



ISPE | Boston Area Chapter
Serving All of New England

Paddle Team 2023

TEAM REGISTRATION NOW OPEN! **BOSTON DRAGON BOAT FESTIVAL**

Location: Charles River

Date: June 10-11, 2023

Register Online: ISPEBoston.org/Events

No experience required!

Coaching Included!

Limited Spots Available!

Saturday, June 10, 2023

***Sunday, June 11, 2023**

**Pending results of Saturday's Time Trial Races*

8:00AM—3:00 PM

John W. Weeks Bridge, Cambridge, MA 02163

Attention all Ethnocultural Diversity, Equity, and Inclusion enthusiasts! Get ready to witness the spectacle of a lifetime as we celebrate the Boston Dragon Boat Festival! Sign up to paddle with ISPE Boston at the 2023 Boston Dragon Boat Festival!

Embark on a journey filled with vibrant colors, traditional music, and the spirit of competition as teams from around Boston gather to showcase their unique cultural heritage. Watch as they maneuver their intricately decorated boats in fierce competition, all while displaying their cultural pride through traditional costumes and music.

The event will take place on the scenic riverbanks of the Charles River, offering breathtaking views and an unforgettable experience. There will also be food stalls featuring cuisines from different cultures, ensuring that you have a taste of the world's finest culinary delights.

Don't miss out on this opportunity to experience the fusion of culture and sports!

ISPE Boston will be paddling a dragon boat comprised of paddlers, a drummer, and a steerer. No experience is required to participate. Paddlers will be coached and provided all necessary equipment. Athletes must be competent swimmers, though the goal is to stay *in* the boat! Participants must agree to participate in a minimum of two 2-hour practice sessions, which will be scheduled up to 4 weeks prior to Race Day (June 10th). Race lengths include 250m and 500m, equivalent to 2-3 or 4-5 minutes of intense exertion, respectively. Time trial races will take place on Saturday and qualifying teams will be invited back on Sunday to compete in final races.

Important Note: The team is **limited to 20 paddlers and up to 6 alternates!** Please register early! All participants will be required to complete a waiver with ISPE Boston.

Registration Fees:

ISPE Members – FREE!

Non-Members - \$20

REGISTRATION IS NOW OPEN ONLINE AT:

www.ISPEBoston.org/Events