

The Dragons are Coming

EVI HUNGERFORD

Capital Lakes DragonFest!

On June 26, 2010, TeamSurvivor Madison, Inc. is hosting the first dragon boat festival in Madison – the Capital Lakes DragonFest.

Dragon boating is an activity where friends,

time, and a steersperson who keeps the boat in a straight line. They paddle down a 300- to 500-meter course, competing against other teams. Style, rhythm, timing and endurance are most important.



coworkers, businesses and community groups can get together to enjoy a day of camaraderie, physical exercise and fun! It's an exciting activity that gives all abilities and ages the opportunity to take part.

What is dragon boating?

A dragon boat is a large 40+ foot-long canoe that features the head and tail of a dragon. Dragon boating originated in China over 2000 years ago and has emerged in modern times as an international sport.

At a dragon boat festival, individuals form teams with the goal of having fun and performing to the best of their abilities, blending the talents of each team member into a smoothly performing boat. A team is made up of 20 paddlers, a drummer to keep

Learn more!

Wouldn't you love to form a team and try this increasingly popular sport? Our goal for the 2010 Capital Lakes DragonFest is to introduce the community to a unique activity that provides team building, fitness, and fun!

Stop by the TeamSurvivor Madison, Inc. booth in the lobby of Canoecopia to learn how you can organize your team.

Experiencing a dragon boat race, either by watching or paddling, is a thrill that can be enjoyed by everyone! We hope you'll join us for Madison's first Capital Lakes DragonFest.

For more information about the Capital Lakes DragonFest visit www.CapitalLakesDragonFest.com ☞

TeamSurvivor Madison, Incorporated

TSM is changing the lives of women surviving any cancer diagnosis. Formed in 2003, the all-volunteer, non-profit organization provides free or low cost fitness activities and health education programs for women with a past or present diagnosis of cancer. The year-round activities range from walking and biking to paddling and triathlon training.

Members share fitness, friendship and fun while thriving and surviving! Perhaps best captured by the organization's vision statement, "Together, women with cancer achieving the extraordinary," members experience a unique camaraderie. To learn more, visit the TSM, Inc. website at www.teamsurvivormadison.org.

The Dragons are Coming!
Be a Part of Madison's
1st Dragon Boat
Festival!



Capital Lakes DragonFest



June 26th, 2010
Madison, WI

- Form a team
- Bring your friends
- Family fun

For More Info:

Visit:

CapitalLakesDragonFest.com

or stop by the
TEAMSurvivor Madison
booth at Canoecopia

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