



BREAST FRIENDS

NEWSLETTER

JUNE
2024



PADDLES UP FOR 2024!

Breast Friends are back at it for the 2024 race season. Following 4 months of dryland fitness training, practices on the North Saskatchewan River started for 80 members on May 21st. The team paddles 3 times per week at Dawson Park, led by coaches from the Edmonton Dragon Boat Racing Club. Breast Friends wishes to thank all the 2024 sponsors and donors that make our season possible!





NEWBIES TAKE TO THE WATER

Breast Friends welcomed 15 new teammates to the boats this summer. New members, affectionately dubbed "newbies," participated in 2 weeks of learn to paddle training, including an intensive 2 day paddle clinic with returning members. Newbies have now successfully joined the regular crews with an incredible new appreciation for what they can challenge their bodies to achieve. Welcome aboard to all new BFs!



PREPARATIONS FOR 2 BF CREWS AHEAD OF RACE WEEKEND

In preparation for the first race weekend in Lethbridge. BFs split into 2 crews. Breast Friends Kaizen and Breast Friends Fortitude. After a few sessions to brush up following the offseason, the teams began getting race ready under the leadership of coaches Cy, Michael, and Mallory. Practices leading up to the first festival were geared toward building strength, endurance, team work, and race strategy.

AND THEY'RE OFF...

The ATB Financial Lethbridge Rotary Dragon Boat Festival took place June 21-23, hosting 84 teams from across Western Canada. Breast Friends took 44 representatives and had a fantastic showing! BF Kaizen won Gold in the Breast Cancer Survivors (BCS) Race and qualified into the medal round of the Women's B Final, finishing 4th. BF Fortitude placed 4th in the Breast Cancer Survivors race and brought home the Bronze Medal in the Women's C Final.

The festival included an emotional Rose Ceremony with the 8 participating Breast Cancer Survivor teams honouring those that have passed from breast cancer.

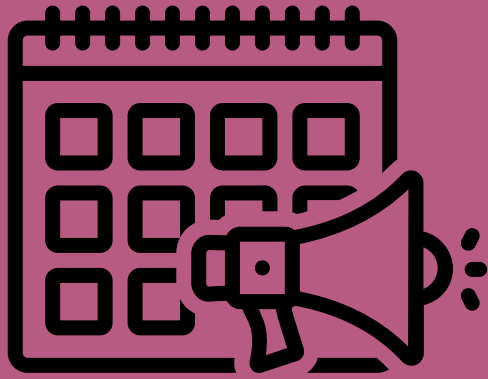
With sunny and warm weather, the crews worked hard, forging and strengthening team comradery. Well done to all BF's participating in the festival and thank you to teammates, family, friends, and sponsors that cheered us on whether at the site or from afar!



Breast Friends Kaizen - Gold BSC



Breast Friends Fortitude - Bronze C Final



UPCOMING EVENTS

July 13-14

South Island Dragon Boat Festival
Fairway Gorge Paddling Club – Victoria, BC

Aug 9-10

Sinopec Calgary Dragon Boat Festival
North Glenmore Park – Calgary, AB

Aug 17-18

Edmonton Dragon Boat Festival
Telford Lake – Leduc, AB

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