



kawartha
CREDIT UNION

Presents

Peterborough's Dragon Boat Festival

CAPTAINS' MEETING
MONDAY, MAY 10, 2004



Hosted by Survivors Abreast
www: survivorsabreast.com

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Peterborough's Dragon Boat Festival 2004

CAPTAINS' MEETING

Monday, May 10, 2004

7:00 - 9:00 p.m.

AGENDA

TIME	TOPIC	WHO
7:00	Welcome	Susan Miller
7:10	Video/Posters	Carol Mutton
7:15	Overview of Event 2004	John Gullick
7:25	Dragon Boat Races and Logistics	Len Minty
7:45	Captain's Role	Susan Miller
8:00	Team Photos	Mike Fisher/Susan Miller
8:10	Pledges	Julie Davis/PRHC Laurie Miller
8:20	Volunteers	Barry Willshaw
8:25	Merchandising	Fran Farrell
8:30	Land/Parking	Jim Hobson
8:35	Questions	All
8:40	Wrap Up	Susan Miller
9:00	Adjourn	

LIST OF TEAMS AND CAPTAINS 2004

TEAMS	CAPTAINS	TEAMS	CAPTAINS
KCU	Ondine Brandon	SPS Minnow	Shirley Turner
KCU	Mike Sullivan	Kid Krusaders	Mary Jago
J J Stewart		Holy Rowers	Russell Emery
J J Stewart		Draggin'r Tails	Carol Walker
Survivors Abreast	Margie Lightbody	Ptbo Rotary Gold Dragons	Lloyd Graham
North Bay		Holy Cross Hurricanes	Helen Lynette
Kingston	Suzanne Bodner	Ge Motor Maniacs	Carolyn Galbraith
Lindsay	Joanne	R.B.C'us Roar	Heather Mutton
Wacko Wave Walkers	Gloria Gillespie	City Of Ptbo Draggin Butts #1	Dorothy Oliver
Draggin' Dawgs	Susan Miller	St.Thomas Aquinas	Marg Murray
Skinny Dippers	Tamara Lightbody	Hearts With Paddles	Toni Morrissey
Buckhorn Community	Roger Clark	Draggin'r Butts	Annie Stovell
PRHC-Rob Devitt	Tanya Stewart	Chicks Ahoy	Lynn Lewis
Hot Bagettes	Carolyn Porteous	Team Americredit	Gina Lloyd
Dental Dream Team	Tracy Lloyd	Ptbo Tugboat	Suzanne Vesnaver
Riverview Rockers	Sue Matway	Das Dragon Boat	Paul Staples
TAS Gryphons	Mardy Hollingsworth	Komodo Dragons	Louise Vatri
Rotary Renegades	Kim Winters	Dragon Flyers	Carol Ann McColluch
Ont. Breast Screening	Rhonda Holland	Scots Dragoons	Elizabeth McMahon
Good Life	Carol Bird	Spirit Of Ojibwa	Wanda McConigal
Sew Boat	Craig Whitnall	GE Hydro	Darrel Blouin
Tass Griffins	Jeff Challice	Kawartha Y Womens	Allison Thomas
Numet Engineerin	Ken Vass	City Of Ptbo. Draggin Butts #2	Glenis Burnie
Degree Divas	Jennifer Scates	Minute Maid	Beth Pritchard
Sysco Slayers	Sandra Armstrong	Beta Babes	Louise Watson
GE Power Dragons	Meagan Bell	Trent Dragon Flies	Christine Diaz
Team Canadian Tire	Lisa Johnson	PRHC	Lauren Whitehill

TEAMS	CAPTAINS	TEAMS	CAPTAINS
Medical Center	Donna Mcgilvry	Vital Forces-Liberty Mut.	Laurie Pepper
Td Canada Trust	David Guzzo	Dragoonies	Terry Dyson
Dragon Slayers	Catherine Delmore	Price Choppers	Sean Wilson
Norwood Nightmares	Chris Warren 905	Tim Hortons	Laurie Whalen
Bell Canada	Ruth Mcgarvey	Twoheys Sen.A Womens Hock.	ANDREA NELSON
Annie's Oars	Anne Munroe	Geo Forces	Garnett Brenchley
S. Central MNR	Jackie Oulette	Sorority Slickers	Ester Dore
Team Synergy	Heather Angione	Assante Financial	Michelle Turco
Paddle Wackers	Cindy L. Dowdle	Cooperators Dragon Hearts	DIANE NUELL
Willow Creek Neighbor	Cynthia Rankin	Kenner Dragon Warriors	Jeff Winslow
Hipano Suizo Sharks	Mark Nelsons	C.W.Stewart Travel	Carolyn Condon Burns
Cutting Edge	Brenda Barker	Fowlers Corners Lions	Glenn Hyland
Dave & The Puronaughts	Jim Black	Dragon Ladies	Wanda Tonus
MNR Pick Up Team	Karen Gowanlock	Re/Max	Sandy Kendrick
OPS-Karen Drew	Karen Drew		

OVERVIEW OF EVENT

Goals

Survivors Abreast goals for the Dragon Boat Festival 2004 are to:

- Raise awareness of breast cancer in the community.
- Raise funds for diagnostic equipment for the Breast Assessment Centre at the PRHC to facilitate early detection of breast cancer. A portion of the funds will go towards keeping the dragon boat team "afloat."
- Continue to provide opportunities for breast cancer survivors and the larger community to participate in dragon boating, an exciting and rewarding water sport that:
 - emphasizes community team building
 - contributes to the health and well being of breast cancer survivors and members of the larger community.

Thanks to Our 2004 Sponsors!

- Kawartha Credit Union is the **event's platinum** sponsor.
- **Gold sponsors** are: Minute Maid Coca Cola Ltd. and CHEX TV/The Wolf/980 KRUZ.
- **Silver** sponsor is Daimler Chrysler Canada Inc.
- **Bronze** sponsors are: Americredit, Shirley McDowell, Associate Broker Re/Max, Marks Work Wearhouse, Tim Hortons, Investors Group, and Peterborough This Week
- **Teak** sponsors are: Saturn Isuzu of Peterborough, Country 105, Nurse Emission Testing and Repair, The Connection Newspaper, Price Chopper, Coach Canada, The Peterborough Examiner, Liftlock Fibreglass Fabrication/Kawartha Canoes, BE Catering and Purolator.

Organizers

A planning committee comprised of several members of Survivors Abreast along with dedicated volunteers and supporters is responsible for organizing and hosting the event.

The Day – Free Admission

- The "dotting the eye of the dragon" ceremony with the officials' remarks and national anthem at 8:00 a.m. to kick off the event at the T-wharf.
- The races start at 8:30 a.m., end around 5:30 p.m. and take place at the T-wharf, on Crescent St.
- Free massage, water and juice will be available for team members.

- Pledges go to diagnostic equipment at the Breast Assessment Centre at the Peterborough Regional Health Centre.
- The Lions and Lioness Clubs are providing food all day – breakfast, lunch and snacks.
- Tim Hortons is selling coffee and donuts.
- Silver sponsor, Daimler Chrysler, will have displays of their new cars in the park.
- Nearby, for art and garden lovers, the Art Gallery is holding a “Bloomin’ Art Show” in and around the gallery.
- The One-Stop-Dragon-Shop will be selling a variety of dragon merchandise all day.
- A special race with 6 breast cancer survivor teams will take place at the end of the day, followed by a memorial ceremony.

BACKGROUND

About Survivors Abreast

Survivors Abreast, a dragon boat team of women living with breast cancer, was founded in 1999 in Peterborough by Meredith Cosburn. In the early days of its inception, Meredith, along with Len Minty, Survivors Abreast coach, began to gather team members and support from the community. Four Peterborough Regional Health Centre doctors kindly donated a \$4000 down payment towards the purchase of a dragon boat and Liberty Mutual Group generously provided the remaining \$16,000. The team started practicing at the Family YMCA and the rest is history!

Dragon Boating and Women with Breast Cancer

The dragon boating experience has been described as a "floating support group" for women with breast cancer. It all began with a study involving one boat of over 20 women. In 1996, Dr. Don McKenzie, a sports medicine physician at the University of British Columbia, launched Abreast in a Boat.

Medical experts believed that repetitive upper-body exercise in women treated for breast cancer encourages lymphedema. Lymphedema is a permanent, irreversible swelling of the arm and chest area that may develop after lymph node surgery and radiation treatment. Dr. McKenzie disagreed. He believed that women could get involved in a sport like dragon boating if they followed a special upper-body exercise and training program. They could enjoy active lives and avoid the onset or worsening of lymphedema.

Participants in his study were monitored closely by a sports medicine physician, a physiotherapist and a nurse. Dr. McKenzie's theory was right. No new cases of lymphedema occurred and no existing cases got worse. Since 1996, dragon boat racing by breast cancer survivors has grown across Canada, the United States, Australia and New Zealand. There are several teams in Ontario, Vancouver, Nova Scotia, Alberta, and Manitoba, Saskatchewan and Quebec.

PLACING YOUR TEAM IN THE BOAT

Weight	Weight should be balanced both fore and aft and side to side.
Rights and Lefts	Which hand a paddler holds the shaft of a paddle determines whether he or she is a “right” or “left” and therefore on which side of the boat he or she will sit.
Bow	The first three paddlers on each side constitute the “bow”. Ideally all three will have impeccable timing and natural flexibility. They shouldn’t be too large. The “Threes” should be good athletes.
Stroke	The “Ones” are referred to as the “Strokes”, right and left respectively. They must possess an acute sense of timing, a high level of fitness and the ability to change the pace that they set for racing.
Engine Room	The “Fours”, “Fives”, “Sixes” and “Sevens” comprise the “Engine Room”. Ideally these are your big powerful paddlers. Ultimately, how fast they can work will determine the stroke rate and boat speed.
Stern	The “Eights”, “Nines” and “Tens” make up the “Six Pack” or “Stern” of the crew. Flexibility is a benefit to an “Eight”. A small butt is essential to a “ten”. This is where your smallest, least experienced and least fit should be placed. It is much easier to paddle here.

PRACTICE READY

Warm Up

Arrive at the Brown Sea Base beside the Paddle Boat at least ten minutes early to stretch and warm up before getting into the boat.

Seating

Know your assigned position. i.e. left 4. The boat will be filled and emptied in an orderly fashion two partners at a time, i.e. fives, eights, etc.

Clothing

You are going to get wet! The engine room (the middle rows) requires throw runners or rubber footwear (no rubber boots) as water will collect there from paddle spray. Bare hands will be fine because the June water is not too cold but some paddlers prefer to wear gloves. Rain gear is appropriate if the weather warrants it. Old sweatshirts and tee-shirts are fine as long as the cuff on the lower arm can be rolled up. In warm weather, shorts or bicycle pants that dry quickly are appropriate.

Bum Pads

Bum Pads or “Bummers” are really garden kneeling cushions put to a different use. These (as the name implies) are used to sit on while training or racing.

Sun Protection

Sun glasses, sun screen and peaked hats are a must if it is a sunny day. Make sure they won't come off in the wind – bring straps for your glasses.

P.F.D.'s

Provided but you can bring your own for comfort and dryness.

Paddles

Provided

DRAGON BOAT COMMANDS

“Bow” front of the boat

“Stern” back of the boat

“Gunwale (pronounced “Gunnel”)" side of the boat

“Paddles Up” Paddlers assume a start position with their paddle blades a couple of inches above the water, reaching forward with their lower arm straight and back bent ready to stroke.

“Take it away” Immediately all paddlers begin to stroke.

“Let it run!” or “Easy all” Immediately all paddlers cease stroking and allow the boat to glide.

“Attention please!” Command given by the starter just before the starting signal.

“Draw right!” The three right bow paddlers draw (of feather) the bow of the boat to the right to help align the boat (usually at the start of the race).

“Draw left!” The three left bow paddlers draw..see above

“Back it up! The six stern paddlers (three rights and three lefts) paddle backwards usually to bring the boat back to the starting line.

“Finish!” The command given either by the drummer or cox to encourage a strong finish of thirty to fifty strokes.

“Hold Water” putting paddles in the water to stop the forward motion of the dragon boat.

“Steady the boat” paddlers place their paddles flat on the surface of water, blades out from the side of the boat to keep it from rocking.

CAPTAINS' RESPONSIBILITIES

Up to this point you've been very busy with the challenge of organizing your team. Thanks for all your efforts! Your team will have plenty of fun and will help to raise awareness and funds for a good cause. All of the pledge money goes to purchase diagnostic equipment for the Breast Assessment Centre at the Peterborough Regional Health Centre.

Captains Responsibilities:

- Make sure your team members know the time and location of the practices.
- Make sure each member knows the time and location of where you will meet prior to each race and the race schedule.
- If there are pledge sheets to be handed in, make sure they are handed in to the pledge tent on June 12.
- Please encourage your team to order team pictures. Team pictures are scheduled to take place prior to your race time. Make sure everyone is together and then go to the photo site. After the photos are done, go to the staging area.
- Know the rules of the water and make sure paddlers are aware of them. The coach will discuss these rules during your practice times.
- Make sure each person registered on the team has signed their waiver. Anyone who has not signed the waiver will not be allowed to race. If there are last minute substitutions, there will be waiver forms at the T-Wharf to sign.
- Each person in the boat listed on the team roster must wear an arm band.
- Please ask the paddlers on your team if they have a medical condition that you should know about, for example, a pacemaker or an allergy to bee stings.

PLEDGE FORMS

- **The more accurate the pledge form, the easier it will be for everyone involved. Please print!**
- **Receipts will be issued for donations over \$25.00, if required. We must have the correct address & postal codes to mail the receipts out.**
- **Team participants may drop off their pledge sheets and money in a sealed envelope with a signature and the \$ amount written on the envelope to Kawartha Credit Union at 1054 Monaghan Road.**

Check List

- ✓ Your name and information is clearly printed on the top of the form.
- ✓ There is a complete address for every \$25.00 pledge.
- ✓ There is a postal code accompanying every address. If there is no postal code, a receipt will not be issued.
- ✓ Money and pledge sheet is placed in an envelope.
- ✓ All cheques are made payable to P.D.A. of Breast Cancer Survivors.
- ✓ All team pledge forms and money are handed in before 2:00 p.m. June 12, 2004.

Reminders

- Charitable donations CANNOT be used as registration fees
- Any names on the pledge sheets with money NOT collected will be crossed off and a new sheet will be needed when the money is collected.

Prizes

- The person who collects the largest amount of pledges will receive a Kawartha canoe donated by Liftlock Fibreglass Fabrication along with a free six-month membership at Good Life Fitness Club, Chemong Road. Second prize is a six-month free membership to Good Life Fitness Club, Chemong Rd.
- The team raising the most funds will have their team name on the memorial plaque in memory of Dr. Jarosonek, which is displayed in the Peterborough Clinic.

TEAM PHOTOGRAPHS BY AWESOME PHOTOS

- The team photographs will be taken at 4-minute intervals near the staging area.
- Please ensure that all of your team members are ready for the photograph as time is limited.
- Please have your money with you when you place your order for a photograph.
- The cost of each photograph is \$10.
- If later in the day you would like to purchase a photograph, you may still place an order. However, there is no guarantee that you will receive the picture that day. You may have to pick up the photo at Awesome downstairs at Peterborough Town Square the following week.
- All proceeds go to the Breast Assessment Centre at the PRHC.
- Thank you for participating in this day!
- If you have any questions regarding the photograph information please contact

RACE DIRECTOR – LEN MINTY

Survivors Abreast Coach and Race Director of the festival is Len Minty. Len is a Peterborough native and retired high school teacher who held a couple of world records in master's swimming events. He's an accomplished dragon boat paddler with over three years experience with the Sing Fai Athletic Club in Toronto, reputed to be one of the best teams in the area at the time. Go to survivorsabreast.com for a complete profile of Len.

VOLUNTEERS NEEDED

FOR THE
PETERBOROUGH DRAGON BOAT FESTIVAL SATURDAY JUNE 12,
2004

ARE YOU A STUDENT NEEDING VOLUNTEER HOURS OR SOMEONE WHO WANTS TO BE PART OF ONE OF THE BIGGEST, MOST SUCCESSFUL FUND RAISING EVENTS IN THE PETERBOROUGH AREA?

LAST YEAR THIS EVENT RAISED MORE THAN \$158,000 FOR THE BREAST ASSESSMENT CENTRE AT THE PETERBOROUGH REGIONAL HEALTH CENTRE AND \$15,000 FOR THE SURVIVORS ABREAST DRAGON BOAT TEAM TO PROMOTE BREAST CANCER AWARENESS.

WITHOUT VOLUNTEERS THIS EVENT COULD NOT TAKE PLACE.

SO VOLUNTEER TODAY!

**PHONE BARRY WILLSHAW AT 743-9490 AFTER 4PM OR
E-MAIL b.willshaw@sympatico.ca**

**WHAT A GREAT FEELING KNOWING YOU MADE A
DIFFERENCE!**

MERCHANDISING

We're pleased to have **MARK'S WORK WEARHOUSE** back for a second year as "Merchandising In Kind Sponsor".

As part of their sponsorship Marks are currently displaying and selling Festival merchandise to the general public.

Anyone shopping at Mark's is able to purchase or order any variety of items all displaying the official dragon boat event logo.

LOGO restriction is as follows:

Only the Dragon Boat Festival Merchandising Committee is allowed to order the official logo on a black background.

All proceeds from festival merchandise will go to the Peterborough Regional Health Centre.

Ordering Your Team T-Shirts

We'd like to make your ordering as "hassle free" as possible. Please use the following order form to streamline the process.

Marks Work Wearhouse "In Kind Sponsor"
1135 Lansdowne St West
Contact Lucie LaPlante
748 9570

One-Stop-Dragon-Shop

On the day of the event a variety of items will be available for your shopping pleasure.

QUESTIONS AND ANSWERS

When is the festival?

Saturday, June 12, 2004 all day long!

Where will I park?

There is limited space right at the park but there is plenty of parking nearby in public parking lots. The festival offers a shuttle bus service, compliments of Coach Canada, from the Evinrude Centre (South side) on Monaghan Rd with stops at the King St. and Simcoe St. City Bus Depot parking lots on route to the park.

What will be available on-site?

- Plenty of food and refreshments for sale on-site during the festival.
- Free massage provided by the Kawartha Region Chapter of OMTA to team members.
- Bleachers near the T-warf for spectators
- Team pictures available to everyone for \$10.00 each. They can be purchased the day of the races.
- Free water from Price Chopper and juice from Minute Maid for the athletes.
- Merchandise at the One-Stop-Dragon-Shop: t-shirts, hats, tattoos, vests etc.

How safe is a dragon boat?

Due to the size and design, dragon boats are very stable. This makes them suitable for participants of all levels. We will also have trained safety boats on the water with certified life guards aboard, and St John Ambulance in the park.

What are dragon boats made of?

Traditional dragon boats are constructed of wood, while newer boats are often made of fiberglass or a combination of both materials. We rent these boats from the Great White North in Toronto and they are delivered here with the paddles, drums, heads, tails for the boat and certified life jackets.

Can I wear my own life jacket?

Yes, as long as it is a M.O.T. and/or Canadian Coast Guard approved personal floating device.

Why do we need a drummer?

The drummer's job is to keep the beat of the stroke and encourage the paddlers to the finish line.

Will I get help with commands during the races?

A qualified, experienced steersperson will be provided the day of the races. You can ask your steersperson to help you with commands just before you enter the boat e.g. to call out the "finish" command.

Can we have the same coach for all races/practices?

Unfortunately due to the logistics of having so many teams registered, we cannot guarantee teams the same coach for practices. We will ensure that all coaches are equally trained and follow the same routine for training and racing.

What about bad weather?

The festival (and practice sessions) will take place rain or shine. The coach, Len Minty, will make decisions about canceling practices or races if there is bad weather i.e. lightening.

Are there any awards?

Yes, there will be plaques awarded to the winning team in each division. Also, participants will receive first, second, third and fourth place ribbons in the afternoon races and medallions will be presented to the top overall team.

A trophy will be presented to the winning team for the breast cancer survivor race.

Where does the pledge money go?

All money raised through the festival stays right here in Peterborough, 75% of the revenue goes to the PRHC Breast Assessment Centre, and 25% for Survivors Abreast the organizing group. **All pledge money** goes to the PRHC Breast Assessment Centre and all donations over \$25.00 will be receipted by the hospital. There will be a pledge tent on June 12 to accept all pledges. Please hand them in prior to 2:00 p.m. on the day of the event to be eligible for prizes.

Are there any prizes?

- The individual raising the most pledge money will receive a beautiful Kawartha Canoe donated by Liftlock Fibreglass Fabrication and a free 6-month membership to Good Life Fitness Club, Chemong Rd.
- Second prize is a free six-month membership to Good Life Fitness Club, Chemong Rd.
- The team raising the most funds will be presented with a plaque with the team's name that will be hung in the Peterborough Clinic. Runner up top pledges will each receive a medallion.

Can you give me any strategies for raising pledges?

- Hold an office sale
- Organize a car wash
- Have an office casual day
- Put on a potluck luncheon for you co-workers
- Organize a bake sale
- Raffle a day off
- Get pledges from family and friends

How many practices does each team get?

The registration fee of \$600.00 includes one practice or \$700 for two practices during the designated training period

Why practice?

Team practices are designed for all participants to become familiar with some of the skills involved with dragon boat racing and to help make your team's experience more enjoyable. One of the goals of the festival is to promote team-building and wellness through the sport of dragon boating.

How long is each practice session?

Each practice session is 60 minutes long. You should arrive at least 15 minutes prior to your team's practice time. Your signed waivers should be handed in to Susan Miller at the Captains Meeting on May 10.

Where are the practices held?

The boat for practices is moored beside Brown Sea Base at the south end of Holiday Inn.

What should I wear and bring?

You should wear clothing that does not constrict your movement. Sweat pants, sweat shirts, T-shirts, and shorts are examples of suitable clothing. Bear in mind that practices take place in the evenings. It is cool or windy, a nylon windbreaker would be useful. You are likely to get wet so a towel and change of clothes are a good addition to your bag. There is no designated place to change clothes.

Who can we contact for more information?

General information:	John Gullick/Chair 295-2867 Margie Lightbody/Vice-Chair 745-4448
Registration:	Susan Miller 743-9253
Practices or races:	Len Minty 876-1159
Pledges:	Laurie Miller 745-8061
Promotions/marketing:	Carol Mutton 292-0015
Volunteers:	Barry Willshaw 743-9490
Merchandising:	Fran Farrell 748-4222
Land/Parking:	Jim Hobson 741-2006
Team Photos:	Mike Fisher 799-5496
Sponsors:	Founder, Meredith Cosburn 745-8422
President Survivors Abreast:	Darlene Prager 277-2861
Treasurer:	Barb Fisher 799-5496
Signage:	Heather/Gord Wilson 793-1715
Awards:	Pat Stiver 741-5955
Food:	Shirley Welch 742-5524
Administration:	Gina Lloyd 652-3677



FOR IMMEDIATE RELEASE
August 13, 2003

Local dragon boat festival raises \$158,592

PETERBOROUGH — Area residents this summer pushed up a wave of donations during Peterborough's Dragon Boat Festival — \$158,592 high, in fact — once again surprising the organizers of the June 14 event.

“We were aiming for \$100,000 after last year's tally of more than \$92,000,” said Meredith Cosburn, President and Founder of Survivors Abreast. “But at the end of the day we knew we had raised at least \$126,000 with pledges alone.”

The festival organizers proudly presented a cheque for **\$158,592** to the PRHC Foundation. Sponsors and team captains from the winning teams along with the top pledge earners were invited to join the celebration of the announcement.

As in the past, all money raised during the festival stays in the area to help purchase diagnostic equipment for the regional hospital's Breast Assessment Centre. Dr. Doug Chenoweth, Chief of Radiology and Breast Centre Director, said “we are considering using the funds raised this summer to purchase equipment that will allow improved diagnosis of suspicious breast lesions without the need for surgery”.

This year, Survivors Abreast team raised the most pledge money — \$7,457 and will have their name on a special plaque, in memory of the late Dr. Richard Jarosonek. The plaque is on display in the Peterborough Clinic. Dave Nichols of the team Dave and the Puronaughts was the individual who raised the most pledge money— \$3,360.

This year's festival sponsors included Kawartha Credit Union, platinum sponsor: Daimler Chrysler Canada Inc. 17 local advertising group of Chrysler/Dodge/Jeep dealers, a gold sponsor; CHEX/Kruz/Wolf, in-kind gold media sponsor; Saturn Isuzu of Peterborough; Mark's Work Warehouse; Country 105; Americredit; Shirley McDowell, associate broker RE/MAX, Eastern Realty Inc.; Cosburn's Hobby Depot Ltd.; Minute Maid; Peterborough This Week; Nurse Emission Testing and Repair; Coach Canada; Price Chopper; Tim Hortons; The Peterborough Examiner and Electric City Gardens.

As an incentive to raise pledges for next year's festival, the top individual pledge earner will win a Kawartha canoe donated by Liftlock Fibreglass Fabrication, 640 The Kingsway. The top prize also includes a free six-month membership to Good Life donated by the Chemong Road fitness club.

FACT SHEET

2003 PLEDGES - TOP TEAM WINNERS

1. Survivors Abreast \$7,407.00
2. Waco Wave Walkers \$7,069.00
3. Dave and The Puronaughts \$4,753.00

2003 PLEDGES - TOP INDIVIDUAL WINNERS

1. Dave Nicholls \$3,348
2. Barb Keeting \$2,070
3. Tod Ulrich \$1,830
4. Lee Anne Willshaw \$1,720
5. Diane Benson \$1,625

2003 RACE RESULTS

Winning Teams

1. Dragon Flyers 1:56:19 {Recreation and Ministries Division}
2. Thomas A. Stewart Griffins {Education and Government}
3. Team Synergy {Medical}
4. Americredit {Finance}
5. Willow Creek {Service and Community}
6. C.W. Stewart Travel {New Business}

Ladies Division

1. Twohey's Women's Hockey 2:01:68
2. Dragon'R Butts 2:02:06
3. Hot Baguettes 2:02:57
4. Wave Walkers 2:03:81