



# Dragon Tales

A Newsletter by the Lake Superior Dragon Boat Festival Training and Logistics folks from the Duluth Boat Club  
VOLUME 1, ISSUE 1 JUNE 26 ~ 2007

## 2007 FESTIVAL SPONSORS



**Barkers**  
Island Inn  
Resort & Conference  
Center

## 2007 CHARITABLE PARTNER



**Duluth Clinic  
Cancer Center**  
An affiliate of SMDC Health System

### SAVE THE DATE!

**Steers Training :**  
JULY 18th & 24th  
6:00pm  
Come to Try! Open  
to all!

### TEAM CAPTAIN APPRECIATION NIGHT

July 25 @ Barker's  
Island Inn  
5:00—6:30

### LAKE SUPERIOR DRAGON BOAT FESTIVAL

August 24-26, 2007

## Dragons on the Water

The 2007 dragon boat season has kicked off. Leading the charge are those feisty ladies from the Hayward area, The Birkie Girls began their practice early this month and they are looking good!

The Birkie Girls gained more fame when they debuted on the cover of the July issue of Lake Superior Magazine. Check it out! They are fabulous ambassadors for our great festival!

Also spotted on the water this season are the Stone Dragons, three time champions of the Lake Superior Dragon Boat Festival. You can be sure they are working hard to earn another title.

Rumors are circulating (okay, I'm starting them) that the Jamar team, Steel Dragons, may have an itch to turn it up a notch this year. They put down

a time at the 2006 festival that earned them 6th place overall. All of that with only two practices. I predict the Steel Dragons will be a force to be reckoned with!



**Linda Cook & Cindy Ferraro set the pace for The Birkie Girls.**

The training season has officially begun. All teams are granted two practices of one hour each and can be scheduled with Megan Kress of the Duluth Boat Club. Please contact her at [gopaddle@gmail.com](mailto:gopaddle@gmail.com) to inquire about available times. You can also view the schedule at the Duluth Boat Club's online Forum by visiting [www.duluthboatclub.org](http://www.duluthboatclub.org).

If your team is interested in one, two, or more practice sessions for added edge on race day, times are available! Additional practices are \$110 each. That's only \$5 per team member! A season pass to the dragon boats can also be purchased for \$660 for unlimited use of the boats.

## Coaches Corner



I asked paddling coach extraordinaire, Christine Hanson, to share her secrets of being an effective coach and leader for paddlers. Christine is currently the coach for the Birkie Girls out of Hayward. The BG's brought Christine on board last summer when they decided they wanted to

achieve more as a team.

Christine likes to emphasize that the whole boat is important. From the drummer to the pacers to the engine room to the rockets, there is no part of the boat that doesn't count in the race. She also takes the time to listen

to each individual on the team to make sure that each team member feels heard.

Most importantly, as a coach and coordinator, she feels that everyone on the team must know and agree on the expectations for the team and the race.

*\*\* All articles authored by yours truly, Megan Kress, of the Duluth Boat Club, unless otherwise noted. If you need to thump anyone for saying something stupid in this newsletter, thump Megan.*

# Festival FAQ's

I receive a lot of the same questions week to week, year to year. All good, mind you, and all info that everyone should know. So, with out further adieu.... Onto the questions for this issue.

## 1. Did you receive our registration and money?

The trainers and folks from the Duluth Boat Club (that's me!) only deal with matters of practicing, scheduling, and race day logistics. We generally don't know the answer to this VIQ. (Very Important Query). BUT never fear! We know who does keep the key to that knowledge. Should you have any questions regarding registration and registration fees please send your questions to [teams@lakesuperiordragons.com](mailto:teams@lakesuperiordragons.com).

## 2. How do I schedule practices?

A great question indeed. Please send a request to [gopaddle@gmail.com](mailto:gopaddle@gmail.com) if you already know your time and dates that you would like to practice. Please have a backup time or date available in case it is already taken. Please indicate if you have a steers-person already.

You can currently see a practice schedule online at [www.duluthboatclub.org](http://www.duluthboatclub.org) and by clicking on NEW DRAGON BOAT CALENDER from the home page. We have one boat available through late July at which time we will put the second boat in the water. Boats are available for use at any time unless you require a steers person or trainer. A week before the festival, we will have six boats available for use.



*"We absolutely could not make a festival of this size happen without the dedicated volunteers who help us out – year after year. We have a diverse group of volunteers who make this festival fun, exciting and well-executed."*  
**Patricia Finney,**  
**2007 LSDBF Co-Chair**

## The Festival Needs YOU! *Please? Pretty Please?*

Can't get enough of the Dragon Boat Festival? Know some other folks that enjoy it too? There are many opportunities to lend a hand to our festival which is run solely on volunteers!

From handing out paddles, from dock tending, from setup to takedown and even steering dragon boats, the festival could not happen without the generous help of all of our volunteers! There are as many as 150 volunteers that are required to ensure a smooth event. There are several ways to volunteer at the festival and

include small, medium, and large amounts of time to contribute. If you have any time to give to help our festival continue to be the biggest in the country, please let us know!!

### For steering, officiating, and race logistics:

Megan Kress, Duluth Boat Club [gopaddle@gmail.com](mailto:gopaddle@gmail.com)

**For anything else under the sun contact:** the organizing Rotary clubs by logging onto [www.lakesuperiordragon.com](http://www.lakesuperiordragon.com). Click on 'Get Involved'.

## Need a Paddler? Need a Team?

The task of rounding up 22 folks to paddle a boat can be challenging to say the least. If you are teamless, the challenge to find a team can be just as great.

Both the Duluth Boat Club and the Organizing Rotary clubs are working to find a way to make sure that everyone who wants to paddle, can!

If you are a team looking for a paddler, log onto [www.duluthboatclub.org](http://www.duluthboatclub.org) and click on 'Forums'. Once

on the forum page, you can post a personal ad, about you and your undying love for dragon boating, what you will bring to a team, and a way to get in contact. Teams needing extra paddlers can check out the list here, as well as post an ad for their team!



**Team Survivor Madison**  
**They are looking for a few good women to round out their team!**