Where is the Festival? The festival is held at Mooney’s Bay Park on Riverside Drive. Mooney’s Bay Park is located 1 1/2 kms north of Riverside Drive and Baseline Road intersection. The Park is 1/2 km north of Riverside Drive and Walkley Road intersection. Riverside Drive is accessible directly from the Queensway (Highway 417). Look for the Riverside South exit.

Is there a fee to attend the festival? No, there is no site admission fee and it is open to the public.

When is the Opening Ceremony? The Opening Ceremony will be held at approximately 7:00pm in the Beach Tent on Friday of the Festival Jun 24th.

Will there be food and refreshments available on site? Yes, numerous food vendors offer a variety of food and beverages throughout the weekend from breakfast to dinner.

Can I visit the Teams? Yes, each team has their own tent and would welcome you to visit.

How does the Community Benefit? The Ottawa Dragon Boat Foundation was established in 2003. To-date it has raised $3.7 million, benefitting 40 local charities.

How do I get more detailed information?

www.dragonboat.net
Tel: (613) 238-7711
Calling All Breast Cancer Survivors!!!

We are Busting Out, Ottawa’s only dragon boat team of breast cancer survivors. We paddle to raise awareness and also to help and support those who have completed treatment, because we have been there too.

Some of us have been paddling since the team’s inception in 1998, two years after the first survivor team was started in Vancouver. Others have only recently joined Busting Out and are still finding their way. We are from all walks of life and come together twice a week (on Tuesday and Thursday evenings) to paddle along the Rideau River from the canoe club. Anyone who has had breast cancer and has completed treatment is welcome. Currently the team numbers more than 65 members.

If you would like information about Busting Out and the Dragon Boat program, please send us an email at info@bustingout.ca.

Breast Cup Race and Flower Ceremony

After the “Breast Cup” Race, there is a special “Flower Ceremony”. The paddlers bring their boats together, side by side, forming a group that looks like one boat. Then the members of the breast cancer dragon boats – both survivors and those undergoing treatment – listen to a greeting, a song is sung and a poem is read. At the end of the ceremony, all paddlers as well as survivors and supporters on the shore, throw pink carnations into the water and watch them float away on the current.

It’s a tradition that gives us a moment to remember and honour those who have passed away from breast cancer and those who are still fighting.

Dragon boat racing for breast cancer survivors began in Vancouver in 1996 when Dr. Don MacKenzie conducted a study to determine whether women who were treated for the disease should avoid rigorous upper body exercise. At the time, it was thought that exercise could cause lymphoedema, a debilitating and chronic side effect of treatment. The sports medicine professor trained 24 breast cancer survivors to paddle in a dragon boat, and at the end of the three-month season, none of the volunteers had developed lymphoedema.

After the experiment was over, the women discovered additional benefits of dragon boating, including improved fitness and health, and the camaraderie and support of the other women. So they decided to continue training together and the next year the first dragon boat races were organized.

It was started in Vancouver and now it’s all over the world.

Busting Out Races:

Busting Out will participate in the Community Races scheduled by the Festival on Saturday Jun 25th and Jun 26th. The timings of the races will be posted on their website www.dragonboat.net

The Breast Cancer Survivor’s Race is also called the Breast Cup. Teams from out of town also come to participate. This race is scheduled for 12:30 on Sunday June 26th. This is followed by the Flower Ceremony.

Busting Out will have two boats participating.

Courage and Spirit. This provides all our paddlers a chance to participate.

Visiting Survivor teams this year are:

Seincr’r’eau from Montreal

Two Abreast/Cote-a-Cote from Montreal