

Dragon Tales

Winter 1999

Volume 4 No. 1

A Quarterly Publication of DragonSports USA



From the Bow of the Boat

Richard Cole, President

Now that 1999 is here it is time for a look at what was accomplished last year and what we might look forward to this year. Given that our main mission is to provide safe and inexpensive paddling opportunities for members and to support the overall growth of dragon boating in the community, we can be proud of what we did in 1998 and look forward to even better things in the future. Here is a brief list of 1998 happenings:

- Our membership climbed to well over 600.
- DragonSports launched our second six-sixteen boat allowing us to accommodate both club practices and the demands of independent teams for rental practices.
- Participation in the club practices continued to grow, frequently necessitating the use of the second boat.
- The summer and fall boat rentals by independent teams increased over the previous year.
- The DragonSports Regatta hosted 18 teams from Portland and elsewhere and is attracting attention as one of the best run races on the West Coast.
- Calling and tilling clinic programs were held and added to the cadre of trained tillers and callers and provided potential leaders for future independent teams.
- A calling and tilling incentive program was started resulting in attracting more volunteers willing to take on these leadership responsibilities at club practices.

Please turn to From the Bow, Page 2

Off Season Fitness and Conditioning

Dr. Joel Shilling

The three elements of physical fitness include: cardiorespiratory endurance (aerobic fitness), musculoskeletal conditioning (resistance training) and body composition (muscle mass compared to body fat mass).

Perhaps the most important aspect of conditioning during the months between dragon boat competitions is the maintenance of aerobic fitness. Aerobic fitness is the basis upon which event focused training is centered. Coaches assume that athletes maintain a level of aerobic fitness when they present themselves for specific training for dragon boat racing.

Set your goals for aerobic fitness and work diligently to achieve your goals. Consult Kenneth Cooper's *Aerobics* for information concerning the 12 minutes test to assess fitness level. Running 1.5 to 1.74 miles (42 to 52 ml oxygen consumed per minute) in 12 minutes is considered a good level of fitness. 1.75 miles (52 ml per minute) or more is excellent. These levels can be translated to other sports, for example: swimming 1,000 yards in 25 minutes translates to a good fitness level; 1,000 yards in less than 16:40 is considered excellent fitness.

Choose your fitness activity and stick with it. Plan to exercise at least three times per week (preferably four or five) for at least 20 minutes each time. If you run eight minute miles for 20 minutes three times a week you can achieve and maintain a "good" fitness level. More is better to a point; do not over exercise to the point that you risk repetitive motion injury. Vary your routines and mix one fitness activity with another. (i.e. swimming and stepper or cross country skiing)

Assuming that you have maintained aerobic fitness, there are additional activities that are beneficial for dragon

boat racing during the off-season. Many trainers suggest a program of weight lifting beginning with relatively low loads with few repetitions building to a program with increased weight loads and more repetitions. Build slowly and as you become accustomed to the increased load and increased repetitions add the element of speed. The goal here is to simulate the largely anaerobic activity of dragon boat racing.

Maintain body fat at or near ideal levels. Body weight correlates to some extent with body fat. For male athletes body fat should be 5 to 13 percent; for female athletes 12 to 22 percent. To approximate ideal body weight for males: multiply 5 times height over 60 inches and add 110. For females: 100 pounds plus 5 times height over 60 inches.

You must pay your dues to life through a commitment to frequent and regular aerobic conditioning, maintaining musculoskeletal fitness, and keeping body composition at or near recommended levels.

References:

- Aerobics, Kenneth Cooper, M.D. 1968*
Choices in Health and Fitness for Life: Althoff, Svoboda and Girdano, 2nd Edition, 1992
Alive and Well: Irvyn Segal, The Winged M, January 1999

What's Inside...

- Golden Dragons Update
- Member Interview: Arlene Rand
- Tillers Clinic
- Road to Nottingham
- Host Families Needed

Promoting fitness and friend

DragonSports USA Open Practices

Tuesday 6:00 p.m.

Thursday 6:00 p.m.

Saturday 8:00 a.m.

All evening practices should
be using the lights.

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

P.O. Box 23502

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From the Bow *cont. from page 1*

- DragonTales is an established source of dragon boating information to members and the community.
- Portland teams were in the top competitive levels in races from New Zealand to California, Oregon, Washington and Canada.
- These and other activities have raised the visibility of dragon boating to the community and help make the Willamette River an increasingly valuable asset to the city.

As we look to 1999 and beyond, perhaps the decisions having the greatest impact on dragon boating and all recreational river users are in regard to the East Bank Riverfront Park Development Project. Already the paths that will eventually connect the East and West banks across the Hawthorne and Steel Bridges are under construction. Additional plans and decisions will be forthcoming that could include dock areas, possible race sites, and other water related facilities. The Portland Rose Festival Association is developing its plans to use more of the available river frontage and the prospects are great for us as well.

Keeping these potential opportunities in mind, the DSUSA Board is committed to continuing improvements in both the quality and quantity of paddling services to our members and the community. The New Year is here, and with the willing help and cooperation of our members it appears to be very, very bright.

Host Families Needed for Taiwanese Paddlers

The Shu-Te Girls High School in Kaohsiung, Taiwan is once again sending a delegation of students to Portland to participate in a cultural exchange that will include competing in the dragon boat races and a Chinese orchestral and dance performance. The students will be in Portland June 9th through the 15th and only require sleeping arrangements, transportation mornings and evenings to

and from David Douglas High School and some evening meals. Many of the students will be paddling in an exhibition dragon boat race on Sunday, June 13 and enjoy staying with families of paddlers. Families of all kinds from grandparents to just starting out are welcome to host the students. Please contact Richard Cole at (503) 289-0079 for more information.

Wasabi Prepares for Competition in Nottingham

Amy Solomonson

The DragonSports Regatta, held in September, provided the qualifying venue that launched team Wasabi to a place on Team U.S.A. for the 1999 Dragon Boat World Championships. This time the water will be foreign for Wasabi as they join a women's team from New York and the Philadelphia men's team in Nottingham, England for three days of intense racing at the end of August. That leaves just six more months of training and preparation for the wily Wasabi who are already well into the planning stages of their venture.

Connie Flesuras and Jeff Campbell have been appointed as co-captains and are busy coordinating practice schedules, organizing strategy, and overseeing travel arrangements.

Wasabi is hoping to get a chance to paddle in a European style boat sometime this summer as well as purchasing standard European paddles for practices in an effort to overcome the challenges presented by a new venue, different boats and paddles. The race course will be an adjustment as well with 250 and 500 meter lengths. Jeff is planning on picking up some "short course" tips from Wasabi's east coast teammates but is also looking forward to showing eastern paddlers a little West Coast dragon boating style.

Watch for Wasabi on the water this season as they gear up to represent Portland and the U.S. in Nottingham this summer and follow their preparations in the spring and summer issues of DragonTales.

Friendship through paddle sports

Getting to Know Arlene Rand

Amy Solomonson



Arlene Rand, caller trainee, at the Sept 25 club practice.

You may already know Arlene, she's a Golden Dragon and ardent DragonSports promoter who's been paddling since 1996 along with her husband Dave. If you do, you probably also know that Arlene is always ready to do her part: as a paddler, as a

volunteer caller or keeping the conversational ball rolling down at the RiverPlace Café. As a member of a generation that wasn't encouraged to participate in sports (unless you were a tomboy) Arlene is enjoying her first opportunity to be a part of a sporting event or activity. She loves the combination of fitness, teamwork and the opportunities to meet new people that she has found in dragon boating.

Arlene first got involved in paddling with the encouragement of JoEllen Kuryk from her Senior Leisure Services walking group. A senior team was forming out of the Portland Parks Bureau group and one chilly November night she took her first voyage on a dragon boat. Paddling a few strokes at a time out on the Columbia she adapted quickly and another confirmed paddler was born. She competed with the first Golden Dragon's team in the 1996 PKSCA Rose Festival Dragon Boat Races and continues to race adding Astoria and Foster City, California to her resume.

She can also add calling to that list with her recent completion of the Callers Clinic and ongoing training. Arlene claims that calling out orders is not in her character but the photo shows her well in command! (She's working on her swimming skills in case things get out of control.) Another skill she has well in hand is partying with the Golden Dragons. When she can take time out from dragon boating Arlene loves to sew and has recently taken up the harmonica. She is looking forward to more out-of-town races and paddling with DragonSports for many seasons to come.

Update on the Golden Dragons

David Rand

The Golden Dragons are collecting trophies! (It's a habit we hope to continue.) In October the team entered the Northern California International Dragon Boat Championships in Foster City, CA. This was the first time anywhere in the world that a senior (55 and better) division in dragon boating had ever been scheduled outside of Portland. In the Grand Master Division the Golden Dragons took the championship with a time of 2:15 beating out the Grand Warriors of San Francisco at 2:28 and Vancouver B.C.'s Grand Dragons coming in at 2:52.

Among the 60 teams entered in the competition, the Golden Dragons had the ninth best overall time and were competitive against teams of younger, physically stronger paddlers. Everyone had a great time in Foster City, and we look forward to going again next year.

In November a rowdy, boisterous group of about 35 senior paddlers and friends met at the Alameda Brew Pub to challenge the world. This party was rated a 10 on a scale of 1-10 because nobody got thrown out of the place. In December we met at Bill and Mary Collet's new home in northeast Portland for a giant house warming and Yuletide celebration. We are proud to report that the house is still standing. Some of our younger friends practice with us and attend our parties. All are very welcome. Many Golden Dragons work out at DragonSports USA open practices at 9 a.m. on Mondays, Wednesdays, and Fridays. These morning practice times are becoming popular with younger members, too. All DragonSports member whose schedules permit are welcome – no, encouraged – to join the bunch at the Little River Cafe about thirty minutes before 9 a.m. for swapping stories, a shot of caffeine, and the camaraderie of fellow paddlers. Sometimes we think that if the Willamette freezes over, we'll be there anyway, just in case we have enough paddlers to go out!

Tillers Clinic

Roberta Cobb

Want to earn a free quarter of DragonSports USA (DSUSA) dues? Want to give back to DragonSports just a little? We need tillers. A tillers clinic is scheduled for February 23 and 27, 1999. No tilling experience is required to attend, but a willingness to till for club practices is a must.

Tuesday night's classroom training includes a discussion of safety on the boat and dryland discussion of the various tasks required of the tiller. The following Saturday, the students will paddle the boat around the marina, with each student taking a turn at the till.

Following these two times, each student tiller will be scheduled into the open club practices to work with an experienced tiller. Each person will continue to be mentored until he or she demonstrates proficiency and feels confident to solo.

So how do you earn a free quarter of DSUSA dues? Callers and tillers receive an incentive card, and for every 12 open club practices called or tilled, this card is redeemed for the next quarter's dues. This is DSUSA's way to thank the people who give up their paddling time so that others may practice.

If you are interested in attending the tillers clinic, email Roberta Cobb at WhRoberta@aol.com, or call Roberta Cobb at (503) 282-0472 (between 8 a.m. and 8 p.m.). There will also be a sign up at the locker.

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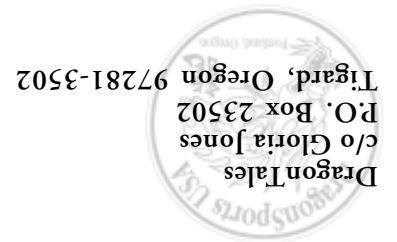
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Advertising in DragonTales

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" wide x 2" height

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 Amy Solomonson at (503) 513-4977.

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

When the Weather Outside is Frightful...

In cases of high, rapid water or stormy weather the caller or tiller will be responsible for deciding whether or not to hold a practice based upon the current or predicted conditions. The caller or tiller may also determine that a practice must have at least 10 or 12 paddlers in order to increase the safety of the paddlers during the practice.

Thanks to Callers and Tillers

DSUSA would like to thank the following callers and tillers, who called, tilled, or trained to be a caller recently. They are donating their time so that the rest of us can have a good practice.

Marilyn Adair, Yogi Berra, Tim Bobosky, Linda Campbell, Roberta Cobb, Richard Cole, Bill Collet, Tom Crowder, Jim Evans, Dewey Gault, Margaret Hitz, Gloria Jones, Tina Lyons, John Myers, Arlene Rand, Dave Rand, Rich Rother, Doug Schriver, Joel Shilling, Amy Solomonson, Clyde Travis, Cris Trimble, Roger Williams, and Sara Wisehart

What's Happening...

February 23 & 27, 1999

Tilling Clinic

Contact Roberta Cobb at (503) 282-0472 between 8 a.m. and 8 p.m. for more info.

April 3, 1999

Dotting of the Eye Ceremony

RiverPlace Marina in front of RiverPlace Hotel

Call (503) 297-8047 or check out:

sport.oregonlive.com/sport/dragonboats

April 3, 1999

9 a.m. to 3 p.m.

PKSCA Safety Clinic

Call (503) 297-8047 or check out:

sport.oregonlive.com/sport/dragonboats

June 12-13, 1999

11th Annual PKSCA Dragon Boat Races

Tom McCall Waterfront Park

Call (503) 297-8047 or check out:

sport.oregonlive.com/sport/dragonboats

For more club information check out our new website at: sport.oregonlive.com/sport/DragonSportsUSA