

Dragon Tales

Fall 1999



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A Quarterly Publication of DragonSports USA

From the Bow of the Boat

Richard Cole, President

The 1999 dragon boat racing season has ended. Portland teams made an impact in venues all over the world. Our teams have shown their strength in Nottingham, England, Hawaii, Canada, and the USA. Congratulations go to Wasabi for their excellent showing in the World Cup Races and Stumptown for their accomplishments in Hawaii. Portland hosted 90 teams in the Portland-Kaohsiung Sister City Association Dragon Races in June and 18 teams in the DragonSports Regatta at Lake Vancouver in September. Thousands of paddlers, volunteers, and supporters have participated in an outstanding dragon boat season.

The races provided a unique set of memories for all participants. New paddlers have joined our ranks and have caught the excitement, fun, and camaraderie involved in this sport. Experienced paddlers have added new friends, learned new skills related to calling, tilling, coaching, and race operations. Behind the scenes, others are functioning in support roles, to include maintaining our boats, distributing logo items, producing the DragonTales, coordinating callers and tillers, scheduling the team rental of boats, maintaining accounts and keeping records. For me personally, I find the best part of the year was the positive attitude and support shown in the volunteer efforts of so many of you. It is this volunteer effort that makes DragonSports USA work. This is a source of great satisfaction knowing that one has individually helped make the program a success.

I hope each of us will continue to participate in the off season, either in regular practices or in team practices. This will keep us in good condition and give us a head start on next years racing season. Please enjoy the more relaxed practice times and keep well.

Stumptown Paddlers Triumph in Hawaii!

Shirley Ewart

Sleepy smiles were in evidence at Portland Airport very early on the morning of July 29 as one by one Stumptown Paddlers recognized each other's blue t-shirts. Beyond relief at being at the right gate at the right time, most had two thoughts in mind: we were going to have fun, and, with luck, we would get through the first round and paddle more than one race. Then the good news. An international division had been formed with just three competitors. We were now sure of at least two races. And there would still be plenty of time to have fun!

We arrived in Honolulu before noon and the same evening the whole team gathered on Waikiki Beach for our first practice. The Kaohsiung boats were very familiar to us. The paddles were not! Unwieldy, heavy monstrosities with thick handles and thick, narrow, pointed blades they were hard to handle, but the first practice went well and we were enchanted by the warm, azure waters and the tropical scenery. We had one more practice at Waikiki Beach, and then - party time!

We enjoyed meeting the other paddlers and learned that the Festival was sponsored by AT&T in partnership with the Hawaii Dragon Boat Association, the Chinese Community, the State of Hawaii, the City and County of Honolulu. Yogi Bera, our team captain, got a kiss and a shell lei from Miss Chinatown and a real spirit of Aloha prevailed.

Race day dawned bright and clear. We all walked down to Ala Moana State Park where the three dragon boats were pulled up to the beach where a stage and various booths had been set up. There were forty-one teams taking part and the thirty heats included special races for military and "international" contestants, however in the rest of the races, novices, men, mixed, and women teams were pitted against each other. We won our first heat, but in the next race we met our nemesis! Our opponents were Po'ola, an all-male team of quite huge, and obviously well-buffed

longshoremen and "Anuenue", a predominantly male team. Po'ola posted an easy victory, but we came in first in the "international" division against the AT&T Tsunami from San Francisco and Vancouver, B.C.'s Dragon's Hearts. We were delighted that our good times qualified us for the final. Po'ola won the championship, a young team from the Lin and Ella Wong Foundation were second, and we came in third.

As he presented our captain with a very handsome koa wood trophy, George Irion, representing AT&T, applauded Stumptown for the diversity of its team members noting that our paddlers' ages ranged from twenty-two to seventy-eight, and our roster included two breast cancer survivors. That night we celebrated both our triumph and Fran Palk's sixtieth birthday at a Chinese dinner.

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DragonSports USA Open Practices

Mon., Wed., and Fri. 9:00 a.m.
Tuesday 6:00 p.m.
Thursday 6:00 p.m.
Saturday 8:00 a.m.

**All evening practices
should be using lights.**

For information concerning fees,
please call the information line
(503) 639-2799. Checks for dues or
new memberships should be mailed to
Bill Collet, Treasurer at:

3809 N.E. 35th Avenue
Portland, OR 97212

Please visit our website at:
www.dragonsports.org

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Stumptown Paddlers *cont. from page 1*

Every day of our five day stay, team members pursued their own interests. Team members quote peak experiences: Maureen Brown: *"Swimming with a turtle at Hanauma Bay."*

Scotty Lamb: *"Mai-Tais and a tropical sunset on the catamaran."*

Julie Edwardson: *"Having my photo taken with members of Pōla!"*

Yogi Bera: *"Winning"*

For this writer, the real joy of our Honolulu adventure was to see so many very different people, united by their love of dragon boat competition, enjoying themselves. Everyone had a great time, and I never heard a single negative remark in five days. No one fell off a moped, got bitten by a shark, or was even slightly sick. As we left Waikiki, some for home, others for further adventures on other Hawaiian islands, it was generally agreed that it had been a magically wonderful experience.

Team members for the Hawaiian trip included: Yogi Bera (Captain), Roberta Cobb (Caller), Brittany Weisenborn (Flag Catcher), Ken Gertz (Tiller) Liz Towill, Julie Edwardson, Fran Palk, Shirley Ewart, Carolyn Stewart, Nancy Heitz, Sara Wisehart, Chris Phillippe, Maureen Brown, Gary Brown, Scotty Lamb, Doug Schryver, Phil Gilmore, Mel Meyers, Bill Chapin.

Paddlers Input Needed

Richard Cole

There have been several requests to change the Tuesday and Thursday open practice time to 6:30 p.m. This change would make it possible for more paddlers to attend.

For the board to make the best decision regarding a potential time change, they need to hear from you the paddlers. Please think carefully about the possible ways we can arrange practice times to accommodate most paddlers.

Please voice your opinion by either calling the DSUSA Hotline at (503) 639-2799 x 2 or contacting our website at:

www.dragonsports.org

1999 Nottingham World Dragon Boat Championships

Congratulations to Wasabi on a fine showing at the World Cup Championships! Gary Carstens reported: *"The Wasabi crew did a great job representing the states. They put together a good competitive crew and did remarkably well in tough competition. I am very proud of their accomplishment."*

The full results are available at:
www.dragonboat.com

Farewell to Roberta Cobb

Roberta Cobb has resigned her DragonSports USA Board position as Operations Coordinator. Roberta has been on the board several years and performed many vital functions during her tenure. She coordinated Team Boat Rentals, Training Activities for tilling and calling, Race Registration for the Regatta, and other board functions. Many thanks for a job well done. Her highest priority now is being a foster parent to puppies needing lots of tender loving care before they go to permanent homes. Roberta will continue to be an active paddler on Stumptown and will continue to volunteer as a caller at open practices. We will miss her on the board and are happy that she will remain an active member of DragonSports USA.

Laurie Jordan will take on the role of Team Boat Rental Coordinator. Laurie is a member of the Golden Dragons team and has already fully assumed the scheduling activities. We thank you Laurie for taking on this very important task. If members wish to contact Laurie, please e-mail her at:
lkjordan@teleport.com

Coaches Clinic 2000

For those who went through the coaches clinic with Dr. Joel Shilling in 1996, it is time to get recertified. The program will be a 5-6 week course (one night per week) in February 2000. Joel has put together a great program for all coaches, new and experienced. We will go from basic paddling skills and technique to, diet, exercise, and training. We will provide you with the necessary tools to create a fully comprehensive workout with your team or club. We expect to build skills that will aid you in the development of your paddling team.

The cost will be \$20 and registration is required. Please contact the DSUSA Hotline at (503) 639-2799 x 2 or e-mail Dr. Joel Shilling at **jmacshilli@aol.com** if you are interested.

DragonSports USA would like to ask those that complete the course, to participate calling for open club practices.

Here We Go Caroling!

Our annual Christmas Ships Caroling is scheduled for December 14, 1999 at 7 p.m. There will be no open club practice that night, so we can decorate the boat. We will have a trained vocalist on hand to lead the singing effort. Join the crew and have a great time. After caroling, please join us at the Spaghetti Factory to warm up with food,

Ship through paddle sports

drink, and friendship. It is important to sign up early, as the boats will fill up quickly. It will be on a first come, first serve basis.

Please check out our web page at www.dragonsports.org for more information about DragonSports Club and it's upcoming activities. You may also call the DSUSA Hotline at (503) 639-2799 x 2 and leave your name and number.

Tips for New Paddlers

Cris Trimble

One beautiful Saturday morning after a DragonSports USA club practice, some of my veteran paddling mates and I were discussing the questions I had been answering during my latest team recruiting drive. As the conversation went on, we realized that we had many experiences that we could share with our fellow club members. The following is a result of our conversation on that sunny morning:

Equipment: DragonSports provides life vests and paddles for members. I tell new paddlers when they decide to continue paddling they will probably want to purchase their own vest and paddle. Grey Owl paddles can be bought through the club and really enhance your paddling experience.

Life jackets are available at various outdoor stores. I suggest that you try several on to see if they ride up under your chin or chafe your arms when you paddle. One feature that I always look for is a secure pocket that is large enough to hold my wallet and keys. Go to a shop that specializes in kayaking, canoeing, or sailing. Even if you don't buy your equipment there, the salespeople are experienced and can help you with fitting questions.

Clothing: My patent answer is "this is a water sport, you will get wet". There are as many ways to dress for paddling as there are individuals on the boat.

In the summer it is pretty easy to figure out. I suggest that you choose shoes with nonslip soles and wear something other than cutoff jeans. They are downright uncomfortable when they are wet.

Winter practice has many more options. Most people like to be as warm and dry as possible during the wet season. I have seen paddlers wear polar fleece, rain gear, boots, hats, and even wetsuits. Then there are those who get quite warm and come with layers that can be removed or replaced as needed. I am usually wearing leggings and a tee-shirt under my rain pants. Add a sweatshirt and a water resistant shell and I am happy. The one

item that I recommend for everyone is neoprene gloves or mittens. The Willamette is icy cold in January and hands can get painfully numb in less than 5 minutes.

Bring a complete change of warm clothing with you and a towel. If you go into the river or get totally soaked in the rain, you will be happy you did.

Parking: RiverPlace is a popular spot year-round and parking is generally a challenge. There are several lots that I can usually find a stall to park my car in. Many team mates car pool and share the parking expenses. The parking fee starts at \$2.00 per hour and goes up from there. The most expensive ones are near the turnaround by Stanford's. Usually I can find a place in the \$2.00 lot when my other options have failed. There are also many parking meters on the street that are less expensive than the lots and are free after 6:00 p.m. The competition for those are high so getting there early is a good idea. The meters are also patrolled on a regular basis so a ticket for being overtime is practically guaranteed.

No matter where you park, be aware that thieves will break in. I managed to park safely for 7 years without experiencing a theft. Unfortunately, I was hit this year. The lesson is, don't leave anything of value in your car! If you think you are alone when you stash your purse under the seat or your wallet in the glove box, you are wrong! Take valuables with you. A wet wallet is better than none. When leaving your change of clothing in your car, lay them out so it is apparent that there is nothing hidden that a thief might want.

Other Transportation: If you don't want to brave downtown traffic or pay for parking, there are other modes of transportation. Many of my team mates ride their bikes to practice. There are some stands near the top of the dock where you can secure your bike and they cost nothing to use. I ride Tri-Met and walk to practice. Any bus that goes down the Mall will work. I get off at the stop nearest Jefferson Street and walk down. The paddle and life jacket usually spark some interesting conversations on my ride.

Bits and Pieces: There are many other tips that I have not written that your coach or captain will probably cover. Things like stroke basics, stretches, and conditioning that are specific to your team's goals and style. Don't be afraid to ask questions and try new things. Your coach and team mates will be happy to help you along.

Most of all, have fun!

Tina Lyons... A Mover and a Shaker

Shirley Ewart

It is hard to realize that Tina has only been dragon boating since 1997, she is so fully involved in all aspects of the sport, paddling, calling, tilling, and as the organizer who schedules other tillers and callers for open practice. But this involvement is typical of everything that Tina does.

Tina first became aware of the dragon boats at the PKSCA Dragon Boat Races and later answered an advertisement for paddlers at her Nautilus gym. That first winter in 1997 she kept on paddling through rain and sleet and after practice drove home over icy roads. But she prefers to remember the beautiful, clear moonlight and starlight of winter nights, with the lights of the city as a backdrop to the riverscape. She says this is what gave her the incentive to keep going all winter.

In the Spring of 1998, Tina was invited to join the Hampton Woods team. She delights in their workouts and was thrilled when they came in second in Division II at the PKSCA Dragon Boat Races. Anxious to add more skills to her repertoire, last winter Tina started tilling and calling. She enjoys both, but admits her first love is paddling.

Tina uses her "people skills" as Import Manager at Pro-Food USA, Inc. a company that both imports and exports animal feeds and other commodities. There she deals with customers from the South Pacific, Australia, New Zealand, and Asia. She is also active in a club for women in the shipping industry.

The Lyons family, consisting of Tina, her husband Phil, and "Mouse" a ninety-pound Bernese Mountain Dog, live in northeast Portland. Together they enjoy skiing and hiking, and this summer went on a kayak trip through the San Juan Islands. She says the technique of kayak paddling was quite hard, and for now at least, she'll stick to dragon boating. This is good news for both her team and for DragonSports USA. People with Tina's enthusiasm, dedication, and competence are hard to find and make it possible for all of us to enjoy the sport we love.

It's
time
to come and
join in the joy of
the Christmas Season
tell them Gloria Jones sent you
tickets on sale now call (503) 557-tree
visit our web www.singingchristmastree.org
The Singing Christmas Tree November 26 - 30
One Voice Productions presents the 37th Annual
1999

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Advertising in DragonTales

Readers who are interested in placing an advertisement in DragonTales are welcome to do so as follows:

Rates:

\$10 for active members

\$20 for corporations or nonmembers

Ad Format:

2³/₈" x 2³/₈"

Advertisers should furnish either electronic files, camera-ready art, or a proof copy. Advertising copy acceptance is subject to space availability and approval by DragonSports Inc. For more information please contact Stephanie Travis at **(503) 283-6450**.

Do you have any ideas or topics you'd like to see covered in DragonTales? Comments and article inspirations are always welcome.

DragonSports USA Vancouver Lake Regatta Results

Competitive Division:

1st Place:	Scurvy Dogz	2:22.66
2nd Place:	Portland Paddlers	2:27.44
3rd Place:	Pulp Friction	2:28.04
4th Place:	Wasabi I	2:28.81

Recreational Division:

1st Place:	DBI	2:35.85
2nd Place:	Two Cans	2:36.73
3rd Place:	CCBA	2:37.00
4th Place:	Hampton Woods	2:37.13

Looking for New Board Members

Do you...

- Provide guidance
- Have good leadership skills
- Enjoy challenging opportunities

Please contact Richard Cole at (503) 289-0079 or e-mail at rac@teleport.com if you are interested.

What's Happening...

December 14, 1999

Christmas Caroling, 7 p.m.
RiverPlace Marina

Captains meetings in January; 6:30 p.m.

North America Dragon Boat Races in 2000

PKSCA Dragon Boat Races

Portland, OR June 10-11

Canadian International Dragon Boat Festival

Vancouver B.C. June 16-18

Pacific International Dragon Boat Festival

Seattle, WA July 9

California International Dragon Boat Festival

Oakland, CA August 12-13

International Festival

Dubuque, IA September 9-10

DragonSports USA

Vancouver, WA September 9

Northern California International Dragon Boat Championship

Foster City, CA October 1-2