

“Breast cancer gave me sisters.
Though we are not of the flesh,
we are of the heart.”

—Sandy Buhrmaster-Jelinski of Pink Phoenix



SISTERS AT HEART CELEBRATION

AHOY BREAST CANCER SURVIVOR DRAGON BOAT TEAMS!

Dragonheart Vermont invites your team to join us on beautiful Lake Champlain for a weekend of paddling fun. Our **Sisters at Heart Celebration** is a delightful celebration of our sisterhood. Paddling, Taiko drumming, music, racing, and fun fill the weekend. It's especially for breast cancer survivor dragon boat teams like yours. Don't miss out on the joy! Register today!



Web	www.ridethedragon.org
Email	info@ridethedragon.org
Phone	Call Linda at (802) 999-5478

Our thanks to our generous sponsors:



**Saturday, August 6, 2011
Burlington, Vermont**

Paddling and Taiko drumming workshops will be part of a fun-filled day of celebration for breast cancer survivor dragon boaters

www.ridethedragon.org



IT'S A DAY TO CELEBRATE
OUR SISTERHOOD OF BREAST
CANCER SURVIVOR DRAGON
BOATERS AND OUR PASSION FOR
THE SPORT. PLEASE JOIN YOUR
HOST, DRAGONHEART VERMONT,
FOR AN EXCITING WEEKEND OF
PADDLING AND FUN.

www.ridethedragon.org

WE'RE BUSTING OUT IN BURLINGTON!

Come share some paddling fun with us. **Dragonheart Vermont** is a breast cancer survivor team in Burlington, Vermont. We paddle on beautiful Lake Champlain where the mountain views are breathtaking and the sunsets are picture perfect. We love dragon boating and know that you do, too. Please join us for our **Sisters at Heart Celebration** tailored especially to breast cancer survivor dragon boaters.

Dragonheart has planned a special weekend for you and your team. We have three fun workshops. Back for an encore session from 2007, there will be a **Taiko Drumming Workshop** led by Stuart Paton of the Burlington Taiko Group. The staff of 22Dragons will sharpen your paddling skills with a **Sync Up Paddling Workshop**. Each team will race a 500-meter at the end of this session. Our *Maiden Vermont* singing group will be back to teach you this year's Flower Ceremony song in our **Sing-Along Workshop**. It's sure to be gleeful! Midday we'll hop aboard a luxury cruise ship for lunch on the lake. We'll top it off with a *Friendship Race* and ice cream. It's all about paddling and laughing together. It's the **Sisters at Heart Celebration**.

The cost is \$85 (USD) per person for the entire weekend. There is one price and one registration for the entire weekend of activities. Don't miss out on the fun! Register today!



It's a Paddling DUO

We've got TWO paddling events planned for one weekend! Double your weekend pleasure by participating in our **Sisters at Heart Celebration** on Saturday August 6th and the **Lake Champlain Dragon Boat Festival** on Sunday August 7th. If there is only one festival you attend this summer, why not make it one that offers so much. Register now! We only have room for 15 breast cancer survivor teams and the roster is sure to fill fast!

SCHEDULE AUGUST 6-7, 2011

SISTERS AT HEART CELEBRATION SATURDAY, AUGUST 6, 2011

AM	
8:00	Registration
8:15	Welcome
8:30 – 9:45	1st Workshop
10:00 – 11:15	2nd Workshop
11:30 – 12:45	Lunch Cruise
PM	
1:00 – 2:15	3rd Workshop
2:30	Group Photo
2:45 – 3:45	Friendship Races
3:45	Ben & Jerry's Ice Cream

THE LAKE CHAMPLAIN DRAGON BOAT FESTIVAL SUNDAY, AUGUST 7, 2011

AM	
7:30	Marshalling for all 15 BCS Teams
8 – 8:45	First heat of BCS Teams
8:45 – 11:45	First heat of community teams
11:45	Sisters at Heart Championship Cup Races
PM	
Noon	Flower Ceremony and Vocal Tribute
12:30 – 3:30	Community Challenge Cups
1:00	Breast Cancer Cup Awards Ceremony and photos
3:00	Raffle drawing and Silent Auction pick up
4:00	Final Five Championship Races
5:00	Citizens Bank Champ Cup Race and Award Ceremony



Dates	Sisters at Heart Celebration Sat. August 6, 2011 Lake Champlain Dragon Boat Festival Sun. August 7, 2011
Place	Burlington, Vermont
Host	Dragonheart Vermont
Web	www.ridethedragon.org
Cost	\$85 (USD) per person for the weekend (includes shirt, hat, medal, trophies, lunch cruise, Taiko drumming workshop, paddling workshop, ice cream social)

TO REGISTER

1. There is one registration for both events. There is one price (\$85 USD per person).
2. Go to our website at ridethedragon.org. Read about **Sisters at Heart** Celebration.
3. Click on Festivals. Click Sisters at Heart. Click on Register your team. Payments are to be made online with a credit card.
4. Please register and pay for your full team in one payment (21 X \$85 = \$1785 USD.) If you register and pay for at least 16 paddlers and a drummer (17 X \$85 = \$1445 USD) then you will be officially registered for the weekend. We must have that much of a commitment to hold your place.

Any questions, please call Linda at 802-999-5478