



Healing Dragons

Individual Giving Opportunities



We would like to introduce you to Healing Dragons, a non-profit, competitive dragon boat team launched in 2009, with a focus on cancer survivorship. We are mothers, daughters, fathers, sons, family, and friends with a common vision...

OUR VISION

To inspire, encourage, and support survivors of ALL cancers to triumph over the disease.

OUR MISSION

Our mission is to use dragon boating to help survivors paddle for wellness, mental and physical health.

HISTORY OF DRAGON BOATING FOR SURVIVORS

Dragon boat racing started for breast cancer survivors in 1996 by Don McKenzie, MD, a specialist in sports medicine and exercise physiology at the University of British Columbia in Vancouver. Dr. McKenzie questioned the validity of accepted wisdom that discouraged breast cancer patients from participating in strenuous upper body exercise.

He conducted studies and reported the results in the Canadian Medical Association Journal(1998) showing that “upper-body exercise has a role in recovery from breast cancer because it can improve range of motion and reverse muscle atrophy, activate skeletal muscle (which may help pump lymph), stimulate the immune system and reset the sympathetic tone of the lymphatic vessels.”

A dragon boat is a very long and narrow canoe-style human-powered boat. The boats are 40' long and carry 22 crew members. It is now used in the team paddling sport of dragon boat racing, which originated in China over 2000 years ago.

Over 150 dragon boat teams have formed worldwide to support survivorship since the publication of the original research. While many survivor teams and race events focus on breast cancer survivorship, Healing Dragons was formed to support survivors of all cancers as well as their family and friends.

OUR TEAM

Healing Dragons consists of approximately 30 paddlers whose lives have been impacted by cancer but who share a passion to live full, active lives. We practice on Lake Norman in Cornelius, NC and compete in 5-7 regional, national and international competitions annually. Visit us on the web at www.healing-dragons.org to learn more.

*Healing Dragons
Live, Love, Paddle!*



MAKING A DIFFERENCE



SURVIVOR'S STORY

Healing Dragons has already begun making a difference in the lives of paddlers. We hope you'll enjoy a peek into the life of one of our paddlers, Jan Kuhn.



Jan received an email in January, 2009 asking if she wanted to join a dragon boat team for breast cancer. As an 18-year survivor she replied, "Yes, and what is a dragon boating?" By the time Jan finished her first race in Charlotte that year she was hooked on dragon boating.

Jan had been a competitive runner for years and could no longer compete because of a knee injury. It felt great to be back doing a competitive sport and supporting her breast cancer causes. Jan has lymphedema in her left arm and the exercise of paddling has improved her condition enough that most people do not realize she has lymphedema. Dragon boating has brought Jan wonderful new friends and great experiences competing in races. It is very rewarding to be able to travel to all the cities hosting races and see all the survivors living their life to the fullest and not giving in to breast cancer.

INDIVIDUAL GIVING OPTIONS

Healing Dragons is fully funded by the paddlers and contributions by corporations and individuals. One of our financial goals is to ensure we have funding to enable all survivors, as well as their friends and family, to share in the experience of being a part of a team with a common mission.

We welcome your support in helping to make dragon boating available to our community of survivors and their friends and family. Thank you for your consideration.

We welcome individual support using the following options:

- Monetary Donation to the Team
- Monetary Donation for a Specific Paddler's Race Fees (Registration Fee, Travel & Lodging)
- Equipment & Supplies Donation

HOW YOUR MONEY IS INVESTED

Healing Dragons is committed to being good stewards of the funds we receive to ensure they support the organization's mission. There are no paid positions in Healing Dragons, helping to ensure funds are directed towards the needs of the team. Funds are used for the following types of expenses:

- Race Entry Fee for Paddlers (Average \$50 per paddler/ per event)
- Certifications, Continuing Education, and Training Workshops
- Team Owned Personal Flotation Devices (Average \$75 per paddler)
- Team Owned Paddles (Average \$90 per paddle)
- Repay Loan for New Boat & Trailer to Support Team Growth (\$7,000)
- Team Race Event Transportation (Flights for Padders or Van Rentals @ Average of \$500 per Weekend Trip)

Healing Dragons is a non-profit 501(c)3 organization.



HEALING DRAGONS INDIVIDUAL CONTRIBUTIONS FORM



Name: _____ Date: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Phone Number: () _____ Fax Number: () _____ Email: _____

Contact Name: _____ Healing Dragons Representative: _____

INSTRUCTIONS: Complete the appropriate section(s) based on the type of contribution.

Monetary Donation to the Team

Amount: _____ Check Number: _____

Monetary Donation for a Specific Paddler

Amount: _____ Check Number: _____

Paddler's Name: _____

Note: Any funds not used by the paddler within the current season will be contributed to the overall team donation fund at the conclusion of the season.

Equipment or Supplies Donation

Item(s) Description:

Please make checks payable to *Healing Dragons* and return the form to your Healing Dragons Representative or mail to:

Healing Dragons
c/o Cynthia Sizemore, Treasurer
P.O. Box 2521
Cornelius, NC 28031

Should you have any questions, please contact us via email at HealingDragonsCLT@outlook.com. Donations are tax deductible to the full extent allowed by law. Healing Dragons is a non-profit organization with section 501(c) (3) status for tax purposes, and is governed by a Board of Directors.

Thank you for supporting the mission of Healing Dragons!

