



# Seattle SAKE Dragon Boat Club

## Club Newsletter

October 30, 2011

Submit content or ideas for the next newsletter to [comm@clubsake.com](mailto:comm@clubsake.com)

### WINTER TUESDAYS: WARM IT UP!

Miss paddling at night during the week? Then come on out Tuesday evenings to paddle with members from the rest of the Club. It's a great way to get some mid-week exercise in during the dark days of winter as well as meet paddlers from other teams. The group has already been out several times this month thanks to Todd Koyamatsu tilling.

If you are at all interested (whether now or later in the season), **email Cheri Rutherford** at [cheri@interflight.com](mailto:cheri@interflight.com). Cheri was kind enough to coordinate the weekly winter paddle this year and has set up a separate instance of TeamCowboy just for this particular event. So email her to get signed up!

For those of you that are interested, here are the rules of the game:

- Boat departs from the South Dock at 6:30pm and returns at 7:30pm
- By 3:00pm on Tuesday, please RSVP with either yes or no.
- If you have to cancel, no worries. Just change your RSVP by 3:00pm on Tuesday. It's important to know who is in or out in case there are not enough people to actually go out.
- If a minimum of 9 people do not accept the RSVP, or if a tiller is not available that evening, the event will be automatically cancelled. So check before you head out.

### SAUSAGE PULL 2011: BATTLE OF THE DRAGON BOATS

On Saturday, October 1, 26 Club Sake members competed in the Sound Rowers' Sausage Pull in two boats of thirteen.

Seattle Flying Dragons were also there with a boat of thirteen. The showdown took place over the 6.5-mile short course between Mt. Baker Beach Park and Seward Park. In the end, Flying Dragons led the dragon boat pack with a time of 1:03:07, followed by the two Club Sake boats at 1:04:37 and 1:07:51.

They were joined by several other "watercrafts" including OC1's, OC2's, Surfski's and SUPs some taking the short route (6.5 miles) and some taking the long route (14 miles) around Mercer Island. Ken Kroeger (OC1) made it in 1:02, Ernie Wong (OC1) at 1:04 and Minnie Fontenelle (OC1) at 01:09 – definitely deserved their prize of a grilled brat!



### SAVE THE DATE

**>Every Tuesday Night  
Winter Tuesdays: Club-Wide  
Paddle  
6:00-8:00pm  
South Dock, Leschi Marina**  
To sign up, contact Cheri at [cheri@interflight.com](mailto:cheri@interflight.com)

### 2011 WINTER PRACTICE SCHEDULE

Please note that Absolut Sake and Team Spitfire Junior will not be holding winter practices.

- Habu Sake:**  
Saturdays 8:45am
- Hot Sake:**  
Saturdays 9:30am
- newSAKE Team:**  
Wednesdays 6:00pm  
Saturdays 9:00am
- Sakeccino Sake:**  
Saturdays 9:00am
- Survivor Sake:**  
Saturdays 9:00am
- Team Spitfire Sake**  
Selected Thursdays 6:15pm  
Selected Saturdays 9:30am  
Email [TSS@gmail.com](mailto:TSS@gmail.com) for details
- Vintage Sake:**  
Saturdays 8:00am

### MEMBERSHIP REMINDER

As of October 1, any new member can pay the regular annual dues and get the rest of 2011 and all of 2012 for one price! It's a great incentive for new folks who are joining in the winter!

**SHOUT OUT** to Cheri, Pam, Michelle Hemby, Zheng, Danny C and Jan for providing content and photos!

## PSA FROM OUR SAFETY OFFICER: PREPARE FOR COLD WEATHER PADDLING

The race season is over, the leaves are turning, and the air is getting nipper. Still, your paddle should not disappear in the closet for hibernation. Paddling in the cold season can be loads of fun – imagine crisp bluebird winter mornings with views from the boat of snow-covered mountains; or a practice that starts in dense fog which burns off throughout practice; or a clear evening with the city lights reflecting in the glass-like water; or even a practice in the November drizzle with dim-sum afterwards. Yes, cold weather paddling can be fun – yet, some safety considerations should be taken into account:

### Dress appropriately

- This is for everyone – wear enough layers so that you stay warm (and hopefully dry) during the entire practice but still can shed layers when you warm up. Your gear should be made of some kind of technical fabric – cotton is a really bad idea, especially in winter.
- Consider wind chill – bring a wind breaker on a breezy day.
- When it is chilly, a hat can help to keep you toasty – one can lose lots of heat through an unprotected head in the breeze.
- Paddling gloves keep your hands warm.
- Unless you have a designated tiller, please let them know ahead of time so they can dress warmly.

### Check your teammates

- If your benchmate starts shivering or turns blue, something is wrong. There is a hat and a blanket in each of the safety bags. People who get hypothermic aren't very likely to admit it. There is no shame at all in bringing someone who is getting too cold back to the dock.
- On a cold winter day, it is a good idea to have a thermos with hot chocolate on board – not only is it a treat for the callers and tillers, it can warm up a shivering teammate quite nicely.

### Check your course

- This is primarily for tillers – check your surroundings and the water even more diligently than in summer. With cold water you want to avoid a huli or swamping at all cost. Chances are that nobody is anywhere near to help you out. Swamping a boat from a wave from a long gone raucous power boat on the middle of the lake can be nothing less than fatal.
- Severe hypothermia can set in as little as 15 minutes in 40-50F cold water. Rescue boats might barely reach you within that time under best of all circumstances.
- Please stay close to shore (check white buoys) and make extremely conservative decisions about going out in the first place and choose your course carefully.
- If you go out after dark, running lights at bow and stern are mandatory.
- If conditions turn out to be too dicey during practice, it is a smart choice to head towards shore; the boat can always be brought back later.

With all of this in mind, winter paddling can be a real blast! Have fun out there!

## SAN FRANCISCO RACE: HOT SAKE EATING IT UP

Hot Sake competed in its last dragon boat festival of the season on Treasure Island in San Francisco on Sept. 17-18. Though every day was more of a walking food tour of the city (crab and more in Chinatown; pizza, gelato and salami in North Beach; Thai in the Mission district; wine, ice cream sandwiches and meat cones at the Ferry Building, etc.), Hot Sake did actually find time to race! And thanks go out to SF Absolute Dragons for being such wonderful hosts by providing tents, chairs and, more importantly, food and water!

Hot Sake raced their way into the Comp B division and placed 6<sup>th</sup> in the consolation race at the end of the day. They ended up placing 23rd out of 72 pretty darn competitive teams.



## PORTLAND DRAGON BOAT RACE: TEAM SPITFIRE SAKE ON FIRE

Team Spitfire Sake (TSS) had a fun weekend of racing at the 2011 Portland Dragon Boat Race this year with 75 teams competing. TSS finished the weekend with a 1st place finish in the Mixed-B consolation and its best time of the weekend, 1:53. It was fantastic to have three other Sake members join TSS for this event. Will Stiles and Denise Johnson rounded out the roster of paddlers, with Peyton Gaunt at the till.

With TSS competing against the Spitfire Sake Juniors twice during the festival, the announcer created new nicknames for the teams. The "Juniors" beat the "Parents" in the 250-meter race on Saturday, but the "Parents" sought revenge and edged out the "Juniors" in the Consolation B Final on Sunday!

Finishing first in Mixed-B got TSS an invite to the 2,000-meter Bridge Race. TSS finished 8th with a time of 9:36. Lesley created the strategy and Shibumi helped round out the roster since several TSS members needed to hit the road before the race finally started well after 6p.m. It was a long but fun day indeed.

Dave organized a TSS masters team that included some additional 40-plus power from Habu Sake and Kent Draggin Tails. It was a great master's division with 8 teams competing on Saturday and 5 moving onto the final on Sunday. The master's team celebrated a 1st place finish with 1:58 edging out Wasabi Grand Masters.



## DRAGON BOATING 101: MISSION ACCOMPLISHED

Club Sake's Membership Committee launched a new recruitment effort this summer, thanks to a proposal brought forward by Wendy Ceccherelli! Four introductory paddling sessions – Dragon Boat 101 – were birthed from Wendy's proposal to create a more welcoming event for first-timers, providing plenty of basic instruction and encouragement. It's a great reminder to all: if you have a good idea, then propose it to the Board and make a difference in the Club!

These two-hour sessions, tapped the talents of coaches and enthusiasm of experienced paddlers, to provide over 60 new paddlers with an opportunity to get on the water and give dragon boating a try. Special thanks to all the coaches who volunteered – Lesley Blythe, Jules Halvarson, Michelle Heinrich, Chana LaRiviere, Dena Singleton and Dina Stark. Add to that 7 tillers and 32 other experienced paddlers who volunteered. This was indeed a club-wide effort representing participation by every team!

The Membership Committee used new ways of reaching out to potential members that proved to be quite effective – Facebook and Meet-Up were key to attracting newbies to Dragon Boat 101 sessions. Several members also extended personal invitations to friends to get out on the water.

All four Dragon Boat 101 sessions were a success – with strong attendance and great participation from the Sake membership! Stay tuned as the Membership Committee compiles data from this pilot project and compiles recommendations for 2012. And, if you have any ideas on how to improve upon these recruitment offerings for the future, please email Pam at [psmithmentz@gmail.com](mailto:psmithmentz@gmail.com).

