



Before the Race

Please make sure to sign an online waiver, they can be found at www.p4ca.org and are under your team and captain's name.

What to wear

It will be chilly in the morning, so please layer your clothing. We will load the boats from the beach, so please prepare to get wet up to your knees.

Arrival and Parking

AJ Jolly has undergone even more improvements, so parking will be allowed near the tennis courts and towards the softball fields. Please follow the directions from the parking volunteers. Items can be dropped off and delivered to your site by golf cart. If you need to drop off items, please let the volunteers know.

Warm Up

It is key, we will have music playing to help you get moving. Start with stretching and then move onto cardio. Hint: put on muscle rub before you paddle 😊

Things to do

As always, we will have a silent auction and raffle. The items are amazing and beautifully packaged, make sure to check them out. We also have a new line of shirts, not only are they comfy, but they look amazing. All the proceeds from these sales directly support our team.

There will also be a variety of artisans, please stop by and visit their booths. There will be great food and drinks choices for sale.

Breast Cancer Teams

This year we have 6 states represented at our festival. Dragon Divas are from Minnesota, Hearts of Steel are from Pennsylvania, Prairie Dragons are from Illinois, Indy Survivoars (volunteering) represent Indiana, Derby City Dragons hail from Louisville and we, The Kentucky Thorough-Breasts proudly represent Ohio and Kentucky. Please stop by and welcome them, they are amazing women. Ask us about Florence, Italy as we will be traveling there next year to compete in the world championships.

Race information

Teams will be called to marshalling approximately 30 minutes before your race. You will be guided to your race lane to line up and volunteers will be there to assist you getting in/out of the boats. Please line up back to front-row 10 should be at the front.

Paddles will already be in the boat, we have sized them with shortest paddles in the front and back and the tallest in the middle of the boat. The middle of the boat is where your largest/tallest paddlers should be.

We will have to swap vests when you come off the boats. To stay on schedule, please make sure to hand them to the next set of paddlers as soon as you hit the shore. If you have a pfd, please feel free to bring and use it.

Start and Water safety

Your steersperson and drummer's most important job is your safety. Please follow all of their directions. The start will be: WE HAVE ALIGNMENT, ATTENTION PLEASE, horn blast.

Awards

We will recognize: best team name, t-shirt, and tent as well as, top fundraiser and festival champion.

*FINALLY, A HUGE THANK YOU, WE LOVE SHARING OUR PASSION FOR
DRAGONBOATING WITH YOU - PADDLES UP!*

Schedule of Events

<i>Captains Meeting</i>	7:45
<i>Opening Ceremony</i>	8:00
- <i>Welcome</i>	
- <i>Awakening of the Dragons</i>	
- <i>Marshalling of BCS teams</i>	
<i>Breast Cancer Survivor Race</i>	8:30
<i>St. E Emergency Cup Race</i>	8:45
<i>1st and 2nd round races</i>	8:55 - 1:05
<i>Break and Rose Ceremony</i>	30 <i>minutes</i>
<i>Round 3 final races</i>	1:35 - 3:45
<i>Awards</i>	3:45 - 4:00

