

RACE REPORT

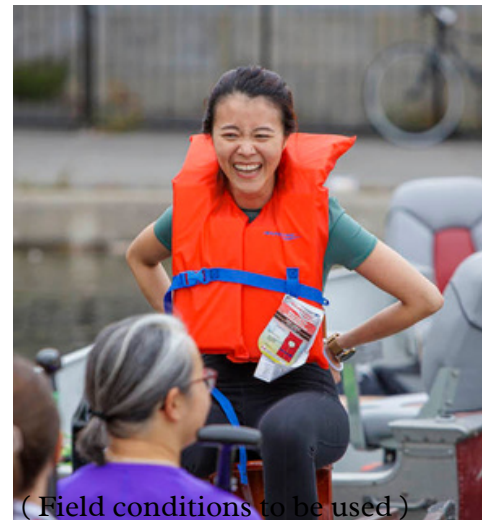
DAPM DRAGON BOAT EVENT



STAFF AND RESIDENTS ...

This much anticipated event took place on Mooney's Bay on September 14th, 2023. It was the perfect evening to jump in two 500 lb boats with 44 friends, colleagues and a few Bytown Dragon Boat Club members.

The lead up to the event included a healthy dose of lighthearted “mud slinging” between staff and residents (Jenny H!) which set the stage for a fun and competitive evening.



(Field conditions to be used)



GAME FACES, ON!

The evening's events began with a welcome, introduction to our steers and coaches and a brief history of Dragon Boat. Dr. Smyth led a dynamic warm-up and it was clear that both teams were sizing up the competition. LOL! Arranging the seating assignment in each boat was next. This was surprisingly difficult given the average IQ on site. Having solved that puzzle, we headed towards the water with our paddles!



CRASH COURSE IN DRAGON BOATING

The boats were loaded, surprisingly, without incident. No unscheduled swimming on Sept 14th! Our coaches, Megs (resident boat) and Michelle L. (staff boat) quickly taught the mechanics of paddling. It was a race to absorb and apply as many of the fundamentals of dragon boat paddling as possible. Some staff, to this day, are still ruminating on the physics of moving water (Sylvain!).



BEST OF THREE TAKES THE HONOURS!

There was palpable trepidation for race #1 - the 80 m hand paddling race. Residents managed to thoroughly drench their teammates in a futile attempt to better the staff. The staff executed the race flawlessly and earned a clear victory. The resident team had a moment of panic and self doubt before refocussing their efforts on race #2.



ANYTHING CAN AND WILL HAPPEN IN A RACE

The main event was race #2 - the 200 m sprint (with paddles). The race started with both teams getting off the line with power. Residents found their groove, were paddling in synchrony and enjoyed an early lead. Much to their surprise, the staff boat lost control, turned sideways and rammed into them (just a tap, really). Residents, realizing they had a distinct advantage, doubled their efforts ("GO-GO-GO!") and raced victoriously to the finish. The staff boat immediately called for a re-match and we all paddled back to the 100 m start line. Race #3 (100 m sprint) was a close one and the tie-breaker. This year goes to the residents' boat!

"FRIENDLY COMPETITION"



DAPM DRAGON BOAT TEAMS

The evening was capped off with a warm reception at Dr Crooks' home where food and refreshments were enjoyed with some good laughs. The event headline was all about "racing" but, in reality, it was mostly about getting together, learning a few things about paddling and having fun! Hope to see you all on the water for next year's paddling event.

Check out Dr Duffy's professional race report:

<https://www.youtube.com/watch?v=dn7uwn9xMEo>

UNTIL NEXT YEAR!