

Dragon Boat Quick Starts

Anyone can paddle!

SAVE THE DATE!

When: Saturdays in
MAY & JUNE 11:00
a.m. - 1:00 p.m.

Where: Three Rivers
Rowing Assoc.
(Pittsburgh Paddlefish)
Millvale & Steel City
Dragon Boat Assoc.
Fox Chapel Marine

Who: Anyone can
participate, maximum
of 20 people per boat.



Its time to begin
forming community
teams to compete in
the 8th annual
Pittsburgh Dragon
Boat Challenge!
Grab your neighbors,
grab your friends,
grab your co-workers.
Then grab a paddle
and hit the water!

www.threeriversrowing.org

www.pittsburghpaddlefish.org

www.steelcitydragons.org

Quick starts are being offered **Saturday afternoons or by appointment from 11AM-1PM starting in MAY**. Teams who participate in the quick start program are automatically enrolled in the 2009 Dragon Boat Challenge being held on **JULY 5, 2009**.

Races are being held on the Allegheny River, adjacent to PNC Park. Best viewing locations are Point State Park, North Shore or from the Fort Duquesne Bridge.

Practice Locations:

Three Rivers Rowing Association
(Pittsburgh Paddlefish)
Millvale Boathouse
www.threeriversrowing.org for directions
Contact:
rowandpaddle@threeriversrowing.org

or

Steel City Dragon Boat Association.
Fox Chapel Marina
1366 Old Freeport Rd
Pittsburgh, PA 15238
Contact: info@steelcitydragons.org

Hurry! Sign up now! We are offering a special package deal that includes group lessons and participation in the races.

www.threeriversrowing.org

www.steelcitydragons.org

www.pittsburghpaddlefish.org

What is a Quick Start?

A jump start introduction to the sport of dragon boating. You will learn the basics of paddling a boat along with the importance of teamwork. Instructors will also go over race distances, strategies, and other important factors that will prepare teams for race day.

Each team has two sessions included in the race registration price. Other dates can be purchased for an additional fee. Practices will also include instruction from our Pittsburgh based dragon boat teams.

Check out our websites for further information!