



Dragon Bytes

Race on the River News

2016 Issue 3

Editor: Sherry Cheek

June, 2016

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A HUGE THANK YOU TO:

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- West River Greenhouses

Good luck to all our teams participating in the 15th Annual Race on the River 2016...paddles up!!

COME CHEER ON YOUR FAVORITE TEAMS!!

Special Olympic teams: Bluenosers, Cobequid Fire Eaters, High Sea Highlanders

Breast Cancer teams: Women Alike Abreast A River, Breast-A-Mix, Cape Breastoners

Local teams: Advocate Printer's Devils, Connors Longhaulers, Crombie Crushers, McRocking Rowers (McDonald's), Medical Misfits, Michelin Defenders, Northern Pulp Express, NS Power Paddlers, Pictou County Progressive Conservatives, Reefknobs, Riverview Rebels, RBC Dragon Warriors, Scotia Dragon Slayers, Sobeys -The "O" Crew (Students), Sobeys Oar Bust, Sobeys Row'd Warriors, Team Central Nova (Sean Fraser), Team Elsie, The Fantastic Flourishers (Town of NG), Team SOS

New teams: Mental Health and Addiction Matters, Pictou County Fire Dragons (fire fighters), Sandra's Kinette Breasties, Sandra's Kinsmen Bosom Buddies

School teams: NNEC Gryphons and Northumberland Nighthawks

Come From Away teams: Dartmouth Dragon Beasts, St. FX Dragon eXpress, St. FX X-celerator, Sydney Harbour Dragonflies, 'tit Bateau, Y Not



New Glasgow Dragon Boat Society Board Of Directors 2016

President: Bob Rogers, **Vice President:** Chris Higdon, **Secretary:** Sherry Cheek, **Treasurer:** Lisa McGrath,

Past-President: Kim MacLaren, **Directors:** Roger Swarbrick, Shirley Murray, Phil Wyman, Terry Richardson, Meghan Brophy, Nikki Parnell, Jillian Greene, Alisha Mombourquette, Dion Antle, Heidi Jamieson-Mills and Sandra DeGruchy



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IMPORTANT TO KNOW... 100% of Pledge Monies Raised (including online pledging) goes to Supporting Our Beneficiaries:

Women Alike Breast Cancer Survivors Society helps women living with breast cancer understand that they can lead full, active lives despite the physical limitations imposed by this disease. They are working to improve the quality of life for breast cancer "thrivers", raise public awareness about the disease, and promote and support local Canadian Cancer Societies. The race for a cure continues.



Special Olympics Northern Regions uses sport to assist those with an intellectual disability to become all that they can be - physically, mentally, socially and emotionally; to become accepted, respected and productive members of society. Their mission is to ensure that a full continuum of sport opportunities is available to those with an intellectual disability.

Pictou County Prostate Cancer Support Association has been active for over ten years. The objectives of their Society are: to improve the physical and psychological well-being of men who have or have had re-occurring prostate cancer; to offer support to men and their families; to support prostate cancer research and to promote prostate cancer awareness throughout the Pictou County area.



...so let's make this the best year yet for these beneficiaries!



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The 2016 Race on the River Teams

For the 2016 version of Race on the River we welcome back some champions from last year, some teams from previous years and some new teams. First the returning champions: The Medical Misfits were the first surprise winner last year, winning not only the Health Division but then burst through to win the Festival Cup! They will have tough competition this year as the Reef Knots, champions of the Community Division have been switched to the Health Division for 2016.

North Nova Gryphons champions of the Education Division last year will have to be on their game for 2016 as they are challenged by the Nighthawks from NRHS. The Nighthawks will want to reclaim the title that they won in 2014.

The other champions from last year returning to regain their crowns are the Nova Scotia Power Paddlers, a surprise winner of the Sobeyes Corporate Cup in 2015 in their first year as a paddling team.

The Dartmouth Dragon Beasts, who won the inaugural "Come From Away" trophy in a very tight finish with Amherst and Sydney.

The Breast-A-Mix team was another surprise winner of the Advocate Cup in the Breast Cancer Division over the local Abreast-A-River ladies and our friends from Sydney, the Cape Breastoners. The Breast-A-Mix team this year is a combination from breast cancer survivors from Moncton and Truro and they will face the same teams from last year.

The Special Olympics winners from 2015, the Cobequid Fire Eaters will face stiff competition from the local Pictou County Bluenosers and the always popular High Sea Highlanders from Antigonish in race to claim the Michelin Cup.

Returning teams from previous years include the Crombie Crushers, always a power to be reckoned with and the Connors Longhaulers but they will need all their power in the tough Corporate Division as the Power Paddlers will fight hard to reclaim their crown from last year.

The Finance Champions, Grant Thornton, are not able to race this year but hopefully they will be back next year. The Sobeyes Accounting team - The "O" Crew will challenge Scotiabank Dragon Slayers and RBC Dragon Warriors for the Scotiabank Trophy. Better luck this year to George C and the crew!!

This year we welcome four new teams all within the Community Division: The Pictou County Fire Dragons (firefighters), Team Central Nova and two Kinettes / Kinsmen teams; Sandra's Kinsmen Bosom Buddies and Sandra's Knette Breasties. The competition in this Division will be tough as Pictou County Progressive Conservatives (formerly Peter MacKay's Crashers) champions from previous years will be trying to knock off their Liberal opponents and that should be a fun race to watch.

All together we welcome 38 teams for the 2016 race with over 750 paddlers racing over the calm waters of the East River. Each team will be given at least three races to win so the competition will be fierce but it will all be fun and many friends will be made.

NEW THIS YEAR...teams will be guaranteed 3 races (except for Special Olympics teams you will have two races). Races will be run 10 minutes apart so EXTREMELY IMPORTANT to be ready and on time to race!

Paddles Up and good luck to all the competitors!



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GET THOSE IMPORTANT PLEDGE DONATIONS AND BE ELIGIBLE FOR PRIZES BELOW...

Major Prizes - Top pledge fundraising:

There will be 4 top prizes this year. Two prizes will be awarded to the top 2 pledge earners with (most \$ raised/mostly corporate donations) for the event. Two prizes will be awarded to the top two participants with the greatest number of pledges (mostly non-corporate donations). A big "Thank you" to the following sponsors for providing the following:

- Travel Our Way** – voucher (valued at \$1,000.00)
- Chediacs** – gift certificate (valued at \$500.00)
- Maritime Inns and Resorts** – voucher (valued at \$500.00)
- 4th one – To be announced**

Individual Incentive Prizes

We have 3 great beneficiaries to raise pledges for this year. We want to encourage everyone to get out in the community and get those pledges rolling in. To recognize your efforts, there are incentive prizes for all team members who raise a minimum of \$50 in pledges!

\$50 - \$249:



Limited edition black hat and "Race on the River" logo.

\$250 - \$499:



Foldable Selfie Stick with "Race on the River" logo.

\$500 - \$999:



25 oz Kirra Vacuum Water Bottle with "Race on the River" logo.

\$1000 & up:



Steak Knife Set/Gift Box with "Race on the River" logo.

Team Incentive Prizes

Get your thinking caps on! Start designing costumes and practicing your cheers! The most creative teams have the opportunity to take away the title for "Most Spirited Team", "Best Dressed Team" and "Best Dressed Drummer". **THEME THIS YEAR: PIRATES**
A "thank you" to Subway, Jungle Jim's and YMCA of Pictou County for supplying these prizes.

Any questions about the pledge program for 2016 send email to Alisha.Mombourquette@ca.gt.com



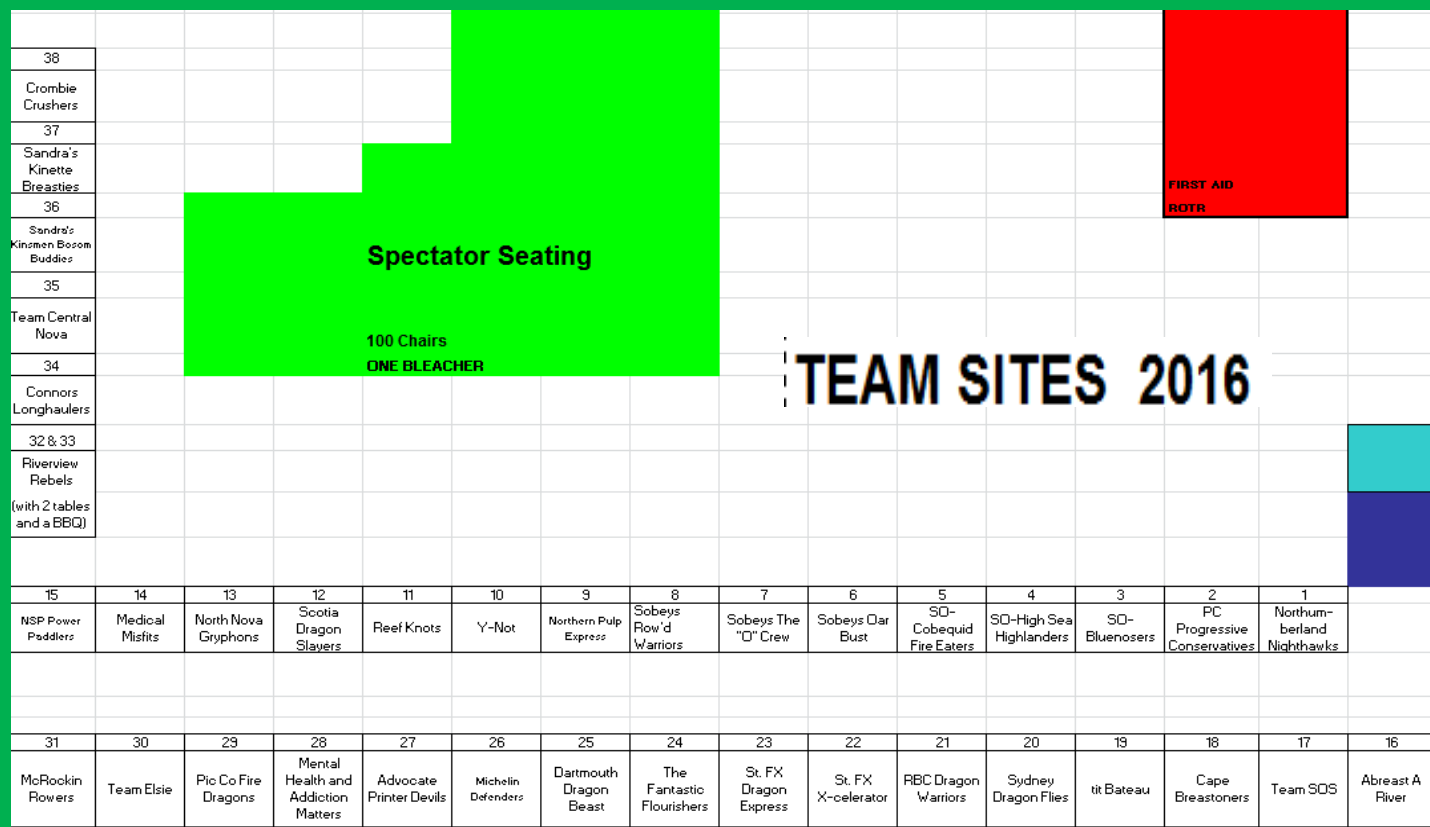
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2016 Race on the River Practice Schedule

Mon, Jul 18	5:30 PM			
	6:15 PM	Sobeys Row'd Warriors	North Nova Gryphons	Team Central Nova
	7:00 PM	Team Elsie	McRockin Rowers	Connors Longhaulers
	7:45 PM	Pictou County Fire Dragons	Sandra's Kinsmen Bosom Buddies	Sandra's Kinette Beasties
Tues Jul 19	5:30 PM	Riverview Rebels	Northern Pulp Express	
	6:15 PM	Reef Knots	Sobeys the O Crew	
	7:00 PM	RBC Dragon Warriors	Pic Co Progressive Conservatives	
	7:45 PM	NSP Power Paddlers	Fantastic Flourishers	Crombie Crushers
Wed Jul 20	5:30 PM	Michelin Defenders	SO Bluenosers	SO High Sea Highlanders
	6:15 PM	Scotia Dragon Slayers	Mental Health and Addiction Matters	Medical Misfits
	7:00 PM	Sobeys Oar Bust	SO Cobequid Fire Eaters	Advocate Printer Devils
	7:45 PM	Northumberland Nighthawks	St FX X-celerator	St FX Dragon eXpress

Note: During practice week, lemonade and water will be available (by donation) thanks to The Mariposa East Skating Centre so make sure you have \$\$ with you to support the youth!





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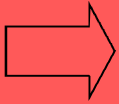
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This year's theme for our 15th Anniversary is:

"PIRATES"

There are prizes for the following: **BEST DRESSED DRUMMER, BEST DRESSED TEAM and BEST TEAM SPIRIT** so have some FUN with it!! There are various places to get what you will need but for some ideas check out the following site for pirate costumes:



www.partycity.ca



To the left:
Team Recruitment in the
"SPIRIT" of things during
Team Captains' meeting
held on June 7, 2016
at Glasgow Square.

Team Recruitment

For information about *Race on the River*: Roger Swarbrick at: rogersonconsulting@ns.aliantzinc.ca
(902)755-1081 or (902)-759-8883 or Sherry Cheek at: Sherry.Cheek@ca.gt.com (902)-752-7070



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Fun for the whole family:

We are excited to welcome a couple of new food vendors to this year's event; Taco Stiles and Big Monkey Kettle Corn. Taco Stiles is a food truck based out of Debert and offers a great selection of delicious beef, chicken, fish and veggie tacos, specialty fries as well as dessert tacos for the sweet lovers! Big Monkey Kettle Corn is based out of Dartmouth and will be set up offering their different selection of tasty kettle corn which will be a great snack to have while watching the races! As well we are thrilled to welcome back Special Olympics offering pizza which is always a fan favorite as well as Riverview Rebels who will have a barbeque set up with all proceeds raised being donated back to the event!

Our event is a family friendly event for everyone to enjoy, aside from watching the exciting races, there is also washer toss to keep teams engaged throughout the day as well as Zumba and entertainment on stage! Aside from our great food vendors, our presenting sponsor *Sobeys* will also be set up on site with their children's tent with treats and activities as well as the infamous bouncy dragon castle for kids! The Women Alike group will be offering temporary dragon tattoos, a cake walk and selling some great marketing merchandise. If anyone is looking for some Race on the River merchandise be sure to check out the marketing booth selling t-shirts, hats, and sling bags. Adopt-A-Library will also have their treasure chest set up at the marketing booth for kids so be sure to stop by to pick a treat! Also for anyone in need of a quick massage to revive those sore muscles after a race be sure to check out our onsite massage therapist David Parsons; who will be set up along with our First Aid tent near the gazebo!

The Pink Carnation Ceremony will follow the last race of the day. Carnations will be sold for \$2.00 each at the Information Booth located at the gazebo. Carnations can be thrown from the bridge when indicated during the ceremony. Please make sure you support this wonderful part of the day.

Entertainment Line Up for our 15th Annual Race on the River

Friday Night (July 22, 2016): SIDEWINDER

Saturday Afternoon Entertainment (July 23, 2016):

1:00 - 1:30	MEN ABOUT TOWN	3:00 - 3:30	ALBERT DUNNEWALD
1:30 - 2:00	LAYNE GREENE	3:30 - 4:00	INNER VOICE
2:00 - 2:30	NIKI VENIOT		

Washer Toss Game

Location: Close to the Bouncy Dragon

Start Time : 9.30am to 2.30pm

Game: Three washer toss stations will be set up.

Prizes: Prizes for adults and children

No charge: no experience necessary, just lots of fun

VOLUNTEERS

If you want to pick up a volunteer t-shirt before the event, please come to the riverfront during practice week (July 18th—20th, 2016).



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IMPORTANT DATES for 2016: MARK YOUR CALENDARS



PLEASE READ CAREFULLY

July 18th - 20st Practice times for teams - see page 4 for your team's date and time. **Bring your team waivers** (all of which should be signed) to be passed in. Participants have to be 16 years of age and older to participate. **If between the ages of 16-18 you will need your parent to sign your waiver.** We are running 45 minute times. Be prepared to get wet!! As team captain, you might want to bring a kit bag or back pack to put everyone's keys and phones in while on the water. Would recommend a towel for the drive home.

July 21st **Pledge Turn In Night : Scotiabank, Provost Street, New Glasgow from 6 - 8pm.** Please make sure all pledge sheets are in your package (even if they were not used) and all money added up and totalled on your envelope.

July 22nd **Opening Ceremonies:** The March In of teams for the Opening Ceremonies is at 7pm, representatives for the teams gather at the back of the Glasgow Square building around 6:30 to get your team signs (if you don't have your own banner). Ceremonies will be opened by this years honorary chair, Dr. Gerry Farrell. The "awakening" of the Dragon will be part of these ceremonies.

July 22nd **Team Captain's meeting:** to follow the opening ceremonies at @8pm in the Green Room of Glasgow Square.

July 23rd **RACE DAY! - RACES START AT 8:30am SHARP.** We will be racing boats at 10 minute intervals so it is **EXTREMELY IMPORTANT THAT YOUR TEAM BE THERE AND READY TO GO at the times specified.** **BE EARLY and check the scoreboard (located beside gazebo) for the time of the races!**

Note for volunteers: If you want to pick up a T-Shirt before the event, you can come to the riverfront during practice week and see Nikki Parnell.

For information about Race on the River: Roger Swarbrick at: roger.swarbrick@bellaliant.net (902)755-1081 or (902)-759-8883 or Sherry Cheek at: Sherry.Cheek@ca.gt.com (902)-752-7070



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CHANCE TO WIN...swag for your whole team.

Let's get those pledges rolling in and make it the best year yet for our three charities:

**Women Alike Breast Cancer Survivors Society
Special Olympics Northern Region's and
Pictou County Prostate Cancer Support Association**

• Week of June 26th – July 2nd

- **All teams that hit \$250 in online pledges will be entered in a draw to win 21 Race on the River Duffle Bags!**
- Don't forget online donations are an easy way to get donations and pledges from friends and family all over the world
- Your team captain should have all the information you need to share your teams information at www.CanadaHelps.org

**Countdown to Race:
4 Weeks to Go!**

• Week of July 3rd – July 9th

- Get your cameras out & **share an under 1 minute video to our Facebook page on "Why Your Team Loves the Race on the River"**
- All teams with a video posted will be entered into a draw to win **11 Race on the River Beer Mugs and 11 Race on the River Blankets!**
- PS – don't' forget to like our Facebook page too!!
- www.facebook.com/RaceOnTheRiverPictouCountyDragonBoatFestival

**Countdown to Race
3 Weeks to Go!**

• Week of July 10th – July 16th

- **Share the best picture of your teams fundraising efforts on our Facebook page**
- All teams with a picture posted will be entered into a draw to win **11 Race on the River Mugs and 11 Race on the River Umbrella's!**
- PS – don't' forget to like our Facebook page too!!
- www.facebook.com/RaceOnTheRiverPictouCountyDragonBoatFestival

**Countdown to Race
2 Weeks to Go!**

• Week of July 17th – July 23rd

- **Best Team 'tweet' in support of your teams fundraising efforts!**
- Our Marketing and Pledge Committee will vote for the 'best' and the prize will be....**21 Race on the River Insulated Ice Buckets!**
- Don't forget to "tweet" to [@RaceontheRiver!](https://twitter.com/RaceontheRiver)
- PS – feel free to tweet to us anytime!

**Countdown to Race
1 Week to Go!**

**For more information about the Race on the River visit: www.raceontheriver.ca
or join our group on Facebook at:
Race on the River The Pictou County Dragon Boat Festival**



PARKING at the Festival

There is free parking at the Festival but the secret is to come early.

There will be limited parking next to the Farmers Market but plenty of parking near Maritime Steel and in the streets surrounding Glasgow Square or across the East River at Rotary Park. If you fancy a short walk the Aberdeen Mall has plenty of free space.

Another idea would be to carpool with your friends, but the secret is to come early and enjoy the day!