

Derby City Dragons

Breast Cancer Survivor Dragon Boat Racing Team

Fall/Winter 2024 291 Hubbards Lane, Suite 172-238 • Louisville, KY 40207-8203 Vol. 5 No.



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 donate to help support our mission, our webpage is:

<http://www.derbycitydragons.org/>

Contact us at:

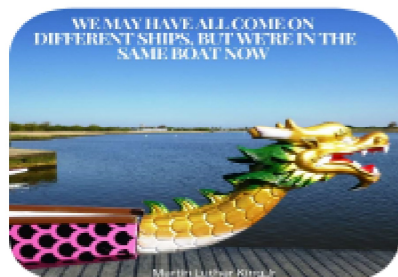
drbycitydragons@gmail.com

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

[@derbycitydragonsbcsdragonboatteam](https://www.facebook.com/derbycitydragonsbcsdragonboatteam)

Don't forget
to get your
Swing On!!

Behind
every strong
person is a
story that
gave them
no choice.



Why Do I Paddle on a Dragon Boat Team?

By Susan Plander

The end of the season feels like one of the best times to take stock of the year and why I have done the things I did.

I started paddling with the Derby City Dragons, an all breast cancer survivor dragon boat racing team, in 2015. It always felt like I was supposed to be a part of this team, to paddle in a dragon boat. I find there is a zone where the world disappears, and all there is me, my paddle, and the boat all surrounded by water, the wind, and sunshine. It feels like one boat, one paddle, one team. The best!!

We all paddle for different reasons, friendship, exercise, being out on the water, or any other of a myriad of reasons. But I believe there is a core purpose to belonging to a dragon boat team; we become greater than the sum of our parts. It brings us together where we can support, encourage, advise, and uplift each other. To add to this mix, we are all breast cancer survivors, all in various stages of treatment, from newly diagnosed to being a thirty-year survivor.

It becomes a blessing for us all to have this camaraderie where if there was a need for advice on a treatment or concern there is someone who has already been through a similar situation to talk to.

However, when we practice on the river we have the opportunity to enjoy the friendships and the physicality of the paddling that continues to heal our bodies and our hearts.



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From the "Observer"

Cancer Survivor Brings Her Passion for Dragon Boat Racing to the World

Lakewood Ranch's JoAnn Moore takes Dragon Boat Racing to Another Level in Sarasota and Beyond

By Jay Heater | 5:00 a.m. July 2, 2024

She wasn't playing with a full ... paddle.

JoAnn Moore, who admittedly was at a stage of "hopelessness" in her life, drove the 50 miles from her home in Atlanta to Georgia's Lake Lanier.

It was 2009, about four years after Moore, who now lives in Lakewood Ranch, was diagnosed with Stage IV breast cancer that had metastasized to her bones and lymphatic system.

The subsequent treatment for the cancer left her unable to walk for almost three years, so it was a victory in itself when she managed to walk the Susan Komen 5K in Atlanta in 2009. At the end of the race, Moore picked up a card which had information about Dragon Boat Atlanta, a breast cancer survivors' team.

Adding to the pain of her disease was the fact she had lost her ability to be super active. She was a tennis player and a water skier, among other sports. She had to leave her profession of 29 years, being a high school science teacher and department chair.

So it was off to Lake Lanier to have a look.

Dazzled by a paddle

What she saw was a group of breast cancer survivors making positive waves on the water. She wanted ... needed ... to get into that boat.

But she didn't have the strength to pull the water with a paddle. She asked anyway.

The team made her an altered paddle, where the flat blade that goes into the water was cut in half. That way, she could practice the form as the paddle blade would slide through the water without resistance.

JoAnn Moore says she always is moved by the flower ceremonies after Dragon Boat events.

"It was exhilarating," Moore said June 28 during an interview at Nathan Benderson Park, her rowing home since 2014. "I loved it. Perhaps this was a sport I could get into and not damage my spine. I had cancer in every vertebra. At that time, I was excited if I could walk to the mailbox without getting tired. It hurt so much to walk, my husband (Brian Moore) had put sponge rubber in my shoes. This was extremely uplifting."

Fifteen years after she picked up that altered paddle — 17 years after she had been told she was likely to expire — the 71-year-old Moore is a globetrotter, bringing her brand of exhilaration to blossoming programs.

On June 24, she had just returned from Vancouver, Canada to help with the paddlers there. Two weeks earlier, she was in the Czech Republic in Prague. Two weeks before that it was Puerto Rico.

In 2016, Moore wanted to take her new-found love of paddling to another level. Breast cancer paddlers were making huge strides in their physical and emotional well-being, but she felt the sport was falling short in offering "premier" breast cancer paddlers an outlet. She started the team "Linked in Pinks," which she calls the cream of the breast cancer survivors paddlers.

"We wanted to elevate the level of cancer survivor teams," she said.

Link to the future

Linked in Pinks began traveling to paddling events and not only became known for its efficiency on the water, but as promoters and teachers of the sport. She holds the title of founder and captain. She also is the southern representative for the International Breast Cancer Paddlers Commission and serves on the competition and technical committee for the United States Dragon Boat Federation.

"As we began to travel, we became considered one of the elite teams in the world," Moore said. "Now we get invited to train new breast cancer teams. We have a stellar reputation."

JoAnn Moore (center) celebrates with Carol Tucker of Lakewood Ranch (left) and Michele Doss of Sarasota (right) after Linked in Pinks participated in Vancouver, Canada in June.

Linked in Pinks has trained breast cancer programs in Argentina and Brazil, among other countries, and in January, it trained the first breast cancer Dragon Boat team in Mexico in Puerto Aventuras.

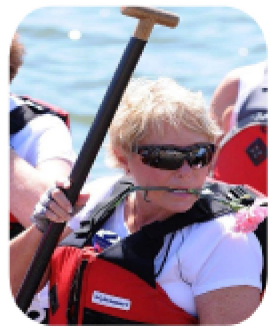
Everything the members of Linked in Pinks do is volunteer. But Moore said it provides her with something more valuable than money.

"This has been the most rewarding experience of a lifetime," she said. "We teach them how to thrive through Dragon Boat racing. Oh, the joy you see in these women. Their faces are indescribable."

Anyone in East County who wants to check out that joy can attend the Unleash Your Dragon event Jan. 22-25 at Nathan Benderson Park.

JoAnn and Brian, who have been married 46 years, moved their primary base to Lakewood Ranch in 2014. While living in Atlanta, they had purchased a second home there and discovered Nathan Benderson Park and its Dragon Boat programs.

The late Nathan Benderson, who had donated \$1 million to Sarasota County to transform Cooper Creek Park into a health and wellness destination in 2007 and subsequently had the 600-acre park with a 400-acre lake named after him, bought the park its first Dragon Boat in 2014 — called Nate's Hope — and the program got off the ground.



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Cancer Survivor Cont:

Racing forward in Sarasota

In October of 2014, teams in Tampa and Miami hosted the first big Dragon Boat event (an International Breast Cancer Paddlers Commission competition) at Nathan Benderson Park. Meanwhile, Nathan Benderson Park had talked Angela Long into starting its own program.

Moore had been competing for Dragon Boat Atlanta, but after attending the NBP event, she changed her home base.

"I moved my heart here," she said about joining Long's Survivors in Sync team.

"We've always been very strong collectively," Moore said of Survivors in Sync. "And we're still still growing strong as a breast cancer team."

In 2022, JoAnn Moore brought the U.S. flag and her Linked in Pinks team to an event on the Loire River in central France.

In 2016 she formed Linked in Pinks because she wanted it known that breast cancer survivors could paddle as premier athletes. She also thought the team could make an impact on a centuries-old sport that only began forming breast cancer survivor teams in 1996.

Nathan Benderson Park Marketing Director Marnie Buchsbaum said Moore is an ambassador of the sport and has had a huge impact throughout the world.

"She has taken this around the world with her teaching," Buchsbaum said. "She is everywhere."

Buchsbaum said Moore's passion has also connected Nathan Benderson Park and Sarasota with Dragon Boat paddlers throughout the world.

"We love her story and we are so proud of her," Buchsbaum said. "And now people are learning more about us. The paddler piece (at Nathan Benderson Park) is big and growing."

Moore brought the idea of the Unleash Your Dragon event to Buchsbaum and Chief Operating Officer Bruce Patneade and they loved it. They also knew Moore has the energy to make it successful. The event will include workshops, clinics, and races. Individuals can register and be placed on teams.

"If I have to wait 4 seconds for her to respond when I ask her to do something, that's a long time," Buchsbaum said of Moore. "We knew this would be a great event for the park."

Registration for the first-year event opened April 15, and within three days, they had 70 people signed up. Currently, they have 15 countries represented among the participants and they expect "hundreds" of paddlers.

Moore is most proud of the fact that the first men's prostate cancer paddling team — Butts in a Boat — from Vancouver, Canada has signed up for the event.



As a member of the IBCPC's special interest committee designed to "enhance all cancer teams, breast cancer teams and para dragon teams, and to enhance training and to elevate those teams," she is trying to encourage men with all forms of cancer to "find joy in Dragon Boat racing."

"She gives people hope, that they, too, can overcome," Buchsbaum said. "She is creating a positive spirit. They can all laugh together, and cry together."

As far as her own health, Moore said she practices three times a week, and she feels wonderful.

"I love spreading (Dragon Boat paddlers') enthusiasm for life," she said. "I love to share that optimism."

"W3 Tribe is having an amazing Black Friday BOGO Special for new members.

Buy one month, get one month free.
Payment is due by November 30th if you want to get this special price."

Gorgianna Dotson

270-977-7116

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Robin's Joke
Corner



Why did the Cranberries Turn Red??
Because they saw tthe Turkey
Dressing!!

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DCD Fall/Winter Birthdays

September:

Brenda Campbell

09/02

Michelle Miller 09/04

Ellen Jacobs 09/07

Peggy Hobbs 09/14

Sheryl Storrie 09/15

Kinberly Zink 09/17

Cathy Reynolds

09/25

October:

Susan Plander 10/10

Sheila Van Vctor 10/18

Cindy Blake 10/23

Phyllis Lee 10/26

November:

Jan Weimer 11/06

Michele Welscher 11/14

Cristi Donastorg 11/27

December:

Penny Pearson 12/03

Bridget Stukenborg 12/11

Marcie Rogers 12/15



Community Outreach

By Sherry Spanyer & Wendy Smithson

Our Community Outreach Crew has been quite busy this year. Our main purpose for Community Outreach is to inform people of the importance of early detection of breast cancer. We encourage both women and men, yes, they can get breast

cancer too, to do monthly self-examinations and yearly mammograms with the advice of your doctor. At all the events we attend, volunteer for, and participate, we share the benefits of exercise, good health, and even encourage breast cancer survivors to come paddle with us in Blossom, our beautiful dragon boat.

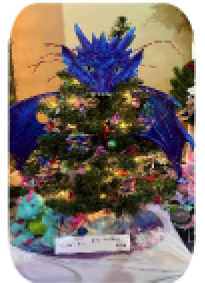
Some of the events we have attended or volunteered for we do several times a year. Hildegard House, in Louisville, is an organization that provides "a home and compassionate care for individuals at the end of life who have no home or loved ones to care for them so that they may die with dignity." They have monthly staff meeting where different organizations donate a dinner for all attending. As a team we donate about four times a year and a pot luck dinner to put together. The staff there are some of the most caring people you will ever meet.

We have also provided dinner at Gilda's Club in Louisville. Gilda's has brunches and dinners, provided by volunteers, for members who attend the different classes and activities for cancer patients and survivors and all stages. They also provide support for the families, care givers, and children. Many of us are ourselves members and it is an honor to give back to others there.

There are activities that we participate in, while also spreading our messages, are Making Strides Against Cancer Walk, several Pink Out Games at several local high schools who are honoring cancer survivors. It is a honor to be able to share our different experiences to young people to make them aware that with early detection and being aware can always mean there is life after cancer. Just look as us!!

This year we donated a Dragon Christmas tree to the Festival of Trees and Lights, supporting Norton Children's Hospital. We are sure will again decorate and donate a tree next year.

With the 2025 season approaching, we look forward to all the different ways we will be able to reach out to our community with information, caring, and support.



Relaying Together By Cheryl Harris

In May, three of our Dragons traveled to Centerville, Ohio, to volunteer at and participated in the American Cancer Society's Relay for Life of South Dayton. Michelle Miller, Trish Bellucci, and Cheryl Harris spent the day helping set up for the event. Cheryl's former UK Soccer teammate, Carrie Miller, a thyroid cancer survivor, is the volunteer coordinator for the event. Cheryl has volunteered at the event for the past several years and was honored to be the survivor speaker this year. She shared her family's cancer story and encouraged people to learn their family history and get genetic testing. She also told the crowd about our amazing Derby City Dragons! The gals had a great time and invite all interested Dragons to join them next year.



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Up-Coming Events

- **Dragon Strong 30 min Low Impact Cardio Blast
- **Bone Strengthening Workout
- **Walking w/ exercise stations led by Kim
- **Abs/Butt/Thighs Workout With Carol
- **DCD board meeting
- Sat, 12/07 @ 10 am - 2024 Holiday Walk
- Sun, 12/08 @ 2:00 - 4:30 pm - DCD Holiday party
- Fri, 1/4-6/25 - Unleash the Dragon - Sarasota, FL

** Please check Teamsnap calendar for dates and times



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 [krogercommunityrewards.com](https://www.krogercommunityrewards.com)

On and Off Season Physical Fitness

By Ellen Jacobs

There are several different types of structured workouts that are important for the team.

Buff Bones is the newest, it is a bone strengthening workout. We start to lose our bone density in our early 30s. Buff Bones works on our balance, coordination, hip strength, core and pelvic stability, bone impact and it teaches us a safe way to exercise. Those of us with osteopenia, osteoporosis and even women with good bone health, will benefit from taking this class. Especially those of us that have gone through chemo and radiation.



HIIT is high intensity interval training. We do some low impact cardio using HIIT where you work out for a period of time, like 40 seconds, and then you have a short rest, maybe 10 or 15 seconds. HIIT workouts help us improve endurance and stamina. They can also help reduce blood pressure, blood sugar, stress, anxiety, and so much more. Doing low impact will help reduce stress on your joints and muscles to help prevent injury.

Sometimes we will do a targeted core workout. Your core consists of your abs, obliques, lower back, glutes, hips, pelvis, diaphragm, and lots of other little muscles. A strong core will help you become a stronger paddler. It will help protect your lower back from injury, it helps improve your balance, posture and coordination. Bird dogs, dead bugs and planks are the best core exercises along with all different types of crunches.



And a good old-fashioned ABT (abs, butt, thighs) also targets your core, helps improve strength, balance, it can firm up your waistline, improve lower back pain and so much more.

I also highly recommend doing a strength training class regularly at least a few days a week. Myself and several others on the team, do a strength training zoom class every Monday, Wednesday and Friday at 8 AM with George (she's on our team and lives in Florida) And if you miss it, you can always do the recorded version.

Be good to yourself and your team and make sure you are staying active, especially during the off-season! It will make you a stronger paddler ♥

Coach: This practice is going to be fun!!
The Team: 'Oh... good lord... We're gonna die!!'

