

Dragon Tales

Spring 2002



Volume 7 No. 2

A Publication of DragonSports USA

From the Bow of the Boat

Gloria Jones, President

The Dragon Boat Racing season is underway and local teams have already faced competition as far away as Boro Boro and China. The PKSCA Race is the next race many teams are training for. June 8th & 9th the final heats will yield some of Portland's finest. Wasabi and Kai Ikaika will be heading to Rome, Italy this September, along with Bay Area Dragons as three of nine teams that will represent the USA at the World Club Crew Championship.

The sport of dragon boat racing gives us an opportunity to engage in a very physical and demanding sport with 20 friends. A team's training, strength, and skill building has taken on a new look, as teams participate in paddler, tiller, coaching/calling clinics as far away as Vancouver, B.C. We can certainly learn from the Canadians. The longer a team stays together, the better the desired result. As one knows, the race is won or lost long before a team paddles up to the start line. A strong commitment is required to produce a winning team. The teams that continue year after year, enjoy a higher level of success.

DragonSports has just approved a complimentary one-hour team practice for all PKSCA teams that have not had the opportunity to experience racing in the Hong Kong style of dragon boat. To schedule your teams complimentary one-hour practice session, (waivers must be signed and submitted with a team roster) please contact our team scheduler Marilyn Adair at marilyndan@attbi.com or phone 503-246-7277.

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Water, Water, Everywhere!

Patti Brandon/DragonSports Mighty Women

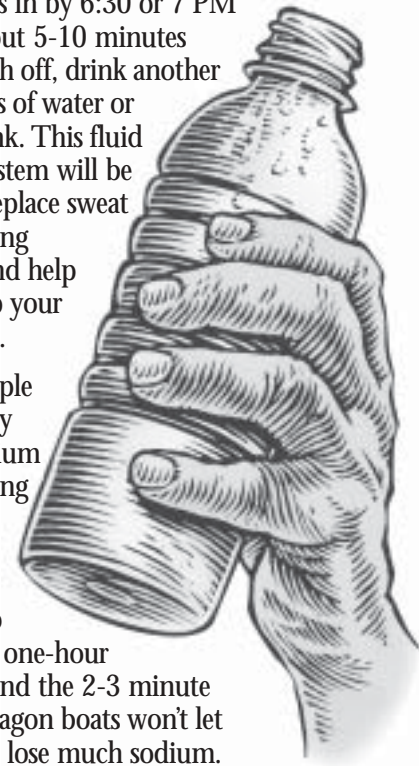
So, what is the hype about drinking so much water when you're on the river during Dragon Boat practice? Of course, the 10 minute endurance piece makes you feel a bit fatigued but does it make you sweat? If so, you may be at risk for dehydration. By bringing a bottle of water along in the boat and taking drinks between paddling times you may increase your endurance and keep sickness at bay.

According to Nancy Clark's Sports Nutrition Guidebook, you should match fluid intake with fluid losses during exercise to prevent significant dehydration. Research supports the knowledge that dehydration can cause impaired performance, heat cramps, chills, nausea, clammy skin, rapid pulse and a 20-30% decrease in your endurance capacity. In addition, we all know how important the endurance factor is for our upcoming races! Lack of fluids for your body also can cause gastrointestinal problems, heat exhaustion, dizziness, headaches, and fatigue, which can turn your best efforts at paddling into mere waves of motion.

In order to avoid dehydration you should drink roughly eight (8 ounces) of water or other caffeine free beverages daily and slightly more on warm days. You can make a quick check to see if you're hydrated by looking at your urine. When hydrated, it will be a clear liquid or pale yellow color. If it's dark yellow or amber colored, your dehydrated! By drinking enough fluids throughout the day, you will help keep your body hydrated so that you can start out your practices in a hydrated state.

When hydrated, drinking 16 ounces of a beverage such as water, 100% juice or sports drink up to two hours before practice or a race will set your body up for any fluid losses that may occur during practices or races. Keep in mind; your kidneys take about 60-90 minutes to process this excess liquid. Therefore, if practice is at 8 PM you should get your extra fluids in by 6:30 or 7 PM. Then, about 5-10 minutes before push off, drink another 4-8 ounces of water or sports drink. This fluid in your system will be ready to replace sweat losses during practice and help to keep up your endurance.

Many people often worry about sodium losses during bouts of exercise. However, no need to worry, the one-hour practices and the 2-3 minute races in dragon boats won't let your body lose much sodium. Sodium is an important electrolyte for



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Promoting fitness and friend

DragonSports USA Open Practices

Mon., Wed., and Fri. 9:00 AM
Tuesday and Thursday 6:30 PM
Saturday 8:00 AM

Mail checks for dues/new memberships to:

Joel Shilling, M.D.
Quest Diagnostics Incorporated
6600 SW Hampton St.
Portland, OR 97223
jmacshilli@aol.com
or phone 503-306-1020

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check out our yahoogroups at:
[http://groups.yahoo.com/group/
DragonSportsUSA](http://groups.yahoo.com/group/DragonSportsUSA)

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Committees

Boat Scheduling & Rental • Marilyn Adair
Phone: 503-246-7277 or
marilyndan@attbi.com

Caller/Tiller Coordinator • Liz Towill
Phone: 503-288-3654 or
lizzer@teleport.com

Comm./DragonTales • Gloria Jones
Phone: 503-639-2799 or
DragonSports@att.net

DragonSports Webmaster • Gary Brown
garybro@attbi.com

Equipment & Fall Regatta • Jim Evans
Phone: 503-682-5815 or
jeva8423@aol.com

Gear Marketing • John Myers
Phone: 503-639-6059

Membership Services • Kathy Shimizu
Phone: 503-650-6927 or
kathyshimizu@yahoo.com

Summer Regatta • Dan Winkler
Phone: 503-635-3094 or
dawinkler@worldnet.att.net

Yahoogroups Manager • Carol Battan
carol@battan.com

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normal body functioning, but the concentration of sodium in your blood increases during exercise because your body loses proportionately more water than sodium. Athletes that exercise hard for more than four hours in extreme heat are the ones that develop health problems from losing too much salt. First, replace the fluids; you will get enough sodium in the foods that you eat before or after your practice or race.

You can meet your water requirements from a variety of sources. Water, 100% juices, lemonades, sports drinks, caffeine free soft drinks, and foods that have a 3/4 high water content such as oranges, tomatoes, melons, and cucumbers are 85-95% water by weight. These foods and drinks can supply significant amounts of fluids for your body. In addition, the natural sugars in fruits and juices are a good way to refuel the muscles with carbohydrates. Carbohydrates are the fuel that your body uses during exercise. You probably already know this, but it's important to remember that caffeine free soft drinks and sport drinks are either sugar-filled or sweetened with artificial sweeteners and offer little nutritional value. It's better to consume these in moderation and plan to keep yourself hydrated through drinking water, 100% fruit juices and by eating fruits and vegetables. So what about the occasional alcoholic beverage? Does that help to keep you hydrated? The occasional gathering at a pub following practice is based on research-substantiated evidence! Go figure! Drinking alcoholic beverages in moderation following practice, rather than before practice decrease your chances of dehydration. The important thing to remember if having a beer after practice, is to first drink two or three large glasses of water along with eating some carbohydrates like pretzels, crackers, fruit, or pasta. Drinking an alcoholic beverage on an empty stomach after

exercising, can result in a quick buzz and doesn't do a good job at replenishing lost fluids. But take note, the normal dehydration that occurs with exercise paired with an increased metabolism post exercise may make you feel the effects of the alcohol more than you wanted to.

Remember, hydrating is a part of your training. It can help you power through those practices at 100% so that you can give 110% the day of the race. Remember to drink up and make it count!

**Edited by Betsy Schaffer, DS Mighty Women and Megan Porter, Nutritionist, Kaiser Center for Health Research.*

"Exploring the Tualatin River Basin" Book Review

Marilyn Adair

Have you ever put your paddling into automatic while you enjoyed the morning mist on the water, or silently counted the observing herons? If so, you will appreciate the useful and informative guidebook, *Exploring the Tualatin River Basin*, put together by the Tualatin River Keepers. This colorful book contains an overview of the river basin and sections about each of the ten viewing areas. Each viewing area section has a detailed map, summaries of the area that include history, wildlife, amenities, and spectacular color wildlife photography. Interspersed among these sections are also special feature writings on wildlife, ecology, history, and a Tualatin River paddling trail guide. This nature and recreation guide can be used for day trips, a wild life resource, and for interesting reading and browsing on a gray Oregon day. It will make a wonderful gift, for yourself and for a friend.

The "acknowledgements" page is interesting too. Our own DragonSports paddler Shirley Ewart is one of the three editors. On the adjoining page you will recognize her, in color, lead paddling a canoe on the Tualatin River.

Friendship through paddle sports

Dan Winkler – The Tiller with the Doggie

Shirley Ewart

Dan Winkler is the new Secretary to the Board of DragonSports USA (DSUSA). Dan previously served on the board from 1996 to 2001 and is well known as the organizer of the Vancouver Lake races, but most dragon boat racers know Dan in another role, he is the one and only "tiller with the doggie". When Stumptown Paddlers practices or races, Dan and "Brandon" his cocka-poo companion can be seen at the helm. The inside scoop is that Dan is the muscle behind the big sweep oar, but that Brandon tells him what to do!

Dan is a local boy. He grew up in Tigard and attended grade and High School there. In the Spring of 1995, his friend, Steve Richman, who knew Joel Shilling, founder of DSUSA, persuaded Dan to try the new sport. Dan joined Hampton Woods team as a paddler, but the following year he smashed his hand and unable to paddler, decided to try tilling. He has been a tiller ever since.

In 1999, Dan joined Stumptown Paddlers and this laid-back group welcomed Brandon too. Ever safety conscious, Brandon has his own life jacket and proudly wears a Stumptown Paddlers t-shirt. The dog is a tribute to Dan's training, sits quietly during practice and only leaves his post at his master's feet when the boat is safely docked.

Two years ago, Dan married Angie Rowland. She learned quickly about dragon boats and the folks who race them; she spent her honeymoon at the Victoria B.C. races! On his marriage, Dan became step-dad to Travis, then six years old and Brandon got a new companion "Gizmo". Dan says Gizmo is Brandon's non-racing manager! In March this year, baby Kaitlin was born, warmly welcomed by Stumptown Paddlers and assured a future as a flag catcher.

Dan, who works for Northwest Hydraulics in Hillsboro, thoroughly enjoys his new role as a father. Asked about hobbies, he mentions playing with his dogs and also collecting die cast match-box cars and trucks. He currently has 200 of these tiny models. He also enjoys playing with remote control airplanes and trucks, and model trains. An avid bike rider, he has participated in both Cycle Oregon and rides in aid of multiple sclerosis.

Whatever he does, Dan Winkler throws himself completely into the role. He delights in the river in all its moods, enjoys people, and has shown many years of dedication to the sport he loves. He points out that DSUSA is always in need of volunteers, urging paddlers to expand their horizons, to meet new people and gain new skills from volunteering to help with events or with the many "backstage" jobs that keep our organization vibrant.

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DragonSports will pick up it's two new Six Sixteen Hong Kong style boats the week of June 23rd.

Several local teams will participate in the Alcan Race in Vancouver, B.C. and continue on to our Summer Regatta here at Vancouver Lake on July 20th. The Race fee for our Summer Regatta is \$295 and comes with three nonmember practices at a cost of just \$15 each. Additional team practices can be scheduled. The requirement is starting with the 4th practice session, the entire team must join and become members of DSUSA for a onetime fee of \$25 and complete an application/waiver to continue the team's rental of our boats and related equipment.

See you on the water!

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DragonSports USA, Looking for Volunteer Callers and Tillers

Could you spare one or two hours per month to help with open club practice?

For any organization to run smoothly, it takes help from all of us!


Contact Liz Towill:
lizzer@teleport.com
or 503-288-3654



Executive Editor
 Gloria Jones
 Contributing Writers
 Marilyn Adair
 Patti Brandon
 Shirley Ewart
 Typography & Design
 Stephanie Travis
 Circulation Manager/Circulation
 Gloria Jones
 Shirley Ewart
 Dave Hedrick

Address Correction Requested

DragonTales
 P.O. Box 23502
 Tigard, OR 97281-3502



**Don't Miss our Picnic
 June 1st!**



**DSUSA
 1st Annual Picnic**

Join us for our 1st ever annual picnic/race event. Experience Hong Kong style paddling/racing at Willamette Park on June 1st from 3-7PM.

Food: Potluck (main dish and salad or desert)

Bring: Table cloth, utensils, beverages, life jacket, paddle, and friends

Rides: For children 7-13, younger ones can sit in the boat held up on the docks.

Raffle: Raffle, Prizes, and Fund Raiser

Parking: \$2 per car
 Seniors \$1.50 per car

For more information visit our website: www.dragonsports.org or call: 503-635-2799

**Get Set for Vancouver Lake
 Regattas!**



**DragonSports USA
 Regattas**

DragonSports USA, Inc. is hosting a **Summer Regatta**, July 20th*. Contact Dan Winkler at 503-635-3094 to register.

To register for the **Fall Regatta** on September 7th, contact Jim Evans at 503-682-5815.

*PDBA Regional Championship Race

www.dragonsports.org or e-mail at DragonSports@att.net

Vancouver Lake, WA

2002 Dragon Boat Races

- PKSCA Dragon Boat Races
 Portland, OR June 8-9
 - DragonSports USA
 Vancouver Lake Summer Regatta
 PDBA Regional Championship Race
 dawinkler@worldnet.att.net July 20
 - Long Beach Dragon Boat Championship
 Long Beach, CA
 info@dragonfestival.com July 27-28
 - Hawaii Dragon Boat Festival
 Honolulu, HA
 dragon@chinatownhi.com Aug 3-4
 - US National Dragon Boat Race
 Oakland, CA
 sgee@worldnet.att.net Aug 8-9
 - 6th Annual California Int'l Dragon Boat Festival
 Oakland, CA
 sgee@worldnet.att.net Aug 10-11
 - DragonSports USA
 Vancouver Lake Fall Regatta
 jeva8423@aol.com Sept. 7
 - CDBA Festival
 Lake Merced, San Francisco, CA
 hanswu@aol.com Sept. 28-29
- For a complete listing of 2002 racing events, log onto: www.batan.com/pdba/calendar