



## FREQUENTLY ASKED QUESTIONS (FAQ) for CORPORATE (NOVICE) DIVISION

No paddling experience required!

- WHAT: 10<sup>th</sup> Anniversary San Diego International Dragon Boat Race  
For information, please visit: [www.sddragonboatrace.com](http://www.sddragonboatrace.com)
- WHEN: Saturday, September 28, 2019 (only Saturday for Corporate racing)  
8:00 am – 5:00 pm (Teams to arrive at 7:00 a.m. for setup)
- WHERE: Tecolote Shores Park, Mission Bay, San Diego (south of the Hilton Hotel Resort)  
See map for race location and parking at: [www.sddragonboatrace.com](http://www.sddragonboatrace.com)

### **What should I bring and wear on race day?**

- Wear water-resistant clothes (e.g., team jersey, shorts, gym attire, bathing suit underneath, etc.).
- **DO NOT WEAR JEANS, COTTON, or FLEECE** because you will get wet!
- Optional, but recommended items include a hat, sunglasses, sunscreen, and water gloves.
- You may wish to wear water-resistant shoes or go barefoot in the boats. Flip Flops are NOT recommended.
- Do not wear a watch or jewelry that you do not want to get wet.
- Bring a towel, change of clothes and shoes, water or sports drink, and snacks/lunch.
- There will be food vendors available at the race site for you to purchase lunch and/or drinks.
- Bring your camera too!
- For your cell phone's safety, please do not bring your cell phone onto the boat. They don't float.
- Team Leaders – **PLEASE BRING YOUR OWN TENT, CANOPY, OR TARP** if you would like a covered shelter. You will be able to set up on the grass. Please bring your own beach chairs, picnic mats, blankets etc. Plan for a full day at the beach. First come, first serve on picking a spot for your team on the grass area, near the blue gazebo closest to the Hilton Resort Hotel.

### **What does dragon boat racing look like?**

- To learn more about the San Diego Dragon Boat Team (SDDBT) and dragon boat racing, please visit: [www.sddragonboatrace.com](http://www.sddragonboatrace.com)

### **What do I receive for my registration fee: (16 paddlers pay \$600/team)**

- A full day of Team Building and lots of fun on and off the water.
- "On-Loan" use of equipment: \*a wooden paddle, life jacket, 40-foot dragon boat.
- Onsite paddle training and water commands from a SDDBT Member or a member from one of our affiliate teams.
- Participation in three (3) 250 meter dragon boat races.
- "On-Loan" steersperson and drummer from SDDBT.

(\*Paddles, life jackets, and dragon boats are property of SDDBT and must be returned.)

**How many races will I participate in?**

- The corporate teams will paddle in three races – two (2) preliminary heats, and a final.

**How is the winning team determined?**

- SDDBT will use combined times in two (2) preliminary races to determine whether the team will race in Division A, Division B, Division C and Division D. SDDBT has full discretion to call the winner of close races.

**What do I receive if my team wins?**

- The top three teams for each Division will rank First (gold), Second (silver), or Third (bronze) place for racing.

**May I participate if I do not have a team of 16?**

- Yes, SDDBT will either place you on a team, or provide you with additional paddlers should you fall short.

**May I participate in the Race if I can only stay for part of the day?**

- SDDBT will find you a replacement. Alternatively, your team may race with fewer than 16 paddlers, but must have the right amount of female paddlers, which is six (6) in the boat, regardless.

**Will I have the opportunity to practice before race day?**

- Yes. All corporate (novice) teams are allowed to sign up for a 1-hour practice time slot on Friday, September 27, 2019. Practice times will be available between 4:00 p.m. to 6:00 p.m. You must sign up on the race website to block out your time.

**What can I do to prepare and train for the race?**

- Cardio and strength training are recommended, but not necessary. (On the day of the event, make sure to stay hydrated and stretch when possible.)

**What is the physical distance of the races?**

- The corporate (novice) race will be 250 meters.

**How can I monitor the progress of my team throughout the Race?**

- SDDBT will post the results from each heat on the Race Board, located close to the marshalling area.

**Will I have “down time” in between races?**

- Yes. You will probably have a race every couple of hours over several hours. Before your first race, your team will get “trained” on how to paddle. Every time you race, you have to go to the “marshalling” area to line up and put on life jackets. In between racing, you will have “down time”. You may want to get dry, watch other dragon boat races, bring a book to read, just hang out and talk to others, go to the vendors to buy a San Diego Dragon Boat Race T-shirt or grab something to eat, or bring a football to throw around, your choice.

**Is the event free and open to the public? May friends and family watch me paddle?**

- Yes! Our Dragon Boat Race is for everyone. (Only paddling requires payment of a fee.) Have friends, family and fans come down for the day and cheer you on! The location of our Race is ideal for viewing the entire race from start to finish.

**What is the schedule for the Race?**

**PRELIMINARY RACE SCHEDULE**

- 7:00 a.m. Paddlers arrive and set up tents, EZ ups etc.
- 8:00 a.m. – 4:00 p.m. Dragon Boat Racing starts at 8:00 a.m., so don't be late.
- 4:15 p.m. (approx.) Corporate (Novice) Awards.

**Team Captains:**

- Please bring executed waivers for all paddlers to the registration desk, first thing in the morning, if your paddlers have not already signed up on the Online Waivers. All paddlers MUST sign off on a waiver before getting into a boat.
- Please send in your Corporate Team Bio's and Corporate Logo's, so that we can add them to the race website to [sddragonboatrace@gmail.com](mailto:sddragonboatrace@gmail.com)
- Please send in your completed Corporate Team Roster once you have finished registration. You can find this form at [www.sddragonboatrace.com](http://www.sddragonboatrace.com)

Should you have any additional questions, please contact Andi Liskay at [sddragonboatrace@gmail.com](mailto:sddragonboatrace@gmail.com)

Looking forward to seeing YOU on the water soon!! Paddles Up!

Andi Liskay, Corporate Team Coordinator/Race Director  
San Diego Dragon Boat Team