



Volume 8 No. 3

DragonTales

A Publication of DragonSports USA, Inc.
Promoting fitness and friendship through paddle sports!

Summer/Fall
2003

DragonSports USA, Inc.

10010 SW Beaverton-Hillsdale Hwy.
Beaverton, OR 97005

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Tuesday and Thursday 6:30 PM
Saturday 8:00 AM

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www.dragonsports.org or check
out our yahoogroups at:

[http://groups.yahoo.com/group/
DragonSportsUSA](http://groups.yahoo.com/group/DragonSportsUSA)

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DragonSports USA Going Forward

Dr. Joel Shilling

In Portland and throughout the world, dragon boating is the fastest growing sport in regard to the number of participants. The sport has wide community appeal and has grown dramatically since DragonSports USA launched its first boat nine years ago. Our database is now over 1800 members and growing. The DragonSports USA board wants to meet community needs and expectations by having enough equipment and boats in the water. We invite input from teams concerning practices during the fall and winter season. The DragonSports USA board has begun a strategic planning process and is inviting you to give us direction.

It is clearly apparent that Portland area paddlers like to practice frequently and especially like to race. DragonSports USA will supply practice opportunities throughout the year as needed by individuals at open practices and to teams through scheduled practices.

To schedule a single practice or several practices, please e-mail Pat Corbett at patcorbett8@cs.com. Pat will print your request and file it in a binder for future reference. She will send a confirmation via return e-mail. Please include your phone number in your request in case Pat needs to call you. Pat also does the billing for practices. The only way to guarantee the practice time is yours, is to have scheduled and paid for it in advance. If you need to change or cancel a scheduled practice, please give as much notice as possible – another team may want that practice slot. A minimum of seven days advance notice is needed to receive a credit for the changed or canceled practice.

We also offer boats and equipment available to local corporations for “Team Building” events. DragonSports USA has hosted Xerox, Intel, and various school districts through these efforts. Local teams have also collaborated with DragonSports to present team building activities for their sponsors and other companies. The board has established guidelines for these events and encourages interested paddling clubs, teams, and companies to call Joel Shilling at 503-306-1020 for more information on team building.

We would like your input concerning your team needs for practices this fall and winter. The DragonSports USA board welcomes your thoughts concerning services we should offer. Some areas we are addressing are:

- How many races should DragonSports sponsor in 2004?
- Where should the races be held?
- Is there a need for training of tillers, callers and coaches?
- Should DragonSports conduct training events?

Tell us your thoughts. E-mail addresses are listed in the gray section to the left of this page.

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Dr. Joel Shilling
President

Organizations of all sorts and sizes undergo maturation and development. Some grow rapidly in the early years and for various reasons plateau or diminish in size and may disappear. DragonSports USA has followed a course of steady growth since its beginning and has served more athletes each year for the past nine years. To assure that DragonSports USA continues to grow and meet the needs of the paddling community, more leaders and supporters will be needed.

As the organization has increased in size, the complexities of operation have also increased. Tasks that could be handled by an individual or a seven member board are now much too large to be done by a single person and indeed, too large for the entire board. To ensure that DragonSports USA continues steady, healthy growth, a system of committees and task forces is needed. I would suggest that the following committees should be formed and expanded as needed to address the needs of the paddling community:

Membership: a group that would distribute membership cards and t-shirts to new members. They would mail a letter welcoming new members and send a DragonSports USA logo decal. They would maintain a database of members and files of applications and waivers.

Tillers and Callers for open practice: This group would organize a large force of present callers and tillers. They would invite new members and train them in the skills needed to safely guide open club practices.

Equipment: this group would inventory present equipment and provide safe storage, as well as repair or replacement of equipment.

Scheduling: this group would act as a central contact for teams to schedule practices. Members of the group would monitor boat use to ensure that teams use the boats as scheduled. Additional duties including posting a practice schedule on the internet and on the locker.

Finance: this group would develop a budget and assure that bills for services were sent in a timely manner and payments were accurately recorded and deposited.

Planning: this important group would meet quarterly to relay results of paddler surveys and trends in boat/service use. Their main focus would be to predict the future in regards to equipment and services needed. The group would communicate with local leaders and contacts in other areas who plan dragon boat races and events.

Races and competition: this group would have numerous subgroups to attend the details of planning and executing local dragon boat races.

Leadership development: this group would conduct training for the paddling community for new callers, coaches and tillers. New leaders for DragonSports USA would be drawn from this group.

If one of these areas appeals to you, call Joel Shilling at 503-306-1020 to discuss your interests.

Franklin AquaRockets

Sara Dietrich and Julia Broer

B. Dodge once said, “**No problem is insurmountable. With a little courage, teamwork and determination a person can overcome anything.**” This quote holds true as the philosophy of the Franklin AquaRockets team. The AquaRockets, a high school team, have participated in the Portland Rose Festival races since nearly the beginning. It hasn't always been smooth sailing however. Early on, the biggest problem was the lack of steady coaching. Yet, this didn't seem to affect the determination of the team, who faithfully showed up to practice, and tried to make do by coaching themselves. Fortunately, Bari Bilyeu, the dragon boat advisor at Franklin, has always been there. She watched over, supported, and helped organize the team throughout the long search for a dedicated, experienced coach. She continues to support and help out the team, and is responsible for keeping numerous captains sane throughout the season!

Five years ago the team found Coach Paul Daley. He has a long history of both paddling and coaching. He's coached the teams of Rock 'n Row, Water Walkers, and Hampton Woods, and paddled for Rock n' Row and Columbia River Outrigger.

Since Paul has become coach, the team has grown immensely. This is a great accomplishment, as dragon boat is not recognized as a sport within the school and receives significantly less funding than other sports (if any at all). Thus, the team raises almost all their funds themselves. Since the team is comprised of freshmen through seniors, a significant chunk of paddlers graduate and leave each year. It remains a constant challenge to recruit new paddlers, since most students would rather participate in a recognized “sport”. Therefore, the AquaRockets represent nearly every aspect of Franklin life. Members of many different groups come together to form a team with as many differences as similarities. But so far, such adversities have not proved stronger than the will and determination of the team. They have taken home a 1st, 2nd, and two 3rd place trophies at Rose Festival. They've also gone up to Vancouver, B.C. for the Alcan Dragon Boat Festival the last three years, where they have placed 4th the first year, and 2nd the next two. These amazing trips have been a great opportunity for the team to bond closer, grow as paddlers, keep active during the summer, and just plain have fun! These annual trips wouldn't be possible without the sponsorship of Portland Motor Coaches. Every year, John Durham, the company's owner and a parent of a former Franklin paddler, volunteers to drive the whole team up and back from Canada.

The Franklin AquaRockets enjoy the Rose Festival and Alcan races so much that next year the team hopes to participate in more races. Two years ago they raced at Vancouver Lake and took home 1st place medals in the Recreational division and 2nd place in the Mixed Competitive division. The team would love to be able to attend both these races and the Victoria, B.C. race this coming year.

Continued on Page 5.

2003 Summer Race Results/Placements

Portland-Kaohsiung Sister City Association Dragon Boat Race June 7-8, 2003

High School Division		
1st	Cleveland DragonTails	2:49.69
2nd	Wilson White	2:54.25
3rd	Franklin Aquarockets	2:56.58
Woman's Division 2		
1st	Red Cross Racers	3:12.86
2nd	The Mother Ship	3:12.90
3rd	Pill Hill Too	3:13.36
Woman's Division I		
1st	SSPMS	3:01.61
2nd	Hot Wasabi Women	3:02.04
3rd	Amazon Dragons	3:03.19
Mixed Division 4		
1st	OCOM Meridian Mariners	3:09.71
2nd	Knuckle Dragons	3:10.13
3rd	Paddle Me Hard	3:17.63
Mixed Division 3		
1st	Absolut Sake	3:05.62
2nd	U-Dragon-U	3:05.67
3rd	Shibumi	3:09.53
Mixed Division 2		
1st	Tsunami USA	3:01.59
2nd	Hot Sause	3:03.30
3rd	Civil Serpents	3:04.29
Mixed Division 1		
1st	Kai Ikaika	2:48.23
2nd	Mtn. Home Canoe Club	2:48.63
3rd	Wasabi Mixed	2:51.21
Gorman Cup		
1st	Connies Cruisers	
2nd	Dorothy's Dream	
3rd	Peg's Power Paddlers	

ALCAN Race Vancouver, Canada June 13-14, 2003

Junior A Championship		
8th	Sundragons	2:18:50
Competitive A Championship		
1st	Portland Mixed	1:59.93
Competitive B Championship		
3rd	Wasabi Team Huge Mixed	2:09.71
Recreational A Championship		
6th	Zamboanga	2:20.80
Recreational B Consolation		
1st	Hampton Woods	2:17:26
Recreational C Consolation		
2nd	Sync or Swim Portland	2:23:84
5th	Castaways	2:25:83
Recreational D Championship		
3rd	Hot Wasabi Mixed	2:31:20
Abreast in a Boat Championship A		
1st	Pink Phoenix 1	2:34:84
Abreast in a Boat Championship B		
8th	Pink Phoenix 2	3:34.56
Men's Division Championship		
1st	Portland Paddling Club	1:58.03
Men's Division Consolation		
1st	HW Squared (Hampton Woods & Hot Wasabi)	2:08:78
Women's Division Championship		
6th	Wasabi Team Huge	2:18.06
Women's Division Consolation		
1st	Hot Wasabi Women	2:28.05
4th	Mighty Women	2:39.87
7th	Zamboanga	2:43.17
Guts and Glory 2000m Championship		
1st	Portland Mixed	9:47.25
6th	Team Huge Mixed	10:33.01
12th	Zamboanga	11:00.31

Kent, Washington Lion's Club Dragon Boat Races July 12, 2003

Women's Division		
1st	Wasabi Power Surge	2:07.00
2nd	Common Interest	2:08.59
3rd	Red Dragons	2:11.72
4th	Wasabi Team Huge	2:17.20
Mixed Division A		
1st	Kai Ikaika	1:51.51
2nd	Zamboanga	1:53.23
Consolation Mixed Division A		
2nd	Stumptown	2:00.25
3rd	Sun Dragons	2:02.06
4th	Wasabi Total Chaos	2:19.06
Mixed Division B		
1st	Hampton Woods	2:01.12

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Race results continued on the page 4.

The Portland Race
 August 2-3, 2003
A Huge Success

Sellwood Riverfront Park was an ideal location for the first, two-day race sponsored by DragonSports USA: The Portland Race. Twenty-two teams, which included four from out-of-state, participated. Large shade trees and plenty of green grass allowed teams to setup their tents and lawn chairs, spread out their picnics, and enjoy the balmy race weather. Boats raced up river with the finish line in view from the shore. Race Director, Dan Winkler kept things moving on schedule. In the afternoon, a friendly, competitive momentum began to build for the final races. After each heat, teams formed long (human) tunnels where they cheered and gave hi-fives to racers as they came up from the dock. DragonSports President, Joel Shilling orchestrated the awards ceremony handing out medals.

Race Results

Women

1st	Wasabi Team Huge	2:29.56
2nd	Red Dragon Women PC	2:36.06
3rd	Wasabi Power Surge	2:41.43
4th	Mighty Women	2:45.56

Women II

1st	Amazon Dragons	2:42.28
2nd	Dragon Flies	2:54.41
3rd	Pink Phoenix	3:01.04

Mixed Recreational

1st	Dragon Willies	2:30.31
2nd	Gung Haggis Team	2:41.64
3rd	Dragin' Tales	2:45.56
4th	Golden Dragons	2:48.49

Mixed Recreational II

1st	Freedom Dragons	2:37.91
2nd	Blind Ambition	2:44.13
3rd	Shibumi	2:48.47
4th	Multnomah Channel CR	2:51.88

Mixed Competitive

1st	Zamboanga	2:14.07
2nd	LARD	2:26.16
3rd	Hot Wasabi-Wasabi Mixed	2:29.32
4th	Sun Dragons	2:33.35

Mixed Competitive II

1st	VO2 Max	2:24.72
2nd	The Annie Maniacs	2:32.83
3rd	Portland Dragon Spirit	2:39.68

Victoria Dragon Boat Festival
 Victoria, Canada
 August 16-17, 2003

Platinum Division A

1st	Kai Ikaika	2:00.00
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Diamond Division A

3rd	Hampton Woods	2:08.21
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Gold Division A

1st	Stumptown	2:14.20
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Silver Division A

5th	Freedom Dragons	2:18.82
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Bronze Division A

1st	Shibumi	2:15.69
3rd	Mult. Channel Canoe Club	2:22.61

Crystal Division A

4th	Pink Phoenix	2:47.86
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Gold Division B

1st	Castaways	2:17.82
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Pearl Division B

4th	Golden Dragons	2:46.74
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Breast Cancer Survivor Cup B

2nd	Pink Phoenix	2:32.87
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Kelowna Dragon Boat Festival
 Kelowna, Canada
 Sept. 13-14, 2003

Mixed Gold Division A

7th	Shibumi	2:08.62
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Mixed Platinum Division B

3rd	Hampton Woods	2:01.38
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8th Annual Northern California International Dragon Boat Championships Placement
 Sept. 27-28, 2003

Competitive and Recreational Placement

Mixed Competitive A		
1st	Wasabi Mixed	2:08.16

Mixed Competitive A Consolation		
3rd	Zamboanga	2:14.04

Mixed Recreational A		
2nd	Castaways	2:23.98
6th	Wasabi Power Surge	2:28.82

Mixed Competitive B		
5th	Hot Wasabi	2:20.88

Mixed Recreational B		
1st	Mult. Channel Canoe Club	2:30.15
3rd	Mighty Women	2:30.85
5th	Blind Ambition	2:34.86

CDBA Men's		
2nd	Wasabi/Hot Wasabi	2:05.70

PDBA Championships		
PDBA Mixed Premier		
2nd	Wasabi Mixed	2:06.29
4th	Zamboanga	2:10.33

PDBA Women Premier		
1st	Team Hugh	2:16.93
3rd	Mighty Women	2:29.45

PDBA Mixed Masters (age 40+)		
3rd	Wasabi	2:04.91

PDBA Women Masters (age 40+)		
1st	Wasabi Power Surge	2:27.74

PDBA Best of the West-Women (age 40+)		
6th	Mighty Women	2:43.32

Seniors Julia Broer and Sara Dietrich will be back again to lead the team as captains this year along with Coach Paul Daley. They look forward to making their 4th and last year on the team another fun and successful one paddling with the Franklin AquaRockets.

Grant Opportunities for High School Teams

During the August DragonSports USA (DSUSA) board meeting, a motion to focus on youth was raised and passed. The focus on youth paddlers will include setting aside \$8000 for the 2004 year to be used for grants of up to \$1500 for applying high school teams. Teams who are interested can apply in writing, including a written budget, to the DSUSA board. Applications will be reviewed, negotiated, and agreed upon by the board.

Since this is a new board activity the grant process was discussed again at the September board meeting.

Vancouver Lake Race Cancelled

A toxic algae bloom was the cause for closure of Vancouver Lake from August 23rd through early September. According to our scientific reference, *The Oregonian*, the lake turned into "stinky pea soup" that could cause humans to become ill with a variety of symptoms. Some resulting infections could lead to long-term disorders. Algae blooms occur in summer months when there are high levels of nutrients such as phosphorous and nitrogen in the water.

Relocating the Vancouver Race was discussed, but there was not enough time before the September 6th race day to find a location and complete the necessary permit process.

Omar Vazquez

Shirley Ewart

Omar Vazquez, with his lean, fit body and tanned, smiling face is a familiar sight on the riverfront. A little bit of a mystery too. He is a restless figure. Where is he from? On what team does he practice?

As one might have guessed, Omar grew up in Mexico City, but he has lived half his life in the United States. After marrying his American pen-pal, he came first to Ohio, then to Southern Oregon. In 1988, he came to Portland, where, after two years with a consulting company, he was hired by Nike; he has worked for them as a computer analyst ever since.

In 1991, Omar was invited to paddle with Nike's Dragon Boat team, he was delighted to try out what was for him a new sport. He found he loved it. Especially he enjoyed the sense of community, and of "synergy", the effect of the combined action of people.

For the past twelve years, Omar has paddled with several teams including Cascadia and Stumptown Paddlers. As a paddler, he is not committed to one team, but for the last six Rose Festival seasons he has coached the women's team SSPMS. He describes this as coaching "twenty beautiful women – all smiling", but adds that, as in most things, a coach first has to earn the respect of the team. He compares coaching a team to conducting an orchestra, and says that "When a conductor and team work together, they make beautiful music!" He does not play an instrument, but conducting an orchestra has always been one of his dreams.

Omar is passionate about both paddling and the Willamette River. He urges coaches and paddlers to: "Stop the boat! Look around and see how beautiful it is!" He feels fortunate to be living in a city with bald eagles and other soaring birds, and where the sunsets can be breathtaking. He loves dragon boaters' sense of community. He feels they are the responsibility for following safety rules carefully and making sure the river is clean and safe.

Asked about what he especially enjoys about paddling, Omar singles out small meets, like the recent DragonSports meet at Sellwood, where paddlers had a chance to meet other crews. He thinks paddlers enjoy learning new techniques. He feels that sharing ideas is an important component of the nourishment and growth of paddling teams, and to this end he suggests that "DragonTales" might profile dragon boat crews, just as it does individual paddlers. New crews might benefit from learning how other crews started, and what were their growing pains during their early years.

As Omar left to report for practice, I reflected how lucky DragonSports USA is to attract people of this caliber as paddlers and as coaches. As Omar so graphically expressed, not one of us can function alone, but as a team we can make beautiful music together!

Endorsed Teams

There have been times when a paddling group has asked for DSUSA endorsement as a team. At the August board meeting this concept was clarified. Generally an endorsed team is a group who comes together to prepare for a specific event. The group could consist of paddlers from various teams. In order to have complimentary practice times and support from the club they could become an endorsed team by completing the following process.

Endorsed Team Benefits and Process

An endorsed team receives unique, complimentary, practice times in order to prepare for a specific event.

- Apply to the DSUSA board thirty days in advance of the event. A specified board member will communicate, to the team captain, approval of the application as soon as possible. If there is no board meeting in the application time span, board members will communicate with each other in order to approve or disapprove the application in a timely fashion.
- Endorsed team members must be dues paying DragonSports USA members.
- DragonSports USA must be in the team name.
- Logo items, such as shirts, must be paid for in advance.

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Calendar of Events & Announcements

Christmas Ships Caroling

Sign up on www.dragonsports.org or call the hotline at 503-639-2799 x1 Dec. 9, 2003

DragonSports USA Annual Meeting

Old Market Pub, SW Multnomah Blvd. Feb. 18, 2004

2004 Boat Rental Increase

At the August meeting the DragonSports USA board voted to increase the boat rental fee from \$15.00 per practice hour to \$16.00 per practice hour. The 2003 fee will be honored through December 2003.

Yes, this means that teams can pay for 2004 practice times before December 31, at the current rate.

Dragon Mania – Paddling Terminology

P	A	D	D	L	E	S	U	P	E	B	F
F	H	R	I	G	H	T	J	T	Q	R	L
M	L	O	U	N	L	O	A	D	R	A	A
D	E	G	S	T	R	O	K	E	V	C	G
R	F	O	A	C	D	C	A	L	L	E	R
A	T	N	K	T	N	O	O	D	E	T	B
W	A	S	A	B	I	W	C	O	T	H	P
Y	X	P	W	L	O	A	D	K	I	E	A
V	I	O	C	B	L	A	B	H	T	B	U
E	D	R	A	G	O	N	T	O	R	O	S
S	Q	T	I	L	L	E	R	L	U	A	E
T	Y	S	T	E	E	R	F	D	N	T	G

Find the listed words in the diagram. They run in all directions – forward, up, down, and diagonally.

Boat	Dragon	Left	Right	Vest
Bow	DragonSports	Let it Run	Steer	Wasabi
Brace the Boat	Draw	Load	Stroke	
Caller	Flag	Paddles Up	Tiller	
Dock	Hold	Pause	Unload	