



QUESTIONS-ANSWERS

GATINEAU DRAGON BOAT FESTIVAL FOR CENTRE CARMEN
12th EDITION – SATURDAY JUNE 9, 2018

What is the Centre CARMEN's mission?

To continue to provide free professional services complementary to the health care system. To accompany our participant in her or his healing process and provide support to the family. The Centre CARMEN offers the following programs:

- Day programs for women cancer patients;
- Day programs for persons with chronic illnesses (Multi-diagnostic);
- Day programs for male cancer patients, "Gérer le cancer au masculin";
- Evening program for caregivers.

Exactly who benefits from the money raised by the Festival?

For the year 2017, we received more than 200 requests for our services from health system professionals on behalf of their patients.

To find out more about the services and activities at the Centre CARMEN, please visit our website at www.centrecarmen.ca or our Facebook page:

<https://www.facebook.com/FondationCARMEN>

How many people are required in a boat?

21 people team members in a boat: 20 paddlers and 1 drummer. The festival provides a steersperson to guide the boat in the races.

How many teams participate in the Festival?

A full Festival consists of 28 teams, more than 580 paddlers.

Where are the two practices held?

There are 2 practices provided with your enrollment fee. Participation is obligatory for at least one. The practices are held at the Cascades Club in Chelsea, Quebec.

<http://cascadesclub.ca>

How long does a practice last?

Approximety one hour.

When are the practices?

Practices will be held all day on Sunday, May 27th and June 3rd, 2018, as well as on Wednesday evenings, May 30th and June 6th, 2018.

When is the Festival?

Saturday, June 9th, 2018

Where will the Festival be held?

The location is at the Leamy Lake Park in Gatineau (Hull sector), near the Casino. Access is by Fournier Boulevard.

What is the Festival schedule?

See in the event

Who is the President of Honor?

info coming soon

Who organizes the Festival?

The Festival is organized by the Centre CARMEN, who relies on more than 60 volunteers to make this event a success.

Race logistics are the responsibility of a specialized company: « 22Dragons »:

<http://www.22dragons.com/>.

It is the Dragon commettee who takes care of all the details for this beautiful day; should you have any questions, please contact Marie Laroche marie.laroche@centrecarmen.ca

You would like to be a volunteer?

Please contact Marie Laroche marie.laroche@centrecarmen.ca

Who do we compete against?

There`s 2 types of teams. There`s the regular teams which must be comprised of at least 8 women, or there`s the 80/20 teams who have a maximum of 5 men in the boat. Teams will compete with teams within their own category and results will be segregated into one of these 2 categories. A third category will be added this year: competitive teams will be able to participate in their own category.

Registration fees of \$60 (adult) or \$30 (ages 14-17) apply and must be paid with registration. When should I register?

sooner the better, as until your registration is paid your place is not reserved. You may pay your registration fee by credit card via the on-line donation site once you select your team.

Why pay a registration fee?

The Centre CARMEN does not own any Festival equipment such as the boats, paddles, life vests, etc., therefore we must rent them. Your registration fee covers the cost of the rental of the boats, insurance, the borrowed material (life vests and paddles), the race logistics (lanes, computer for the start and finish lines), sound system for the animation and the music, medals. Your registration fee also pays for 2 hours of boat rental and professional coaching at the practices.

Why am I raising an additional \$200?

That`s the portion that finances the programs at the Centre CARMEN, as the Festival is one of the organization`s main fundraising activities. This year our fundraising goal is \$225,000. The Centre CARMEN annual operating expenses are approximately \$325,000.

I hate asking people for money and I`m concerned I can`t raise \$200.

All Festival participants will have their own personal web page offered by the Centre CARMEN where they can load their photo and compose a text explaining their reasons for participating in the Festival. On this page there will be a link for people to make an on-line donation. So, no matter where you are located, all participants can communicate with their friends and families and let their fundraising begin! That way, no one feels pressured or obligated to give you money.

I don`t trust Internet transactions and I don`t necessarily know all of my sponsors either. Is there any other way to manage the donations I receive?

Internet site and transactions are secure links provided by the RBC Group - Royal Bank of Canada, a trusted and proven organisation. If you still prefer to personally handle the donations you receive, you will be provided with a « Manual Donations » kit for cash or cheque donations you receive. You must return your kit to the Centre CARMEN at the latest by the end of May. Simply ask your team captain or the Centre CARMEN for your kit.

Are the practices or the Festival held if it's raining?

Yes, the only condition that would cancel or delay practices or the Festival is if there are thunderstorms. In this case, you will be advised.

What happens if I don't participate, or I quit?

It's your fellow team members that will be penalized! 10 people must be sitting in each side of the boat so the boat and paddling is balanced. If too many team members quit, the boat will not be able to participate. It is your responsibility to find someone to replace you if you cannot participate and this person MUST attend at least one of the practices.

How long is each heat?

Each race is 200 metres long which takes approximately 60 seconds or less to complete.

Can I be seated next to anyone I wish in the boat?

Perhaps, but the position you hold in the boat is dependent upon many factors. Weight must be distributed evenly throughout the boat and paddler position in the boat must follow a specific order. Here is a brief explanation of the key paddler functions and positions in each boat:

- **Pacers** : keep the rhythm; they typically have shorter arms and are seated at the front of the boat
- **Engine Room**: they move the boat forward in the water, are typically heavier and are seated in the middle area of the boat.
- **Rockets**: they propel the boat, have longer arms to « catch » the water and are seated at the back of the boat. This is a very anaerobic function and so these people will get the ultimate cardio workout.

How many races must each team complete in order to qualify for the finals in the Festival?

Two heats in the morning to determine strength and class. One or two in the afternoon, which will qualify the team into one of: Consolation, semi-final or final.

Is there some equipment furnished by the organization?

Yes, the boats, the paddles and the life vests are furnished. If you prefer, however, you may use your own equipment as long as it complies with nautical regulations. Paddles must be paddles specific to the dragon boat sport and are very different from paddles used for canoeing.

What is the dress code?

Ideally, please dress comfortably. Sporting clothes including pants, T-shirt and running shoes are the standard. A change of clothing is very useful, especially if the weather is variable. The average temperature at the beginning of June is around 20 degrees, but can vary enormously from year to year. Over the nine year history of the Festival we've had very cool days as well as very hot. Leamy Lake is always a relatively windy site so at time a windbreaker is a welcome complement to the wardrobe.

Will we have team T-Shirts?

Team T-shirts are a team decision. Teams identify themselves sometimes by specific colour or accessory. The Centre CARMEN does not provide T-shirts but can refer teams to shops that, due to volume orders, will provide very competitive prices for the shirt or accessory.

Will I meet the other paddlers before the practices?

As a matter of fact, there will be a cocktail at the Centre CARMEN for Festival participants, volunteers and sponsors. This event will take place on Friday, May 18th, 2018.

Are meals offered by the event organizers?

As the Centre CARMEN is a not-for-profit organization, we do not have the means to be able to provide this. Free meals are offered ONLY to the Festival organizers and participants of the Centre CARMEN. You may bring your own lunch or, if you prefer, organize a team pot-luck lunch for the Festival.

Can I invite my family and friends to the event?

Absolutely! They'll have a chance to see the races, to cheer you and your team and to experience the activities that take place during the lunch break (opening ceremony, dragon dance, team presentations, etc.)...There will be a nominal charge for parking, charged by the NCC. It is also possible to park free of charge on the far side of the lake (just west of the Réno-Dépôt). The Festival is a pretty 5 minute walk from this parking site.

How many boats per race?

3 or 4 boats on the water for a race.

What are the most important characteristics of the race?

The community aspect, camaraderie, team work and synchronization are what we see the most on that special day.

Will I receive documentation of the event and on the Centre CARMEN?

Following your registration, your team captain will communicate with you to provide you with such documentation.

Are tax receipts provided for donations?

Tax receipts are provided for donations of 20\$ and greater. Receipts for cash or cheque donations are issued at the end of the year to those donors who provided their information on the special document provided to each paddler. Instant tax receipts are automatically provided by email for on-line donations.

I have other questions: to whom can I address them?

You may contact Marie Laroche, Overall Team Coordinator, by email: marie.laroche@centrecarmen.ca, or by calling 819 243-0337, extension 349.