayor MacLean is not new to this task, having awakened the Dragon in the Women Alike Abreast A Rivers inaugural paddle in June 1999.

This year teams will also participate in the Opening Ceremonies along with representatives from the three organizations benefiting from monies raised by the paddlers.

McDonalds will be sponsoring the Youth Dragon Boat demonstration event held just prior to the opening ceremony on Friday, July 25<sup>th</sup>. More than sixty youth aged 12 to 18 will participate in the county's first ever youth Dragon Boat event.

The BBQ Kings will provide lively music after the ceremony. The evening will be closed with a special celebration of light and life on the East River involving music, paddling, and light.

Festivities kick off at 6:30 with the Youth Race.

**Come and join in the fun.**

There is a rumor that physiotherapists will be available on site - stay tuned!



### Its fun! It's safe!

Dragon Boating is a very safe sport. The boats are staple and all paddlers and drummers wear life jackets. Please remind all of your paddlers that the steersperson (or coxswain) is the boss in the boat. Instructions to remember are:

- Hold water!
- Draw
- Pry
- Paddles ready
- Paddles Up
- Back Paddle

Listen at practices to learn what to do when you hear these commands.

**Thanks to the following businesses for their support of *Race on the River* 2003.**

#### Silver Sponsors

**CKEC**  
**Sobeys**  
**Tim Hortons/ Wendys**  
**A.W.Leil**  
**Advocate Printing & Publishing**

#### Dragon Friends

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#### Bronze Sponsors

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S.Allen and Sons

## The 2003 Pledge Program

All pledges raised go to charitable organizations with our primary benefactor of the 2003 Race being the Women Alike Breast Cancer Support Group. Special Olympics and the Nova Scotia Amateur Sport Fund will each receive 30% of the pledges raised.

We have added exciting incentives to our pledge program this year. Prizes will be awarded to paddlers as follows, depending on the amount raised:

\$50. - \$99.	A <i>Race on the River</i> 2003 hat
\$100.-\$249.	A <i>Race on the River</i> travel clock and hat
\$250.- \$999.	A <i>Race on the River</i> bag and hat
\$1000. and up	A <i>Race on the River</i> jacket and hat



The top three pledge earners will receive one of the following prize packages:

- 13` Spirit Kayak with paddle, life jacket, and accessories, donated by Century Saw and Marine
- AudioVox cell phone package with time donated by Aliant
- Summer Patio package including Barbeque (Canadian Tire), \$100. worth of lobster (Robert Poirier), and a deck planter and plant (West River Greenhouses)

Please remind all your paddlers that **receipts will be issued for pledges of \$15. or more only** where indicated, and only if the name and address of the donor are **complete and legible**.

Local teams are to turn in pledges on Thursday, July 24<sup>th</sup>, between 6:00 and 8:30 at the Bank of Montreal on Provost Street. Out of town teams (Truro, Antigonish, Halifax, and Cape Breton) are to turn pledges in on Race Day between 8:30 and 9:30 am. Prizes will be awarded based on totals received at these times.

**Important**

For more information about *Race on the River* contact:

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