



FITNESS FUN DAY 2017!

Dragon Boat Festival | Saturday, June 3

Join co-workers, friends and family for a day of fun for all fitness levels.

Dragon Boat racing pits teams against each other as each boat paddles toward the finish line in three (3) 200-meter races. Each boat seats 20 paddlers plus a drummer for a ton of fun with minimal effort. [Are you up for the challenge?](#)

- 1. Be a captain. Or, join a team.** Talk to your wellness champion to see if there is a captain for your department. If you don't have a wellness champion, please call Kathryn at 941.748.4501 x3667.
- 2. Team Captains should register with Kathryn Raines, our MCG Head Captain.** Visit manateeyourchoice.com/fitnessfunday and complete form with team captain name, contact info, team name, and names of participants (so far). As Head Captain, Kathryn will assist teams with filling boats, merging teams as needed, and general event communication.
- 3. Each team captain must also register** at www.suncoastinternationaldragonboatfestival.com **by May 29th.** You don't have to fill your boat yet - but register as soon as possible.
- 4. Recruit more teammates.** Convince your co-worker, spouse, child (age 14+), friend or neighbor to join in the fun. The more the merrier!
- 5. Team members pay their captain directly,** and each captain submits total payment for their team. See page 2 for cost information.
- 6. Practice!** Each team will be assigned a practice time the week of the race.
- 7. Show up and have fun!**

**See page 2 for more information
or visit manateeyourchoice.com/fitnessfunday**



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Manatee YourChoice Health Plan | manateeyourchoice.com | 941-748-4501 x6280



Nitty Gritty Details



DATE/TIME/LOCATION

Saturday, June 3rd, 8am - 5pm

Nathan Benderson Park (5851 Nathan Benderson Circle, Sarasota, FL 34235)

Registration Deadline May 29th

COST

The cost is \$750 per boat for a community/non-profit team. Individual cost is based on the number of paddlers in the boat, including drummer. $\$750/\# \text{ paddlers} = \text{individual rate}$.

(Ex. $\$750/21 \text{ Paddlers} = \35.71 per person)

- These fees are eligible for **Wellness Reimbursement** for YourChoice members.

CAPTAINS

- Need to Register the team and teammates with both Manatee YourChoice AND with Suncoast (the event); don't wait to sign up – this will ensure there are enough boats.
- You don't need to know everyone on the team at registration - you can add/delete participants at any time.
- Captains will send payment in for team - mail a check or pay online; teammates pay captain directly.
- Upon registration, captain will begin getting email updates and practice time.
- Packet Pick Up Friday, June 2nd; will include team wrist bands and race times.

PADDLERS

- Ideally, each boat has 20 paddlers and 1 drummer (drummer must be <150lbs).
 - Minimum of 18 paddlers, plus 1 drummer
 - Max of 25 paddlers, plus 1 drummer
- All paddlers, including drummer, must be age 14 or older.
- Paddlers can include co-workers, family, friends, neighbors, etc.
- Each team will be assigned a practice time Tuesday - Friday before the event. Captains will be notified of schedule via email.

RACE DAY

- Each team competes in three (3) 200-meter races.
- All paddlers must be there the whole day, 8am opening ceremony to 5pm closing ceremony/awards. Paddlers cannot leave - the event is tightly timed and races will begin even if your team is missing participants. The captain will be told race times the day before (June 2nd).
- Life vests & paddles are provided.
- Each team can bring a tent and chairs (can set up the day before; space is first come first served). Participants should bring an Ice chest with snacks/food.

IS THIS A FUNDRAISER?

Yes. The beneficiary of this festival is **In the Pink**, a non-profit serving women, men and children with cancer in Sarasota, Florida.

