



FREQUENTLY ASKED QUESTIONS (FAQ)–CORPORATE (NOVICE) DIVISION

No paddling experience required!

- WHAT:** 13th Annual San Diego International Dragon Boat Race
For details, visit sddbt.org and click the Race Info tab.
- WHEN:** Saturday, October 19, 2024 (Corporate Racing)
8:00am–5:00pm (Arrive at 7:00am for team set-up)
- WHERE:** North Tecolote Shores Park, Mission Bay, San Diego (south of San Diego Mission Bay Resort & Spa)
Refer to map at sddbt.org for race location and parking.
- HOW:** Visit sddbt.org and click the Race Info tab to find forms for registration, rosters and team bios.

What should I bring and wear on race day?

- Wear water-resistant clothing (e.g., team jersey, shorts, gym attire, bathing suit underneath, etc.).
- **DO NOT WEAR JEANS, COTTON OR FLEECE SINCE YOU WILL GET WET!**
- Optional, but recommended items include a hat, sunglasses, sunscreen and water or paddling 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 clothing and shoes, water/sports drink and snacks/lunch.
- Food and beverage vendors will be onsite for purchasing lunch, snacks and/or beverages.
- Bring your camera!
- As a precaution, please do not take your cell phone onto the boat unless securing it in a waterproof, floatable case.
- Team Captains: **PLEASE BRING YOUR OWN TENT, CANOPY OR TARP** if you want 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.

What does dragon boat racing look like?

- To learn more about the San Diego Dragon Boat Team (SDDBT) and dragon boat racing, please visit sddbt.org.

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: *wooden paddles, life jackets, 40-foot dragon boat.
- Onsite paddle training and water commands from an 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?

- Corporate teams will paddle in three races; two preliminary heats and one 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 or Division D final. 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 always have the minimum number of female paddlers (eight female paddlers in the boat).

Will I have the opportunity to practice before race day?

- Yes! Corporate (novice) teams are allowed to sign up for one-hour practice time slot on Friday, Sept. 23, 2022. Practice times will be available between 4:00-6:00pm. You must sign up on the race website to reserve your time.

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

- Cardio and strength training are recommended, but not necessary. Leading up to the race and especially on race day, be sure to stay hydrated and stretch when possible!

What is the physical distance of the races?

- Corporate (novice) races are 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 near the marshalling area.

Will I have “down time” between races?

- Yes! You will probably have a race every few hours over several hours. Before your first race, your team will receive “training” on how to paddle. Every time you race, you will go to the “marshalling” area to line up and put on life jackets. Between races, you will have “down time”. You may want to put on dry clothing, watch other dragon boat races, visit our vendor village to purchase a San Diego Dragon Boat Race t-shirt or grab a bite from one of our food vendors.

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

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

What is the race schedule?

PRELIMINARY RACE SCHEDULE

- 7:00am Paddlers arrive and set up tents, EZ ups, etc.
- 8:00am-4:00pm Dragon Boat Racing begins at 8:00am sharp! Be on time!
- 4:15pm (approx.) Corporate (Novice) Awards

Team Captains:

- Please email your completed Corporate Team Roster to racessdbt@gmail.com once you have submitted your registration, but no later than October 1, 2024. You can find this form at sddb.org/festival/registration-and-race-info.
- Please have all paddlers submit their online waiver by October 1, 2024. Printed blank waivers will not be available at race site on race day. **All paddlers must sign a waiver before getting into a boat.**
- Please submit your team bio, logo and photo to racessdbt@gmail.com no later than **Sunday, Sept. 15** so that we may add it to our online race program.

Should you have any additional questions, please contact our Race Coordinator at racessdbt@gmail.com

We are looking forward to seeing YOU on the water soon! Paddles Up!

Lisa Minerd
President
San Diego Dragon Boat Team