

RACE PACK



Dragon Boat Race 2009

STANBOROUGH PARK, WELWYN GARDEN CITY



Saturday 6th June 2009, 9.30am – 4pm

Enter a team, enjoy a fun day out.

Raise funds for Mercy Ships

to help the world's largest charity hospital ship

– the ***Africa Mercy*** –

deliver free health care to the forgotten poor.

What is Dragon Boat Racing?

The sport dates back more than 2000 years to China's Mi-Lo river about 400BC. Today with over one million teams competing worldwide, it is the second most popular sport on the planet.

Dragon boats are long, elaborately decorated canoes with a dragon's head and tail attached. There are wooden benches for the crew as well as room at the front for the drummer and space at the stern for the helmsman to steer. All boats will be provided by Stanborough Park, as well as training, instruction, buoyancy aids and safety systems.

Team & Race Information

Each team is asked to provide a crew of 11 people including a drummer, plus two reserves. 13 people in total. All team members must be aged 16 or over and able to swim 50 yards in light clothing. Team members may be all ages in one crew, male and female.

There will be a series of heats, then semi-finals and the final, over a course of approximately 250 metres. Each team will get at least two races.

An area is set aside for competitors adjacent to the lake. Participating teams may erect a gazebo as a team base and to provide shelter (from the sun of course!). Companies participating may also wish to have their corporate banners attached to the railings by the lake but availability for this is on a first come, first served basis.

There will be a race commentator and the day will conclude with a prize giving ceremony.

Supporting Activities

There is ample room nearby for supporters to watch and picnic. Catering services will be available and there will be various activities for family and friends.

Entry Cost

The cost of entering a full team is £250. Closing date for entries is 15th May 2009.

Cheques should be made payable to Mercy Ships UK Limited and accompanied by the Entry Form and the Boat Race Agreement, duly completed and signed. Each team must select a team co-ordinator who will remain the point of contact throughout the event.

PLACES ARE LIMITED - REGISTRATION IS ON A FIRST COME FIRST SERVED BASIS.

Raising Funds through Sponsorship

There is no minimum sponsorship amount, all we ask is that you try to raise at least £50 sponsorship for each person in the race. Sponsorship monies can be paid via the Just Giving website at www.justgiving.com/mercyships click on the "RAISE MONEY" button.

Alternatively, sponsorship forms may be requested, once registration of your team has been completed, by e-mailing ellen.armstrong@mercyships.org.uk

What do I need to bring?

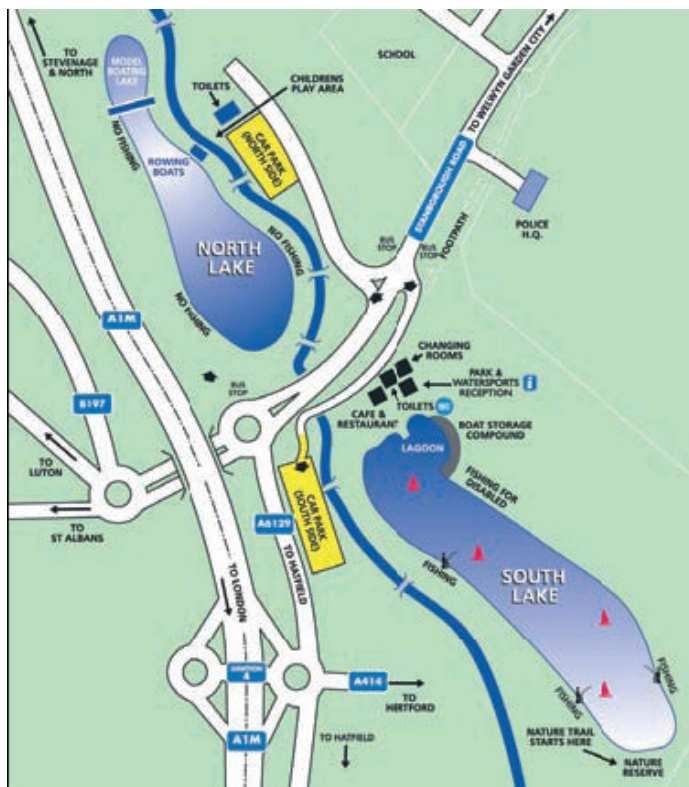
Each team member should wear light clothing, a T-Shirt, trousers or shorts and soft-soled shoes (no heels), ideally trainers or plimsolls. Please also bring a full change of clothing and a towel in case you get wet, as racers will not be allowed to board the boat wet. It is suggested that team T-shirts are worn branded with your organisation's logo.

Medical Conditions and Emergency Contacts

Please can each team co-ordinator make sure that they are aware of any medical conditions that your team members may have. In the safety briefings, the Stanborough Park staff will ask if anyone has inhalers or other medicines that need to be carried. These can be given to the helm to hold during the race should they need it. Each team co-ordinator must make sure they have a list of participant's names and emergency contact details.

Location

The Mercy Ships Dragon Boat Race event will take place on the South Lake just beyond the Boat Storage Compound (please see map below). The address is:
Stanborough Park Watersports, Stanborough Road, Welwyn Garden City, Herts. AL8 6DQ.



Directions from A1(M)

Take the exit at Junction 4 of the A1(M) and follow the signs for Stanborough Park (the A6129 to Welwyn Garden City).

Parking for the South Lake is to the right just after the North Lake exit on the left.

Car Parking

We are able to offer a discounted car parking charge of 65p for the day.

To qualify for this rate, upon registration, we will send out an email which will include a form for completion by each vehicle owner and should be placed on the dashboard of the vehicle. You will also need to buy a residents car parking ticket for 65p which should be placed alongside this form on the dashboard.

Date & Timetable

Saturday 6th June 2009 9.30am – 4.00pm

Timetable

09.30am: Registration - each team coordinator must report to the Registration Desk.
10.00am: Safety briefings, training and start of races
15.00pm: The race Final
15.45pm: Prize giving

To make sure everyone maximises their day, we will run heats throughout the day and will guarantee that each team gets at least 2 races.

Pre Race Training Sessions

After last year's event, we received a number of requests about the possibility of holding a training session on a date prior to the Dragon Boat Race. Stanborough Park is offering pre-race training sessions at a special rate of £20 per team (usually £37.50) on Saturday 30th May from 2 – 5pm. If this date is not convenient there is the possibility of an evening session. So why not take advantage of this offer and increase your chances of winning! Call Ash Cato at Stanborough Park on 01707 327655 to arrange.

Any Questions

Please contact:

Ellen Armstrong

Corporate Fundraiser, Mercy Ships

T: 01438 347492

E: ellen.armstrong@mercyships.org.uk

ENTRY FORM



Dragon Boat Race 2009

Saturday 6th June 2009, Stanborough Park, Welwyn Garden City

Company/Organisation:

Please provide a Team name:

Team co-ordinator:

Address:

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Post Code: Telephone:

Mobile: Email:

Medical conditions/Special requirements:

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Please send the full Registration Fee of £250 with your Entry Form and Boat Race Agreement to:

Ellen Armstrong
Mercy Ships UK Limited
The Lighthouse
12 Meadway Court
STEVENAGE SG1 2EF

Cheques should be made payable to Mercy Ships UK Limited

Closing date for entries is 15th May 2009.

PLACES ARE LIMITED - REGISTRATION IS ON A FIRST COME FIRST SERVED BASIS.

Minimum age for entry: 16 years

THE MERCY SHIPS DRAGON BOAT RACE AGREEMENT

Saturday 6th June 2009

I agree:

1. to pay Mercy Ships a non-returnable registration fee of £250
2. to obtain maximum sponsorships, anticipating from £50 in addition to the registration fee
3. to collect sponsorship returns as soon as possible, preferably within 28 days of the event
4. to obtain sponsorship in ways which are legal, honest and decent
5. to use the Mercy Ships sponsor forms wherever possible (or to ask UK taxpayers to verify that they are a UK taxpayer and to provide their home address including post code). This enables Mercy Ships to reclaim Gift Aid of 25p for every £1 donated. Sponsorships can also be gift aided through the Just Giving website.
6. to pay my own expenses
7. to event photographs being posted on the Mercy Ships website and other appropriate media
8. to inform Mercy Ships of any problem which would prevent me from taking part
9. to promote my participation in the event and the work of Mercy Ships wherever possible. Mercy Ships will support this in providing additional information or copy as needed.
10. to preserve the good name and reputation of Mercy Ships.

I understand that:

1. if I need to withdraw my entry, Mercy Ships will repay the registration fee if another team can accept the place before closure of registration.
2. Mercy Ships will provide sponsorship forms, information on Mercy Ships work, and an authorisation to collect money
3. I can use the Just Giving website to maximise sponsorships, and facilitate collection of sponsorships
4. Mercy Ships will support my efforts for local publicity
5. Alcohol is NOT permitted at this event. Any team member suspected of drinking alcohol will not be allowed to participate in the race.
6. Your name will be added to our mailing list so that we can keep you informed about the race and future events. This information will not be used/sold to any other third parties. Should you wish to opt out of future emails, please let us know by email to ellen.armstrong@mercyships.org.uk.
7. Race cancellation: If the event is cancelled or delayed due to unforeseen circumstances, we will endeavour to stage the event at a later date. In such circumstances, we will advise you in writing of the cancellation or delay. Our entire liability in respect of all costs and expenses you may incur as a result of such a cancellation or delay will be the entry fee you have paid to take part in the event.
8. Change of Address: If your address details change after you have submitted your entry, you must notify Mercy Ships of your new address by email to ellen.armstrong@mercyships.org.uk

Disclaimer: I accept all conditions of entry and acknowledge that the organisers shall not be liable for death, personal injury, or loss or damage as a consequence of my participation in the Mercy Ships Dragon Boat Race event except with regard to death or personal injury which is caused by the organisers' negligence.

Signed:
(on behalf of your organisation and team members)

Name: Date:

Please return this form along with the Entry Form and Registration Fee to:

Ellen Armstrong
Mercy Ships UK Limited
The Lighthouse
12 Meadway Court
STEVENAGE SG1 2EF