



# TEAM REGISTRATION PACKET

Dragon boat racing dates back centuries to China. The sport has been part of the Portland Metro Area for nearly 25 years. There are hundreds of teams here and more forming each year. The sport is all inclusive which makes it ideal to team building. Even a person who has never been in a boat can be paddling in less than 30 minutes. Paddle for Life is a dragon boat event that supports local charities and this year will be benefitting *Clark County Veterans Assistance Center (CCVAC)*.

The mission statement of CCVAC:

**The Clark County Veterans Assistance Centers (CCVAC) mission is to provide a welcoming and safe environment with the goal of assisting Veterans and their families in obtaining benefits, services and resources to meet their basic needs. CCVAC strives to support the reintegration of male and female military Veterans into the community.**

For more information on CCVAC and what they do, visit their website by clicking [here](#).

So, gather a few co-workers, friends, spouses, etc. and enter a team! We won't guarantee you will win, but we will guarantee it will be fun!

# Club Team Registration

Team Name: \_\_\_\_\_

Sponsor/Organization Name: \_\_\_\_\_

Team Captain/Manager Contact: \_\_\_\_\_

E-Mail Required: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Address Street: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

## Registration:

### Team Registration Race fees:

\$40 per paddler thru TBD [Early bird registration opportunity]

\$50 per paddler after TBD

Small boat team minimum deposit: \$200 by TBD [Locks in the early birds registration for your team]

Large boat team minimum deposit: \$400 by TBD [Locks in the early birds registration for your team]

Additional tax donation Enclosed: \_\_\_\_\_

Please make checks payable to: **Paddle for Life**

### Mail Checks to:

Paddle for Life

C/O Blanche Grimes

5615 SE Scenic Lane, Unit 204

Vancouver, WA 98661

# Team/Personal Biography

(Registration is not complete without everyone getting to know about your fabulous team)

We will use this at the races and for publicity. Send it in now to TBD. We especially need human-interest stories—email TBD if you've got one!

**Team Name:** \_\_\_\_\_

**Company Name/Sponsor:** \_\_\_\_\_

**Team Captain:** \_\_\_\_\_

**Team Hometown - City:** \_\_\_\_\_ **State/Province:** \_\_\_\_\_

Please write a little about your team. What brought your team together, who you represent, what the team goals are, any achievements/awards received, any rivals you may have, why you picked your team name, that sort of thing. Keep it clean, this is a family event!

**WE NEED HUMAN INTEREST STORIES!**

**Teams:** Novices will race against each other in the Corporate/Community Division. Racing is in 10 paddler boats, so it is easy to field a team. We'll even help you find paddlers if needed. For the 10 paddler boats, teams can be up to 15 people.

The Corporate/Community division is mixed-gender racing. You must have at least five women paddlers in the boat for each race. More women, even all women are fine, or a mixed team of women and men. You can have your own drummer or use one of ours. A coach/helm will be provided. Minimum age for a team member is 13 years old.

The Competitive Division for club teams will race in both All-Women's and Mixed Divisions in both 10 and 20 paddler boats (For mixed teams, a maximum 5 men for a small boat and 10 men for a big boat). Races are 250m and the 2K Gladiator race.

**Race Venue and Course:** This year's Paddle for Life event will be at Vancouver Lake Regional Park located at 6801 NW Lower River Road, Vancouver, WA 98660. The races will be held at the south end of the park where the beach is located. The race course is 250m.

**Event Schedule:** Teams should arrive by 7:30am to check-in, set-up and warm-up. Novice Teams will race twice in the morning. The Competitive teams will be racing all day. Racing will go fast so be ready! The best racing is always at the end so plan on staying all day. The awards ceremony will begin 30 minutes after the last race ends and the boats are put away.

**Race Bracketing:** TENTATIVE Race bracketing and schedules will be e-mailed to the team captains about 5 days before the event. This is subject to change with the addition of late registering teams. The OFFICIAL copy will be distributed on the morning of the races.

**Boats & Equipment:** All boats, paddles and life jackets will be provided. Paddlers may use their own life jackets (must be passive, not inflatable) and their own approved dragon boat paddles. Just dress to get splashed.

**Corporate/Community Practice Location & Schedule:** Practices will be held at Vancouver Lake Aquatic Center TBD. Closer to the event date, team captains will be provided with a practice schedule and directions. Each Corporate/Community Team will get two practices before the event. Dress to get wet and have fun. Each practice includes a coach and helms person to help you prepare. Registration fees must be paid before your team can start practicing. Practice time slots will be given per the order in which teams register, so the earlier the better. Each paddler must complete and sign a waiver form prior to stepping on a boat for practice and/or racing. Waivers are available at [paddleforlife.org](http://paddleforlife.org). Some practice sites may require a separate form be completed in addition to the race waiver.

Club teams: For information on practices contact TBD.

## Volunteering

We welcome all to come out and volunteer. All volunteers will receive a Paddle for Life shirt, plenty of food and snacks and a chance to go out for a spin in a dragon boat! Please contact Dani Ramirez at [vlacdragonboater@gmail.com](mailto:vlacdragonboater@gmail.com) to sign up.

# Paddle for Life is a fundraiser

At the CCVAC provide a welcoming and safe environment with the goal of assisting Veterans and their families in obtaining benefits, services and resources to meet their basic needs.

## **We Need Your Support**

It is simple. Each person is asked to find \$100 in tax deductible donations. This money goes **DIRECTLY** to **CCVAC**. Talk with friends, family and co-workers and ask them to donate \$10 to \$50 each. Remember all of the candy bars and discount books you've bought from their kids over the years? Payback time! The gift is tax deductible and stays in the community to help local Veterans. **ALL** donations go directly to **CCVAC** and are tax deductible. Paddle for Life will send donors a tax receipt.

No one is required to solicit donations to participate in this dragon boat event.

## **Payment Options**

Please ensure all checks are made payable to Paddle for Life. Credit Card donations accepted by **CCVAC**. Cash donations are accepted but should not be mailed; please bring them to the event.

# Team Roster

This roster should be accompanied and **must match all of your Team Waivers**. Only those competitors named on the Team Roster will be issued a competitor's wrist band and be permitted to race.

**Team Name** \_\_\_\_\_

**Team Captain** \_\_\_\_\_

**Team Leader Cell #** \_\_\_\_\_

## Competitor Names (Please PRINT LEGIBLY)

1.	13.
2.	14.
3.	15.
4.	16.
5.	17.
6.	18.
7.	19.
8.	20.
9.	21.
10.	22.
11.	23.
12.	24.

Team Leaders Declaration: In accordance with IDBF Competition Regulations we certify that those competitors listed above are fit to race and will remain fit to race during the competition. Fit to race means the competitors are physically able to race and that there are no known medical or other reasons why the competitors listed should not compete.

Team Captain: \_\_\_\_\_  
(Print) (Signature) (Date)

# Contact Information

Paddle for Life Website: <http://paddleforlife.org>

## **Team Registration:**

General questions about the registration process contact Blanche Grimes at [kealani2@comcast.net](mailto:kealani2@comcast.net) or Gail Liberman at [Gliberman@clark.edu](mailto:Gliberman@clark.edu)

## **Mail Checks, Registration forms and Donations to:**

Paddle for Life  
C/O Blanche Grimes  
5615 SE Scenic Lane, Unit 204  
Vancouver, WA 98661

## **Team Biography:**

If your team biography has a unique human-interest story email TBD.

## **Volunteering:**

We welcome all to come out and volunteer. All volunteers will receive a Paddle for Life shirt, plenty of food and snacks and a chance to go out for a spin in a dragon boat! Please contact Dani Ramirez at [vlacdragonboater@gmail.com](mailto:vlacdragonboater@gmail.com) to sign up.

## **Corporate/Community Team Practice Sessions with coach:**

To schedule your team's two practice sessions, please contact TBD.