This past month we have been experiencing the variable weather of Spring and having to cancel practice at the last minute. Predicting the weather can be a little tricky and sometimes the wind can surprise us. Conversely, we’ve had some lovely paddling water with terrific views of Mount Rainier - which of course we only see on a coach sanctioned break! Welcome new members Cindy, Jan and Kathy.

Sternward - Looking Back

Bowward - Looking Forward

- May racing details: Rainier & False Creek
- No scents policy
- Capsize drill
- Team job opportunities
- Celebrating Life with Yoga
- Nationals training
- Paddles for sale

Land Training at Pratt Park

and now Bellevue DT Park too!

Andrea, Mary and Sandi all joined Capt’Anne for some strength training at Pratt Park with about a dozen Club SAKE members. Sabine set up a challenging circuit for us. We worked out in pairs and had a fun time doing it.

Upcoming training sessions can be found on Team Cowboy, Club SAKE Supplemental Training.
Pratt Park: Sundays & Wednesdays

And now also a NEW location!
Bellevue Downtown Park: Sundays & Thursdays
**What to Bring:**

- Team Jersey
- Black pants/shorts/race skirt
- Team PFD (if you don't have one, you can borrow one for race day)
- Appropriate footwear (same as practice)
- Rain gear, dry clothing, towel
- Sun glasses
- Sunscreen
- Hat
- Water & Water Bottle (no potable water on-site; plan accordingly!!)
- Snacks to share
- Cash for parking and festival vendors
- Camera
- Folding chair/blanket (if desired; there's grass and other areas to sit)

**MORNING SCHEDULE**

7:15 - Equipment Manager, 4 Team Volunteers & Captains arrive
7:30 - Registration
7:45 - General Team Arrival
8:00 - Opening Ceremony/Dotting of the Eyes of the Dragon
8:30 - Captain's Meeting
9:00 - Races Begin!

*** Please arrive no later than 7:45 a.m. ***

The specific race schedule has not yet been determined and we could be marshaling as early as 8:40 a.m.

**PARKING**

- Behind the Dock Building (enter at Rock the Dock Pub) - 78 spaces; first come, first served; $10 CASH ONLY
- Pay lots by Fish Peddler Restaurant (E 15th & Dock St.)
- Free parking at Tacoma Dome Transit Center (434 E 25th St.)
  - Enter from E 25th St; park on east end of garage near East G St.
  - Shuttle service at East G St every 15 min starting at 7:00 a.m.
False Creek Women's Regatta (FCWR) 2019 Vancouver, BC

ARRIVAL/DEPARTURE
Arrive: Friday, May 24th (afternoon/evening)
Depart: Saturday, May 25th, 5:00 pm (or after races complete)

TRAVEL TO VANCOUVER, B.C.
• Be sure you have an enhanced state driver license or current passport.
• Carpool with a buddy or two. Share the driving and gas expenses!
• Take the train (Amtrak schedules)

HOTEL ACCOMMODATIONS Sandman City Centre, 180 West Georgia St.
If you have not yet booked a hotel room and need one, please use the following link to our team’s event page: https://groups.orbitz.com/EventPage5175319
The Sandman City Centre is the closest to the Creekside Park race venue, and is the team preference. It is about a 10-15 minute walk to the race site. Free reservation cancellations and/or changes prior to May 23.

TEAM DINNER
Where: Moxie Restaurant, Sandman Hotel, 180 West Georgia, Vancouver B.C.
When: Friday, May 24, 6:30 p.m.
• Separate checks are okay
• A 17% automatic gratuity will be added to each check
• Any item on the menu can be converted to gluten-free
• We will have our own private space on the mezzanine

RACE
This is a one-day race, and we will arrive at the Creekside Park race site at approximately 7:00/7:30 am on Saturday, May 25th. We may have additional information closer to race day.

WHAT TO BRING
□ Passport or enhanced driver license
□ Team Jersey
□ Black pants/shorts/race skirt
□ Team PFD (if you don’t have one, you can borrow one for race day)
□ Appropriate footwear (same as practice)
□ Rain gear, dry clothing, towel
□ Sun glasses
□ Sunscreen
□ Hat
□ Water Bottle
□ Snacks to share
□ Cash for parking and festival vendors
□ Camera
□ Folding chair/blanket (if desired; there’s grass and other areas to sit)

LIMERICK CONTEST
Vote for your favorites by Tuesday, May 14th!
https://catalyst.uw.edu/webq/survey/gandrea/372585

If you have not done so, please notify Capt’AnNealy about your accommodations, travel to Vancouver and whether you will attend the team dinner on Friday.
Team Job Opportunities

Are you looking to get more involved with the nitty-gritty of maintaining and running our team? Then we’ve been looking for you. Come on in, the water’s fine!

To all the volunteers who have already answered Capt'AnNealy's call for assistance with Survivor SAKE management roles, specific jobs and fundraising support - Survivor SAKE Thanks you!

We know you don’t want to miss an opportunity to get involved - contact Capt'AnNealy and we will find a job for YOU!

We can also use help with getting some of our twitter and Instagram handles up and running.

For more information on how to help the team raise $$ to get to Nationals, please stay tuned.

Club Equipment Task Force
Survivor SAKE is going to be in charge of keeping the lockers at Leschi neat and organized. We need 4-10 volunteers to be part of the overall Team Stuff Task Force - more hands mean less work. This job will consist of monthly tasks including:

• Tidy up and inventory the lockers on the dock - we all know how quickly these can become disorganized; **remind others to keep items in order**
• Test hoses and pumps
• Inspect locks and state of the lockers themselves
• Label supplies
• Take photos of supplies/equipment in need of repair or replacement
• Check supplies for boat cleaning every month
• Sept.-April check boat lights and batteries monthly

Please pitch in to take care of our equipment - join the TEAM STUFF task force. Coach Lisa will be leading the task force. Contact Lisa Harkins at lisah@whidbey.com

Social Media Crew
Survivor SAKE is on Twitter and Instagram!

@survivorsake

If you have an account, please follow the team to increase our exposure. If you don't have an account, it's easy and fast to set one up: Click on the links above to get started now. Do it for the TEAM - we need you as followers!

Photographers
We know we have some talented photographers on this boat! Show your skills and take photos during our practice brakes (if manageable). Share them with Susan Mazrui and/or our Social Media crew (TBA).

Race Set-Up Assistant
Thank you to Jen for storing and transporting our team equipment to the race sites. Help is needed to set it up. This includes a tent, tables and other things to create our site.
**MARK YOUR CALENDAR!**

Celebrating Life with Yoga  
**When:** September 22, 2019, Sunday, 3-6pm  
**Where:** Vasa Park Ballroom, Bellevue WA

The second annual “Celebrating Life with Yoga” will be on September 22, Sunday, from 3-6pm.

The Yoga Spot, Charlene’s yoga teaching company, will be hosting this event. All proceeds from the event will benefit Team Survivor Northwest.

There will be a yoga class, afternoon tea, and awesome raffle prizes. Everyone is welcome, with or without prior yoga experience. For updates, check out [http://www.theyogaspot.net/celebrating-life-with-yoga.html](http://www.theyogaspot.net/celebrating-life-with-yoga.html)

Stay tuned for announcements and ticket sales from *What’s the Catch*, TSNW, and The Yoga Spot.

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**‘NO SCENTS’ MAKES SENSE!!**

Please remember that Survivor SAKE is a Team Survivor Northwest (TSNW) program, and strictly adheres to TSNW’s ‘no scent’ policy. Some of our sisters are highly sensitive or allergic to perfumes and other fragrances. Please be kind to your teammates and observe this policy by leaving your perfumes and scented lotions, shampoos, hair and body products at home for dragon boat practice, races and all TSNW events and programs.

If you are wearing scented products to practice and it disrupts your teammates, you will be asked to sit out for that practice.
NATIONALS TRAINING

As a reminder, to qualify to compete on the Survivor SAKE team in the National Championship race (Nationals) in Colorado Springs, you must have been a member of Seattle SAKE Paddling Club as of February 24, 2019.

One of the main goals for this race is to compete in the first national All Cancer Survivor (ACS) division, which could lead to our team’s participation in an ACS division in the World Championships (Worlds) in 2020. Those who are not eligible for Nationals this year could have an opportunity to compete in Worlds if you maintain your club membership in 2020.

Competing in Nationals is also an opportunity to compete in a race Survivor SAKE has not yet experienced. As our coaches have voiced, both Nationals and Worlds are an ‘ultimate paddler experience’!

CAPSIZE DRILL

An annual capsize drill is required for all 1yr+ members. Although new members this year are exempt from the drill in 2019, we strongly recommend you participate with the team. The event of a boat flipping is unlikely, but if it does, we all want to be prepared.

Survivor SAKE will have a team-specific capsize drill on Saturday, July 20, 2019 after practice (11:30 a.m.). Join your team sisters in this drill on the 20th - please RSVP on Team Cowboy under Club SAKE’s 2019 practice schedule.

If you can't make it on July 20, please choose another drill from the choices on Club SAKE’s practice schedule. Please sign up for as many drills as you would like to participate in for good measure.

PADDLES AVAILABLE FOR SALE

Many of you new members may be wondering if you should buy your own paddle. Club SAKE currently has a few wooden Grey Owl paddles available for purchase. These are uncut and can be cut to size. You can ask our coaches for assistance with sizing.

Don’t know what a Grey Owl is? Capt’ Nealy has a Grey Owl paddle and she says it is great for learning!

If interested, please contact Lisa Harkins at lisah@whidbey.com for availability and cost.
Members as of February 24, 2019:
If you are interested in competing in Nationals, we encourage you to participate in extra training (Masters Women practices, Club SAKE’s other practices, land training, and your own conditioning), as your life allows you to do so. Additional training is suggested due to the strong competition among national teams. However, if you cannot fit extra training into your life right now, you will not be excluded from participating in this race if you have been a member since February 24, 2019.

If you were a team member as of February 24, 2019, please consider signing up for this race; it is an experience you do not want to miss!