



Impact Initiatives Dragon Boat Race Bank Holiday Monday 30th May 2005

Dragon Boat Racing originated in China and has now become one of the country's fastest growing team sports. The origins of the racing are shrouded in myth and legend, stories of poets and romance. The long canoe-like boats are decorated to represent Dragons, and are powered by a team of paddlers, seated side by side, lead by the rhythm of a drummer.

We are holding the races in order to provide valuable funds for our work. By taking part you'll be helping Impact make a difference to the lives of over **4,500 people in Sussex**.

The event is limited to only 14 teams so do please ensure that you complete the entry form and return it with your entry fee as soon as possible.

- You don't need to be super fit or have any special training so long as you are in good health and can swim in light clothing.
- We ask for you to raise just £700 per team if entering as a team (up to 20 people) or just £70 per individual team member but of course we would be absolutely delighted if you manage to beat this challenge.
- Your non-refundable entry fee covers the entire cost of equipment, at least 3 races per team, entertainment and medals for the top teams.
- **Prizes awarded for teams and individuals who raise the most funds.**
- If you are entering as a team please include your team name and the names of other members of your team.
- The minimum number of team members is 9 – (8 paddlers 1 drummer)
- The maximum in the boat is 12 paddlers plus a drummer however teams can be up to 20 people and mean substitutes can be made.
- If you are entering as an individual or in a smaller group please let us know and we can team you up with other groups.

We shall also be awarding prizes for the team in the best fancy dress outfit so let your imagination run wild and theme your team.

The event also brings a wide range of opportunities for corporate sponsorship and publicity. Please do get in touch if your organisation would like to be involved.