

FORT WAYNE DRAGON BOAT RACES

8 . 6 . 2022

Promenade Park
Fort Wayne, IN

CAPTAIN'S MANUAL



PADDLES UP!

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Kids Activity Area



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Dragon Boat Itinerary

Friday

5:00 pm Tent setup in Athlete's Village for the Dragon Boat Teams and downtown festivities open to the public

Saturday

7:30 am Athlete's Village tent setup on the Auer Lawn, if not done on Friday night

8:30 am Team Captains check in at the Info Tent

- Finalize liability releases
- Receive wristbands and SWAG bag

9:15 am Opening Ceremonies at Old National Bank Plaza

- Dotting of the Eyes Ceremony with Mayor Tom Henry
- Performances by Fort Wayne Chinese Families & Friends with a very special guest

10:00 am First heats begin (all teams race once, two at a time)

- Listen for your team name to be called
- Go to the Old National Bank Plaza for a team photo, then proceed to the marshalling area

11:30 am Second heats begin (time is approximate, all teams race again)

- Listen for your team name to be called
- Proceed to the marshalling area and put on your life jackets

1:00 pm Lunch Break (time is approximate)

- Announcement of teams advancing to the finals
- Spicy Ramen Eating Contest
- Drummer's Dance-Off
- Steersman Auction

2:00 pm Final heats begin (time is approximate)

- All teams can compete in the final round

3:00pm Awards Ceremony at the Sweetwater Bandshell (time is approximate)

Stick around after the awards ceremony for a full day of events at Promenade Park including floating yoga, a paddle parade, a performance by a local band, outdoor games, and floating fire pits!

Forming Your Team

The ideal dragon boat team consists of 20 paddlers and 1 drummer. The 20 paddlers can be a range of ages, sizes, experience, and can be any mix of women and men. Unlike many sports with a myriad of rules, dragon boat racing has a very short learning curve. You can be in a boat paddling with your team after only 15 minutes of instruction.

The drummer is the person who sits in the very front of the boat, facing the paddlers, and acts as the rhythm keeper and hype person for their team. We encourage drummers to dress up in fun costumes. The drummers also have the opportunity to participate in the Drummer's Parade during the lunch break. Ideally, the drummer should weigh less than 160 pounds. The drummer needs to attend all practices. He or she will assist in setting the timing for the team and can be an excellent source of motivation and inspiration during practices and on Race Day.



Team Practices

Practices are provided the week before the event to get paddlers acquainted with safety and paddling techniques. Teams should practice together. Confirm your practice time with Andi Douthitt. At your assigned time, meet at the public dock located at the bottom of the amphitheater in Headwaters West. Practices take about 1.5 hours. Riverfront staff will be available for questions. Professional steersmen and life jackets are provided. Each practicing paddler will sign a liability release at practice (and again on Race Day). Practice is not required, but is highly recommended for safety purposes.

What to bring:

- Water bottles and water
- Sunscreen and/or bug spray
- Comfortable shoes that can get wet
- Comfortable clothing
- A Ziploc bag or dry bag to secure valuables in the boat
- Sunglasses and/or hat
- Towel (just in case)

What not to bring:

- Large items that will not fit in the boat



20 PADDLERS
(INCLUDING CAPTAIN)

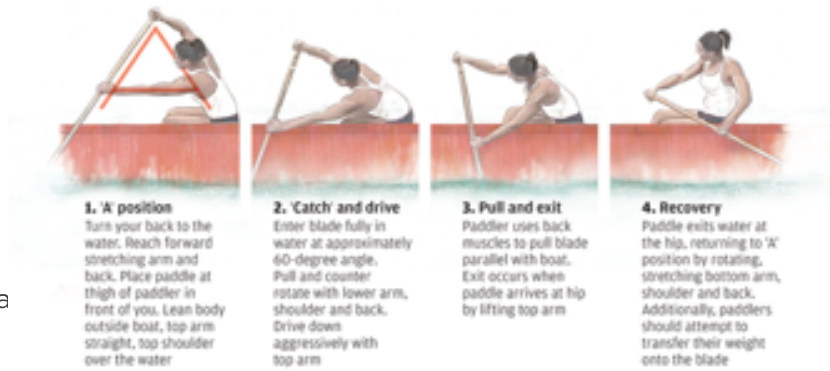
1 DRUMMER
(LESS THAN 160lb)

1 STEERSMAN
(PROVIDED)

Paddling Technique

How to sit in your boat:

- Outside hip forward
- Inside hip back
- Outside leg extended along the gunwa (the inside top rail of the boat)
- Inside foot under the seat or braced effectively and comfortably



Proper loading of the boat is critical for good stability and speed. Your steersman and the staging area workers will help you get into order. It's important to load the boat in a specific order.

How to load your boat:

- Loaded from the center seat first
- The boat is divided into 3 groups: forward 6, middle 8 (engine room), and last 6 paddlers
- The “stroke” seats are the forward (bow) 2 paddlers, and they are who to watch for the stroke cadence
- The steersman will put the paddlers in the proper seating order in the final staging area, and is responsible for proper loading and weight distribution

You will see the drummer keeping the team in cadence. Listen to your drummer! The drummer may repeat the steersman's commands to ensure all paddlers heard and understood what was asked.

Dragon Boat Commands

- Attention in the Boat - To get paddlers' undivided attention
- Butts to the Rail - All paddlers position themselves against the outboard rail
- Paddles Up - Paddlers assume the paddling position (paddles raised above the water, bodies leaning forward in position to paddle); hold this position until the next command
- Take It Away - Signal to commence paddling
- Hold the Boat - Paddlers thrust their blades vertically into the water and dig in to bring the boat to a stop
- Stabilize the Boat - Paddles horizontal with flat blades resting on top of the water
- Back Paddle - Paddlers stroke in reverse to move the boat backwards
- Let It Run - Paddlers stop paddling with paddles out of the water
- Draw Strokes - Left and right draw strokes, front or back few seats only; paddlers on one side of the boat (steersman will specify) lean out and paddle sideways to move the boat sideways
- EMERGENCY - Per safety instructions, the front and rear pairs of paddlers put their paddles in the air and hold until told by the steersman

... Commands Continued

Race Day Note: The finish line buoys are merely a marker, and not the actual finish line. The actual finish line is determined by the Chief Official using a line of sight. Your steersman will tell you to “Let It Run” when the first half of the boat has crossed the finish line to ensure a proper finish. Do NOT stop paddling until your steersman says “Let It Run.”

Once all the boats are lined up, the start line facilitator will give the following commands:

- We have alignment
- Are you ready?!
- Attention please.
- Air horn means go!



Safety Information

There should be no/minimal talking once your team is in the boat. The drummer and steersperson must be able to communicate with the team and each other at all times, and all team members need to be able to hear the commands.

Everyone on the boat must wear a personal floatation device (PFD, or life jacket) during practice and on the race day, whenever on the water.

In an emergency, hold your paddle straight up in the air and wave it back and forth to draw attention to yourself.

Make certain that each team member knows who is sitting next to them in case the boat capsizes. Teammates will be responsible for each other's safety until rescue arrives. **STAY WITH THE BOAT!**

Team Spirit Suggestions

Besides being a fun, athletic opportunity to learn a historic sport and get out on our beautiful rivers, dragon boat racing is a fantastic team-building exercise for your organization, company, school, team, place of worship, family, or friends group. There are no VIPs in dragon boat racing—the entirety of your success depends upon your group’s ability to paddle together. That, paired with the short learning curve and size of the boat, allows for an unparalleled experience on our rivers, increasing group comradery, cooperation, and teamwork.

In addition to racing, your team may decide that you want to go even further and create more team-building opportunities around dragon boat racing. Aside from the various team-building activities we will provide on Race Day (listed later in this manual), here are a few ideas:

- Dragon boat qualifying rounds - come up with skills a person must display before being on the team. Fun skills could be face painting, yelling loudly, ramen eating (for the Spicy Ramen Eating Contest), dancing (for the Drummer’s Dance-Off), and proving how fast they can raise their hand (for the Steersman Auction). Serious skills can more directly relate to paddling.
- Mini Dragon Boat Race - host a miniature race and have paddlers “paddle” down the hallway on their office chair
- Pep Rally - host a pep rally for your team
- Team naming competition - come up with a funny /punny name for your team
- Team t-shirt design contest - design a great looking t-shirt to coordinate with your name

Team Voting

Throughout the event, we will provide the opportunity to vote for your favorite teams in various categories. Voting will open at 8:30am in the info tent and will close at the end of the last race in the final round. Each vote is \$1. Teams and individuals may vote using cash, check, or credit card (invoicing is an option). Teams and individuals may vote as many times as they wish throughout the day.

From the open of voting at 8:30am until the start of the first race in the final round, any person may view the current results of the voting. However, at the start of the first race in the final round, results are viewable by event staff only. Voting will remain open until the end of the last race in the final round. Any person or team may vote for themselves or other teams for any category. Winners will be announced at the Awards Ceremony. Categories and their respective awards are:

Best Team Name - “My Name is” Award

Best T-Shirt - “These Aren’t Thrift Store Threads” Award

Best Tent - “Cutest Crib” Award

What to bring for voting:

- Cash, check, or credit card to vote for any team in any category

Athlete's Village

Athlete's Village, located in the Auer Lawn, is a space provided for your team to rest and relax between racing, as well as an opportunity to show team spirit. This allows teams to be closer to the action and activities. You may bring a 10'x10' pop up tent for shade and amenities that make you feel comfortable. Tents must be weighted. Stakes are not allowed in the Auer Lawn due to underground piping. Electrical and water hookups are not provided. Tent spaces are provided on a first come, first served basis starting Friday evening at 5:30 p.m.

What to bring:

- Tent(s)
- Towels
- Team t-shirts
- Comfortable clothing
- Team spirit items and/or signage
- Cooler for drinks and snacks (food and beverages are also available for purchase from Trubble Riverside Cafe & Tap)
- Sunscreen
- Sunglasses and/or hat

What not to bring:

- Items requiring electricity or electrical hookups
- Alcohol (Carry-in alcohol is prohibited by City Ordinance in Promenade Park. We will be inspecting coolers as you arrive. Please refrain from bringing alcohol. Trubble Riverside Café & Tap will be providing bar service throughout the day Saturday. You will need your ID in order to purchase alcohol. We reserve the right to cut off alcohol at any time and/or prohibit anyone from entering a boat who we believe is too inebriated to safely paddle on the river.)



Check-In

Check-in is required for all teams. Team Captains are expected to check their team in at 8:30am on Saturday at the Info Tent. Only team Captains should go to the Info Tent. Captains will receive final liability release forms, wristbands for each person racing, an info packet for the day, and a SWAG bag. Any team not checked in by 9:15am will be considered to have dropped out of the race and will forfeit the right to race, along with their team's entry fee. Any issues should immediately be reported to the Event Manager. Team Captains MUST return their liability forms after they have been signed.

Opening Ceremonies

The Opening Ceremonies take place at the Old National Bank Plaza on the south side of the river. Representatives from the Chinese Families and Friends Association will be performing traditional dances, as well as the Dotting of the Eyes ceremony, all of which are traditional to the opening of a dragon boat race.



Race Day Schedule

The race day schedule is sometimes available before the race, but you will receive a final schedule the morning of the race. You must listen for your team's name to be called by the announcer to know when you need to marshal. Additionally, Riverfront staff will come to your tent in the Athlete Village to collect you. Before the first round of racing, you will be directed to the Old National Bank Plaza for your team photo, after which you will move to the marshalling area. For your second round, you will go straight to the marshalling area. Each time you marshal, you will get your team in line and put on a life jacket. A Dynamic representative will then direct you to your boat. **Do not go to the dock until a Dynamic representative collects you from the marshalling area.** There will be approximately one hour to break for lunch around 1pm. There will be food for purchase on-site.

Race Results

Team times are posted by Dynamic representatives after your heat. You may also download the Dynamic app on your phone. The Dynamic Dragon Boat Racing mobile app for both Apple and Android devices is available for FREE in the app store. The app allows Dynamic to live stream race results, along with social media integration and real-time push notifications. With push notifications, we can post real-time marshaling (which teams are currently marshaling and which teams are next). Click on the race from View Races, then click the clock in the upper right to follow the race and get alerts. You can choose to receive alerts for your team once the race schedule has been posted. Each team will race twice in the morning before lunch. The top teams will proceed to the final round after lunch. To download the app, search "Dynamic Dragon Boat Racing" in the iTunes store or on Google Play, or visit www.racedragonboats.com/new-mobile-app/

Spicy Ramen Eating Contest

Over the lunch hour, we will host the Spicy Ramen Eating Contest in the Sweetwater Band Shell. Each team may nominate one person to participate in the contest. The participant who eats the cup of ramen noodles the fastest and flips their cup over is the winner and will be crowned the “It’s Gettin’ Hot in Here” Dragon. If there is a tie, the tied participants will consume successive “shots” of hot sauce until a winner is crowned. Water will be provided after the winner is crowned.

Optional:

Each cup of ramen noodles will start with 1 teaspoon of hot sauce in the cup. For \$5, a participant may remove 1/8 teaspoon from their overall hot sauce ration, up to removing all of the hot sauce (\$40) from their cup. A participant may pay this themselves or their team may pay it for them before the contest begins. Additionally, teams may sabotage other teams by paying to add hot sauce back to a cup that has had the sauce removed (back up to the original 1 teaspoon) by paying \$5 per 1/8 teaspoon. Each participant will have the opportunity to remove hot sauce one time and opposing participants will then have one opportunity to add it back. Cash, check, or credit cards are all acceptable methods of payment (invoicing is also an option).



Drummer’s Dance-Off

Drummers are encouraged to enter the Drummer’s Dance-Off which will take place in the lunch hour after the Spicy Ramen Eating Contest. Entering drummers should marshal at the side of the stage. A drummer will be given 30 seconds on stage to do their craziest or best dance. The audience will have the opportunity to show their approval by putting dollars (or check or credit card payments to Riverfront staff) in the jars on the stage. Drummers will have the option to don the dragon mask as well. The drummer/dancer who raises the most money is crowned the winner and earns the title “I Don’t Dance Now, I Make Money Moves” Dragon. Cash, check, or credit cards are all acceptable methods of payment (invoicing is also an option).



Steersman Auction

The last lunch time activity will be the Steersman Auction. This activity is for the teams that advance to the final round. Going in order of best time, teams have the opportunity to bid on which professional steersman they would like to steer their boat in the final round. Some steersman may be bid on multiple times, depending on which heat a team races in (we will defer to Dynamic’s call on this matter). Additionally, teams may sabotage opposing teams by bidding on that team’s steersman, thereby sticking the opposing team with a perceived weaker steersman. Cash, check, or credit cards are acceptable methods of payment (invoicing is also an option).



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