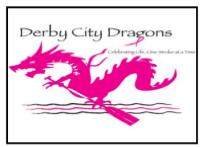
Breast Cancer Survivor Dragon Boat Racing Team

Spring 2023 291 Hubbards Lane, Suite 172-238 • Louisville, KY 40207-8203 Vol. 4 No. 3



About Us:

As Louisville's first Dragon Boat Racing team we are proud to be part of the 300+ Breast Cancer Survivor

Dragon Boat Racing teams throughout the world. Our team was founded in March, 2013, as we sought to strengthen our spirits, prove that we weren't defined by our shared diagnosis and support each other in our individual struggles. The Derby City Dragons is a team that welcomes breast cancer survivors, regardless of age, fitness level or previous experience. We share a zest for fun, life, health and sportsmanship, and promise that members will build new lifelong friendships as they "awaken the dragon within themselves!" For information about our team and to dontate to help support our mission, our webpage is:

http://www.derbycitydragons.org/ Contact us at:

drbycitydragons@gmail.com

Find us on Facebook at Derby City Dragons -Breast Cancer Survivor Dragon Boat Team:

@derby city dragons bcs dragon boat team

You Can Help Support Us:

Kroger Rewards Program:

Did you register your Kroger Card to link to "Derby City Dragons" Community Rewards program yet? By doing this, we will receive a percentage each quarter of all money spent at Kroger when you swipe your Kroger Card.

Simply register online at

Simply register online at krogercommunityrewards.com

Celebrating 10 Years: May 6, 2013 - May 6, 2023



So excited about our newest adventures with the newly formed Derby City Dragon

Boat Racing Team. The teams are made up of breast



cancer survivor's. Our first paddle today was in a Voyageur Canoe Thank you,

David Wicks. Our Dragon boat will



Phyllis Lee: May 6, 2013

Many Thanks to United Breast Cancer Foundation and Twisted Pink



Thank you so much to the United Breast Cancer Foundation for giving us so many amazing items, like clothing from Talbots, home decor from Amazon, bathing suits, It's a 10 hair Products,

Artistry beauty products, and the list goes on and on! And a big thanks to Twisted Pink for giving us those adorable slippers, pump hand soaps and

magnetic notepads!

Because of these 2 organizations, we were able to have a massive store event for the Gilda's Club breast cancer networking group and their families!

The place was packed wall to wall and we got rid of almost everything! It was a huge success and our dragon hearts are over filled with joy, knowing so

many families were able to receive some very cool items!

Preast Cancer Survivor?

Ask about a free gift
From
Derby City Dragons

United Breast Cancer Foundation

Ask about a free gift
From
Everyone
day happ

Thank you so much too everyone that helped make this day happen!

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A Walk Among Champions

Cindy Whitaker was among 149 breast and ovarian cancer

survivors selected to walk in this year's Kentucky Oak Survivors Parade.

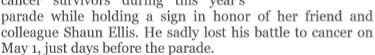


On a crystal blue day at Churchill Downs, the bold sky rivaled bright colors worn by more than 100,000 spectators on May 5. But the most dominant color at the track on this particular day is pink. It represents the "fillies," or female horses, soon taking their place in history as they run for a career title. It also represents another significant event taking place that day.

For the last 15 years, Churchill Downs has held the Survivors Parade before the running of the Longines Kentucky Oaks. It's a celebration in honor of breast and ovarian cancer survivors and encourages those still fighting their battle.

One-in-eight odds at the track would be favorable for any race, but in this case, it's a stark reminder. It's the current odds assessed by the American Cancer Society that women in the U.S. may develop breast cancer during their lives.

Cindy Whitaker, manager of Air Monitoring and Testing, and her husband, Jim, walked with fellow cancer survivors during this year's



"My husband was delighted to escort me, and welldeserved with all his support through this," reflected Whitaker. "The roar of the crowd was overwhelming, and I was very choked up with their support."

Two paddling mates from the Derby City Dragons dragon boat team walked with Whitaker in the parade.

Walking in the parade is a lottery in itself. Those interested register first, and Whitaker was among the 149 individuals selected to participate this year.

Whitaker was diagnosed with breast cancer in December 2015. Since that time, she's found a new hobby among a group of women who are a support system and have taken their survivors' mentality to the water.



Last year, she joined the Derby City Dragons, a 20person dragon boat paddling team. In fact, two of herpaddling mates also walked with her in the parade.

"Our team is all breast cancer survivors, for fitness and camaraderie," said Whitaker. "We plan to enter four competitions this summer, one of which we are hosting at Deam Lake."

The team practices at the same community boat dock used by University of Louisville's rowing program. This winter, Whitaker trained to be the steerer who stands at the back of the boat.

When thinking about what advice she'd pass on to others, Whitaker stressed the importance of taking care of our bodies. "Exercise is the cure for so many of our ills," she said. "Eat organic foods, less meat and no harmful additives in your cleansing products. Being alert to symptoms and keeping up with annual testing is important."

The Survivors Parade, for Whitaker, felt like a supportive sisterhood with a mutual bond of experience. "I'm glad the event keeps breast cancer on our radar," she said.

Her favorite memory will be hearing Rachel Platten's "Fight Song" as they all walked the track together. It was a time of celebration and a time of reflection -- a walk among champions.

An article published on our internal network LG&E and KU

To all our Pink Sisters walking in the Kentucky Oaks Survivors Parade enjoy the day we are all there with you!!



l-r: Vicki F., Gina W., Cindy W.

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IBCPC PARTICIPATORY FESTIVAL RECAP

Betty Solley, IBCPC Board Member

The 6th International Breast Cancer Paddlers' Commission (IBCPC) Participatory Dragon Boat Festival was held April 10th-16th on Lake Karapiro, Cambridge, New Zealand.

A total of 88 teams, whose members were representative of 30 countries, participated in a festival of epic proportions. An incredible 28 BCP teams attended from the US (pictured below).

While IBCPC festivals are sporting events, the intent is more to celebrate life and demonstrate what's possible following a diagnosis of breast cancer.

Lake Karapiro is an artificial lake located behind the Karapiro Hydro Dam. The lake is eight kilometers long with normally calm water and a range of facilities that make it a fantastic racing venue, including a world-class judging facility and a grand spectator viewing area. The lake is surrounded by lush green hills with spectacular views of the water and surrounding countryside.

Paddlers only attended practices for the first three days, but started the social festivities on Thursday, April 13th with a large meet-and-greet evening. Participants, their families, and supporters gathered for a New Zealander welcome, including a haka by local Māori dancers.



Friday, April brought 14th 2500+ pink paddlers along with family and supporters to Cambridge to organize the Parade of Nations.

Throngs of townspeople and supporters watched as the many participants marched together, in order by country. The parade route ran through downtown Cambridge from a local elementary school to the park where opening ceremonies then took place.

Races were held on Saturday and Sunday, April 15th-16th. Teams were housed in tents with supporter located close by. Excitement abounded as team members strolled the grounds seeking to trade team pins and shirts. First day races featured the 500m, and day two offered 200m events. Exceedingly high winds forced the postponement and then cancellation of one race on the first day and two final races on the second day. Not to be disappointed, participants then celebrated the Sandy Smith Global Finale race on land, along with a beautiful and memorable flower ceremony (pictured below).

Following the closing ceremonies, participants collected their lovely medals and headed back to their teams, many of whom were off to see more of the beauty that New Zealand has to offer. This IBCPC festival was especially well-organized under the supervision of the local organizing committee headed by Meri Gibson and governed by the Aotearoa Wahine Toa Ora Trust. Paddlers were given housing and transport options or were able to make their own arrangements; racing equipment was supplied where needed; a steady stream of volunteers managed everything from organizing delicious boxed lunches to distributing medals and flowers. The entire event was livestreamed on YouTube for days one and two of racing, and one



local volunteer ambassador was assigned to each team to ease the way prior to and during the event.

While a participants

receive the same medals at the close of an IBCPC festival, the athleticism of the racers shows a broad continuum, from brand-new rookies to those with decades of racing experience. Bragging rights are noted as race times are issued, but far more compelling is the celebratory atmosphere created by the gathering of like-minded souls who have gone past a devastating diagnosis and treatment to embrace a sport that allows them to focus on the joy of living, improving, and working together. It is no wonder that these numerous breast cancer survivors and their supporters overcame barriers caused by pandemic, economic constraints, international military upheaval to attend this quadrennial event. We can't wait to hear where the next festival will be held!

PADDLES UP! VOL. 1 ISSUE 2 • MAY 2023

Official Newsletter of the United States Dragon Boat Federation



Derby City Dragons' own Sue Schneider was able to participate in New Zealand this year as a sweep with the

Pink Crusaders, Toronto, Canada



291 Hubbards Lane, Suite 172-238 • Louisville, KY 40207-8203 Winter 2022

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Derby City Dragons' Off Season Activities





Dragon Sleep Over at Gilda's Club-Kentuckiana





Winter Workout With

























Q: What did one strawberry say to the other strawberry?

A: If you weren't so sweet, we wouldn't be in this jam.

