



In 1996, Dr. Don McKenzie of the U.B.C. Sports Medical Centre in Vancouver, began an extensive medical study to test the common medical advice that women treated for breast cancer should avoid strenuous upper body exercise. Unlike most doctors, McKenzie believed exercise would not cause lymphedema, a common and painful post-operative side-effect for many breast cancer patients. Thus, **Abreast in a Boat**, the first "survivor" dragon boat team was born. This team proved that exercise not only improved overall health and survival rates but also became a very strong support system for survivors and for observers as well. Today, from that first Canadian initiative, there are over 100 survivor teams worldwide.



In November 1999, Meredith Cosburn founded the Peterborough Dragon Boat team, **Survivors Abreast**. By 2001, she had pushed for our own dragon boat festival on Little Lake to raise awareness and to raise funds for the Peterborough Breast Assessment Centre.



McKenzie Cup



In June 2007, Survivors Abreast initiated the McKenzie Cup Challenge. Eleven survivor teams from Ontario plus the Canadian National Team raced for the honour of winning this prestigious cup. **Knot A Breast** from Hamilton was the final winner. The McKenzie Cup will continue to bring great teams to Little Lake each June to compete for the challenge and to help us win the great race against breast cancer.

