



Free Practices

Every Saturday, 10:30am

Foster City Boat Park
Foster City, 94404
Intersection of Bounty Drive
& Foster City Blvd.
All equipment provided

What is Dragon Boat Racing?

Dragon boat racing is one of the fastest growing sports in North America. It's sort of like rowing or crew, but more fun! A typical dragon boat is a large canoe, made of wood or fiberglass. It has the capacity to seat a crew of 20 paddlers (in rows of 2), a drummer and steers person. During races, these crafts are symbolically decorated, complete with a colorful and elaborate dragonhead and tail ensemble. In a competitive race, teams take approximately 2-3 minutes to complete a 500-meter course. Dragon boating is the ultimate team sport.

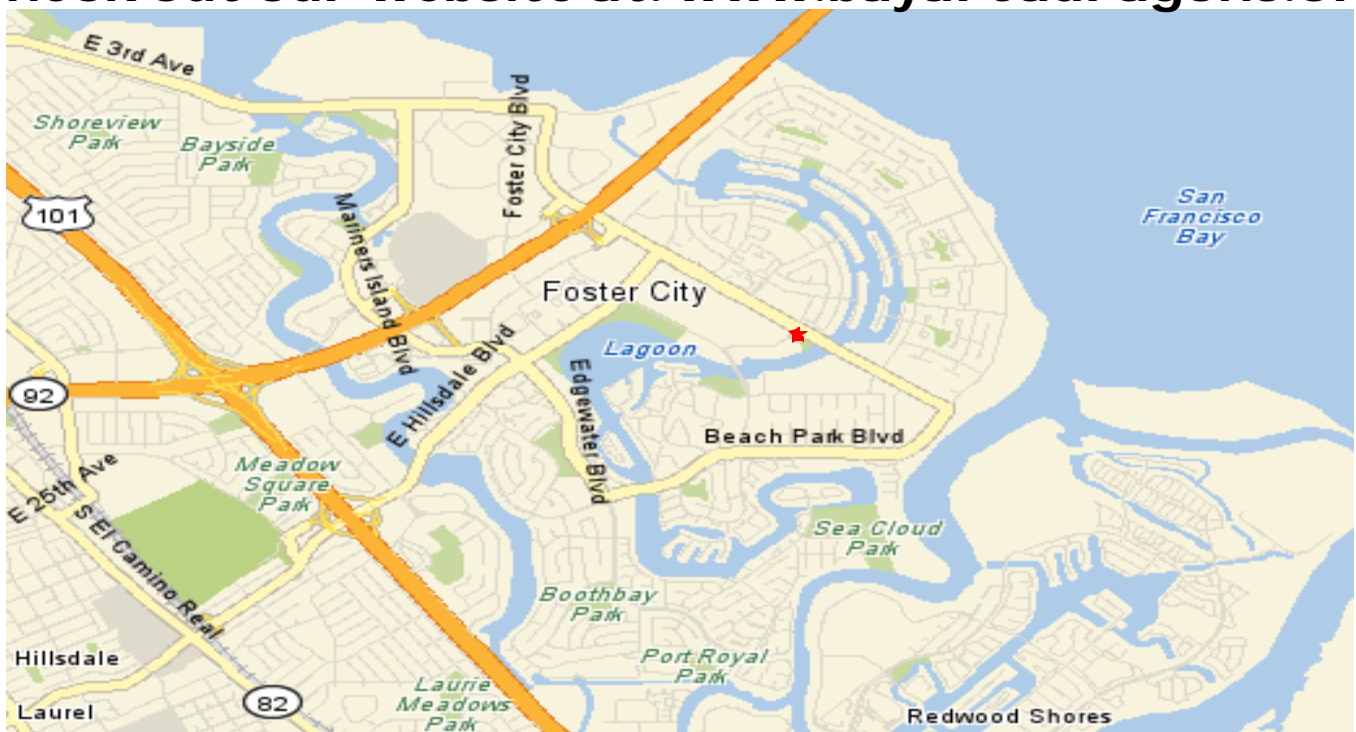
Our racing team is known as the Bay Area Dragons (a.k.a. BAD). We have some of the most experienced

dragon boat paddlers in Northern California. BAD has a great winning record - our Mixed, Men's, Women's and Master's teams are all multiple trophy winners in local and out of town races. BAD intends to continue our winning tradition with trips to Penang and Australia next season!

All ages and levels of experience are welcome, paddlers range in age from 14 to 65 years young. Training, racing, traveling, making friends, enjoying good food - that's what you get being BAD....

Come out and join us and try this exciting sport! It's a great way to meet new people; definitely worth your time to be BAD!

Check out our website at: www.bayareadragons.org



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