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Dragon Boat Festival & Leadership Camp

Sarasota, Florida USA
January 22-25, 2025



Welcome!

Bienvenido! Ben-vindo! Willkommen! Bienvenu!

Benvenuto! Huanying!

On the following pages, we will walk you through all the necessary information that may guide you and your team on the way to Nathan Benderson Park in Sarasota, Florida USA.

Nathan Benderson Park looks forward to seeing you at the 2025 Unleash the Dragons - Dragon Boat Festival and Leadership Camp, January 22-25, 2025 in Sarasota, Florida USA.

See you in
January!



The inaugural event "Unleash the Dragons" is open to all cancer survivor paddlers of all skill levels. We encourage all "thrivers" from with many years of paddling experience, to those who have been recently diagnosed, or those building back strength from treatment, to attend this unique gathering of dragon boaters.

We have an amazing program planned full of excitement, entertainment, and experienced coaching instructors. For more event information, please follow our bulletins and check our webpage which can be accessed by scanning the QR code or using the website below:



<https://nathanbendersonpark.org/event/dragonboatfest/>



GREETINGS FROM

JoAnn Moore, Event BCP Consultant
Erica Bernstein, Event ACP Consultant

Welcome to Sarasota's inaugural International Cancer Survivor (ACP and BCP) Leadership Camp and Participatory Dragon Boat Festival "Unleash the Dragons"!

This event is a testament to our commitment to fostering skills for ACP and BCP club leaders and our support for their athletes by enhancing their paddling skills and celebrating life beyond a cancer diagnosis.

The GOAL of this unique format is to unite dragon boat paddlers of all experience levels with elite paddlers, coaches, and race officials within our international cancer paddling dragon boat communities. Our dedicated team of event instructors, coaches, and officials has graciously volunteered their time with the purpose of disseminating their passion for this sport. ACP and BCP leaders will grow their leadership muscle at camp and then share this strength with paddlers at the participatory festival at the end of the event.

Our OBJECTIVE is to equip emerging leaders of our All Cancer and Breast Cancer teams with additional teaching tools to propel the growth of dragon boating in the cancer survivor community. This event will provide opportunity for survivor athletes all over the world to come together to enjoy laughter, meet new friends, exchange ideas, and leave with a true sense of collective optimism for thriving through the sport we love.

"Unleash the Dragons" is not just a festival; it is a celebration of strength, resilience, exercise as medicine, and the pursuit of joy of life after cancer.





Greeting from Bruce Patneaude, Chief Operating Officer

On behalf of our team at Nathan Benderson Park, we are pleased to welcome you and athletes from all over the globe to the area. We are excited to host the inaugural 2025 Unleash the Dragons Festival and look forward to seeing all the action on our world-class course.

Thank you for joining us for this epic competition. We know you will love all the Sarasota-Bradenton area has to offer and will have an incredible experience here.

We look forward to seeing you on the water in 2025!

Host Organizing Committee (HOC)

Event BCP Consultant: JoAnn Moore
Event ACP Consultant: Erica Bernstein

Chairman: Bruce Patneaude

Event Director: Sarah Hartz

Event Technology: Bruce Patneaude

Hotels Liaison: Aaron, Pellucid Travel

Head of Marketing/Media: Marnie Buchsbaum



General Information on Sarasota-Bradenton and surrounding areas in Florida, USA



The Sarasota-Bradenton area is south of Tampa on Florida's Gulf Coast that was once the winter home of the Ringling Brothers Circus. Today, it hosts a number of cultural institutes, as well as wildlife sanctuaries. It's also the gateway to miles of beaches with fine sand and shallow waters, such as Lido Beach and Siesta Key, Anna Maria Island, and hundreds of mangrove tunnels to paddle & explore. The Legacy bike and walking Trail allows you to explore the area on bicycle and enjoy the sounds of nature in a tranquil environment.

The Sarasota International airport is just a 10 minute drive west of NBP. The Tampa International airport is a 45 minute drive north of Sarasota. In addition, the Tampa area also has beautiful beaches, many zoos, museums, and amusement parks, such as Bush Gardens. Also, Walt Disney World in Orlando, Florida is only a short 2 hour drive away. Perhaps renting a car or extending your stay will be a good option.

Official Events

Program Timeline: January 22-25, 2025

Unleash the Dragons Professional Development for Cancer Survivor Paddlers

Part I – Leadership Camp registrants only

Wed, Jan 22

- **6:00 pm** – Camp attendee Check in
- **6:30 pm** – Reception – Meet your colleagues
Topic : Perpetuating Strong Leadership in the Cancer Survivor Paddling Community
Keynote Speaker – Dr Don McKenzie

Thursday, January 23

The Day will be divided into half day on water clinics and half day roundtable workshops

- **8:00 –11:00 am** – on water clinics*
**Professional international Dragon Boat coaches will provide customized lessons and training in Helm, Drum, and Coaching techniques in both small and standard boats*
- **11:00 – 12:00 pm** – Lunch
- **12:00 – 3:00 pm** – Roundtable workshops* – internationally certified race officials and other specialists will run instructional seminars and workshops on select topics like planning a successful festival, IDBF rules of racing, membership, fundraising, and networking supporters
** camp attendees will be divided so that morning and afternoon sessions can rotate*
- **3:00 – 4:00 pm** -video review and preparing for Fun Friday with paddlers

Part II – All registered paddlers and camp attendees

Friday, January 24

- **8:00 – 9:00 am** – Camp attendees – Breakfast with race officials / Steers and Captains meeting. Paddlers – registration check-in (*breakfast vendors on site at venue*)
- **9:00 – 10:30 am** – Paddlers meet their assigned camp Captains and boats are seated
- **10:30 am – 3:00 pm** – all camp attendees and paddlers convene for a day of practice races and fun paddling games. Vendors will be open, and dancing, games, and music will be on the grounds.
- **7:00 pm** – Parade and Opening Ceremonies

Saturday, January 25

- **8:00 am – 4:00 pm** – RACE DAY – 250 m and 500m races will follow IDBF rules of racing. A flower ceremony will occur during lunch. Participatory medals will be given. Vendors will be open.
- **7:30 – 10:00 pm** – Dinner, DJ, and Dancing – Fun with new Friends

General Conditions of Participation



Saturday, January 25 competition races will follow IDBF Rules and Regulations for training purposes. Although all Unleash the Dragons event participants will receive participatory medals, competitive races on Saturday will also be awarded race medals.

Range of Participants:

Unleash the Dragons is an event open to all cancer survivors and their supporters regardless of age, sex, type of cancer, or level of paddling skills.

- IDBF or any dragon boat federation membership is not a requirement to participate.
- **SUPPORTERS ARE WELCOME** to register and to enter the grounds throughout Friday and Saturday as a spectator for a fee of \$50, however supporters will not be on any race crew. There will be a special workshop for cancer supporters as well as a fun paddling race on Friday for supporters and their survivors.
- Each person will register independently regardless of the name or size of your home ACP or BCP team. The number of paddlers on your existing home team is not applicable. You may also register if you are a paddler starting a new ACP or BCP team, however the name of your home practice venue and contact for that venue will be required for verification purposes.
- Each registrant is individually responsible for his/her own participation and administrative duties related to the event entry.

Each registrant will choose to enter either as a participant in all four days of the dragon boat festival and leadership camp (Jan 22-25) or the two day dragon boat festival (Jan 24-25) as a paddler only.

General Conditions of Participation



Recommendations from your ACP and BCP consultants:

The leadership camp portion of Unleash the Dragons is designed specifically for coaches, captains, helmsman, or drummers that are enhancing their techniques or learning new skills necessary to improve their existing team or to build a new or larger team.

Each registrant is required to list the name and address of their home ACP or BCP team. It is recommended that no more than 3-5 individuals from any one home team attend the leadership camp portion of the event.

The venue organizers will have a fleet of 13 small (10 paddler) and 10 standard (20 paddler) boats. We suggest that if your home team uses small boats you might want to register 2-3 individuals in the leadership camp portion and all others as paddlers. Large clubs with BCP and ACP teams or those clubs planning to bring at least 20 paddlers to the event will probably be served better by entering 3-5 individuals in the leadership camp.

Individuals that will be registering for Jan 24-25 only will list their years of experience paddling so that organizers can customize racing crews accordingly. We want to build skills for advanced paddlers as well as train newly diagnosed cancer thrivers entering the sport of dragon boating.

Racing crews for Fun Friday and RACE DAY Saturday will be set by the organizers. This is to relieve anyone from the responsibility of building a boat crew before registration. However if it is important for an established coach or captain to race with his home town paddlers, organizers can accommodate such requests as best as possible, but each paddler will still register as an individual. Those registering for the leadership camp will be assigned an experienced event coach and a "crew" for Friday and Saturday for continuation of clinic purposes. The fun, laughter, and learning really begins here.

Medical aptitude:

Each participant in Unleash the Dragons is liable for his own health and fitness to be ready to compete in the event. Upon registering each person will give a declaration of their medical state as detailed in the entry waiver on the registration form. The HOC does not take any responsibility for any harm to the health and the consequences thereof due to the participant's medical state during the event. All participants are strongly advised to have medical insurance.

Course Details



Nathan Benderson Park is a world-renowned paddling and aquatics facility that has hosted multiple past international and national events where hundreds of thousands of athletes and fans have experienced unforgettable competition. Over \$40 million has been invested into the facility's development, including 2,000-meter racing lanes and straight shorelines, coaching lanes, a wave-attenuator system, starting gates and a state-of-the-art finish tower.

The 550-acre park is in Sarasota County, situated on the County line with Manatee County just to the north. The region is south of Tampa on Florida's Gulf Coast. The area is well-known as a vacation destination, famous for award winning beaches such as Siesta Beach. The Park itself is located within a vibrant entertainment district called University Town Center, consisting of dozens of restaurants, hotels and an upscale shopping mall within walking distance from the race course.

More information as to activities outside Unleash the Dragons will be provided in Bulletin #2.

Early Registration opens April 16, 2024

Registration Costs:

4 day Leadership Camp and Participatory Festival: \$260 USD

2 day Participatory Festival: \$75 USD

Non-Paddler Supporters (Jan. 24-25): \$50 USD

Registration Costs increase June 30, 2024



Registration fees include the following services:

Access to the competition areas, workshop facilities, both standard and small boats, tents and chairs, materials needed for the internationally recognized coaches and international race officials, for ex, event shirts, teaching materials and facilities for the speaker and instructors, entertainment like the DJ and music, organizational costs, participatory medals, race day medals, parade and opening ceremonies on Friday, dinner and party on Saturday, water on all days, security services, medical care at the venue, and much more.

To keep the costs of this event reasonably low, transportation to/from your hotel is not provided.

Additional Services:

Translators for non-English speaking participants: Spanish, French, Portuguese, and German. Medical services for participants: doctor on duty, some first aid, hospital and clinic assistance. The HOC is not responsible for covering expenses in connection with hospital treatment, dental treatment, or any other medical treatment. Costs above the regular first aid are to be covered by your medical insurance policy.

Several Food and non-food vendors will be on the Park grounds during the events on Friday and Saturday for your pleasure.



Designated Hotels Room Blocks

Homewood Suites By Hilton Sarasota Lakewood Ranch

305 North Cattlemen Road Sarasota, FL, 34243
0.8 miles from Nathan Benderson Park

Courtyard By Marriott Sarasota At University Town Center

8305 Tourist Center Dr Sarasota, FL, 34201
1.7 miles from Nathan Benderson Park

Hampton Inn & Suites Sarasota/Lakewood Ranch

8565 Cooper Creek Blvd Bradenton, FL, 34201
1.7 miles from Nathan Benderson Park

EVEN Hotel Sarasota-Lakewood Ranch, an IHG Hotel

6231 Lake Osprey Dr Sarasota, FL, 34240
2.4 miles from Nathan Benderson Park

Fairfield Inn & Suites By Marriott Sarasota Lakewood Ranch

6105 Exchange Way Bradenton, FL, 34202
2.5 miles from Nathan Benderson Park

Comfort Inn & Suites Sarasota I-75

5931 Commercial Way Sarasota, FL, 34232
2.8 miles from Nathan Benderson Park

Holiday Inn Exp. Bradenton East-Lakewood Ranch

5464 Lena Road Bradenton, FL, 34211
6.0 miles from Nathan Benderson Park

Hampton Inn Sarasota - I-75 Bee Ridge

5995 Catteridge Blvd Sarasota, FL, 34232
6.3 miles from Nathan Benderson Park

Hampton Inn & Suites Sarasota/Bradenton-Airport, FI

975 University Pkwy Sarasota, FL, 34243
7.2 miles from Nathan Benderson Park

Residence Inn By Marriott Sarasota Bradenton

1040 University Pkwy Sarasota, FL, 34234
7.2 miles from Nathan Benderson Park

To book your hotel, please visit the event webpage at:
<https://nathanbendersonpark.org/event/dragonboatfest/>

Housing Service Provider:



Support Contacts:

During business hours contact:
Aaron@pellucidtravel.com

After business hours contact:
info@pellucidtravel.com

