



In this Issue:

- ❖ 2011 Midwest Race Schedule Posted!
- ❖ "Reaching for Life" Book a Success!
- ❖ ADBA Website Keeps You Informed!
- ❖ The Central Region Race Circuit... What is it?
- ❖ 2011 Club Crew National Championships Awarded to Midwest Site!
- ❖ Rewarding BCS Opportunity Awaits You!



2011 Midwest Race Schedule Posted!

As you are aware, the 2011 Midwest Race Schedule was sent out last month. It is also posted on the ADBA website at www.americandragonboat.com.

Race dates, location and contact information are all listed for each race. You can also access the schedule through the USDBF (United States Dragon

Boat Federation) website at www.usdbf.org, click the left drum, and scroll down to Web-Links and click on the ADBA link...or other interesting links!

"Reaching for Life" Book a Success!

"Reaching for Life", Volume 1, was published in 2010 and was a huge success! The book contains stories of Breast Cancer Survivors and the Sport of Dragon Boat Racing. The Midwest Region had contributors from Iowa, Louisiana, Minnesota and Wisconsin. The book was edited by Raúl Fernández-Calienes and Penny Behling and published by The Dynamic Dragon Boat Racing L.L.C.

In this sport, one of the basic elements of paddling is

"reaching" forward with your paddle to pull the maximum amount of water possible on each of your strokes. This image provides us with a wonderful metaphor for exploring the relationship between this sport and Breast Cancer Survivors who participate in the sport.

These paddlers have not only reached for their next stroke but for life itself and are sharing their stories in "Reaching for Life".

If you would like to purchase a copy of the book, please contact Penny Behling of Dynamic Dragon Boat Racing L.L.C. at www.race.dragonboats.com or Ginny O'Hare, USDBF President at ginoha2@optonline.net.

If you would like to share your story, there's still time! Each Breast Cancer Survivor has a unique story and Penny and Raúl want to help share your story with others, if you are ready.

ADBA Website Keeps You Informed!

If you're wanting to tell a friend about the history of dragon boating in the Midwest... or wanting to plan your vacation around dragon boat festival dates and places... or wanting to know who to correspond with at the ADBA (American Dragon Boat Association) for answers to your dragon boating questions, just visit the ADBA website at www.americandragonboat.com.

You're able to look at all the BCS Newsletters, in color, under 'BCS News' on the Home page!

You can view the ADBA photo gallery and also some of the festival site pictures. You'll be able to locate a picture of the

ADBA Officers so that when you see them at a race or festival, you can recognize them and strike up a conversation. They'd love to visit with you!

Member and Affiliate Dues Membership information is available along with the services provided such as insurance, boats and gear. Did you know that the ADBA can provide technical assistance in several areas as well with such topics as safety, loading and unloading crews, etc.? Training videos are also available.

The Central Region Race Circuit rules are outlined for dragon boaters to review. Last

year the ADBA implemented the Circuit and at this year's ADBA Annual Meeting in January, 2011, they voted to add a Breast Cancer Survivor division to the Circuit. How wonderful is that Breast Cancer Survivor Teams!

If you want to explore even further, there are links to the IDBF - International Dragon Boat Federation, the USDBF - United States Dragon Boat Federation, the ERDBF - Eastern Region Dragon Boat Federation, and the PDBF - Pacific Dragon Boat Federation.

Hey, visit the website soon!

The Central Region Race Circuit...What Is it?

I mentioned the Central Region Race Circuit in the previous article and that the ADBA voted to add a Breast Cancer Survivor division to the Circuit. After that you were probably wondering what a Central Region Race Circuit is and what was offered to the Breast Cancer Survivor Teams.

Briefly, the ADBA implemented a Race Circuit last year to determine championship crews in the Central Region. This would give a crew bragging rights and an award them a Central Region Championship plaque... along with a berth at the next Club Crew World Championships or a berth at the U.S. Club Crew National Championships.

The rules are listed on the website and it is based on points earned. Any festival /

event / race with paid membership to the ADBA will be able to be awarded Central Region Championship points. Points will be awarded per a system as outlined on the ADBA website. Every festival is responsible for turning in the winning teams information to the ADBA within two weeks after their event.

Only ADBA member festivals are allowed to award points. To be an ADBA qualifying event, Affiliate Fees must be paid by June 1st of the current calendar year. If you want more information on the Affiliate Fees, or dues, feel free to contact John Miller, the ADBA Treasurer, at dboatmny@aol.com.

To see if your BCS Team will be participating in a race that will be awarding Central Region Race Circuit points, visit

the website and see which festivals, events or races are listed for the Midwest. Keep in mind that others can still be added this year until June 1, 2011. If you any have questions regarding the Central Region Race Circuit, please contact Linda Donner at linda.donner@frontiernet.net.

I've been told at ADBA meetings that the ADBA is really proud of the Breast Cancer Survivor Teams and what they have accomplished and done for the sport of dragon boating. Adding a Breast Cancer Survivor Division to the Central Region Race Circuit is just one of the ways the ADBA is showing their support!

ADBA Officers, Board, and Members... the Midwest Breast Cancer Survivor Teams send you our heartfelt "Thank You" for all your encouragement and support!

2011 Club Crew National Championships Awarded to Midwest Site!

The United States Dragon Boat Federation (USDBF) announced that the 2011 USDBF Club Crew National Championships (CCNCs) will be held in Fort Dodge, Iowa, on August 27 and 28, 2011! How great to have this wonderful event in the Midwest! Club Crews from all across the U.S. will participate in the USDBF CCNCs to race for the title of National Champion in their division.

The USDBF and Daybreak Rotary Club of Fort Dodge, Iowa, invite you to attend the 8th USDBF U.S. Club Crew National Championships. These Championships will be conducted within the Fort Dodge Festival's Annual Badger Lake Dragon Boat Bash at Badger Lake, Kennedy Park in Fort Dodge, Iowa. As you discuss festivals and races to attend this year, don't forget to check out this exciting event being held in your own Region!

BCS crews will also be included in this exciting event. The 2011 USDBF CCNCs will be hosting the 2011 BCS National Championships and awarding the Dana Nelson Memorial Cup to the winning all-BCS member team. Dana was very committed to the sport and the BCS division and this is a Memorial Cup that is being awarded each year in her honor. The winner of the Memorial Cup must be a full BCS crew. In some regions, BCS crews also allow supporters. These survivor / supporter crews will be racing in the BCS division also but the Memorial Cup will be reserved for the winning all-BCS member team.

The Registration/Entry Form and full payment are due (online) by July 1, 2011 so you will want to check out the website soon. Also listed are the deadlines for the Named Crew List and Waivers.

To locate registration, hotel and flight information, a program outline, entry form, crew roster, waiver and other helpful event information, go to the USDBF website at www.usdbf.org. Click on the drum at the bottom on the left side and then under the "Welcome!", look for...**Learn more about some of these exciting USDBF activities and initiatives: USDBF 2011 U.S. Club Crew National Dragon Boat Racing Championships on August 27-28, 2011, in Fort Dodge, Iowa - (see the Official Invitation and Bulletin 1)**. Click on "Bulletin 1" and you will find all the details.

We're excited to have this event in the Midwest to meet more BCS Teams and learn more about each other. The BCS Teams have come a long way in the sport of dragon boating and your team deserves a big "CONGRATULATIONS" for all you do!

Rewarding BCS Opportunity Awaits You!

How would you like to expand your BCS dragon boating adventures? A rewarding opportunity as the "ADBA BCS Representative" awaits you!

Last year, I informed the ADBA that I needed to resign as BCS Representative. It was not an easy decision as my tenure has been a very rewarding experience! I didn't want to just stop representing BCS

teams without a replacement either. I've met many new friends, learned a lot from the ADBA Officers/Board, and was introduced to and worked with the USDBF! I've met many devoted dragon boaters and teams who assisted our BCS teams at events or gatherings and I've communicated with BCS teams across the U.S.

The most rewarding experience was

locating the Midwest BCS Teams to pull us all together and expand the opportunities for Breast Cancer Survivor Teams. You can continue that by contacting the ADBA President, Ron Hau, at Dboat2xs@aol.com or one of the ADBA Officers on the ADBA website and volunteering to continue this by serving as the ADBA BCS Rep.

Finally, "Thank You" for the memories!