



**RACE WELCOME - 3<sup>RD</sup> ANNUAL OKANAGAN SUPER SPRINTS – SATURDAY, JULY 3/10  
PENTICTON PADDLING CENTRE, SKAHA LAKE**

**June 30, 2010 – UPDATED JULY 1, 2010: RACE SCHEDULE V2**

**Welcome to the 2010 Okanagan Super Sprints** - This Saturday, July 3 on Skaha Lake. We've got fifteen teams lined up, including 7 mixed and 8 women's teams! That's 50% more teams than last year – The event is growing and we thank you for your support and participation. The 250 m sprint format is proving popular- It is fierce racing, with little room for error, but the atmosphere is less strict and easier going! In our first year someone described the event as "having reminded them what racing and having fun was all about!"

We've got a great race grid this year that guarantees every team races 3 times (weather permitting) and couple 4 times! Racing starts at 8:30 am, and should be wrapping up around 1:30 pm. Mixed teams race first, followed closely by the women's teams. Advancement is based on place, with time being used to advance into some of the finals.

The racing is being held at Skaha Lake, at the Penticton Paddling Centre (it's where last year's Penticton Dragon Boat Festival was).

**A new sponsor, the best prizes EVER for first place!**

Last year saw me standing, at the end of the races, forlorn, with a handful of ribbons nobody wanted. So I didn't get any this year. This year, Lake Breeze Vineyards is giving the top mixed and the top women's teams TWO CASES of their award-winning Pinot Blanc wine. That's twenty-four 375 ml bottles of wine! If you want to read more about Lake Breeze, or check out their patio restaurant hours, go to [www.lakebreeze.ca](http://www.lakebreeze.ca) or ask Launa, who'll be volunteering at the finish line! If you really want ribbons, I may have a bunch from 2009. If you feel your team deserves a prize, you better work hard....

**LAKE BREEZE**  
*a Naramata Bench Wine Farm*

**Steerspersons meeting is at 8 am in front of the Boathouse.**

Attached is the race grid. This will be helpful in keeping track of where your team advances. We've built breaks into the schedule, but in the event that wind or weather is forecast, we will do our best to get all the races done, and that may mean racing ahead of schedule, and taking shorter breaks. Stay close, keep in contact with race volunteers. We've got Heather and her crew of Race Marshalls from the Raymond James Penticton Dragon Boat Festival, so everything will run smoothly!

**ATTENTION KELOWNA TEAMS!**

Highway 97 may have still have unscheduled road closures. The website to check is: <http://www.arthon.com>

**Pledge Drive in support of Muscular Dystrophy Canada**

Some of you may have done some fundraising in honour of Penticton Coach Brad Crittenden. We'll have volunteers on hand to help with collection during registration. For more information, including a pledge sheet, visit the event website.



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**Don Mulhall** | Race Director  
Okanagan Super Sprints  
[http://www.gorowandpaddle.org/events/okanagan\\_super\\_sprints.php](http://www.gorowandpaddle.org/events/okanagan_super_sprints.php)  
Go Rowing and Paddling Association of Canada  
Penticton Paddling Centre

Follow me on Twitter – [www.twitter.com/PentictonDragon](http://www.twitter.com/PentictonDragon)  
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**MILLENNIUM  
DRAGON BOATS** 

**RAYMOND JAMES**



**PENTICTON  
Dragon  
Boat  
Festival**

September 10-12, 2010  
Early Bird Deadline – July 23  
[www.pentictondragonboat.com](http://www.pentictondragonboat.com)

**115-2940 Jutland Road, Victoria, BC, V8T-5K6  
phone (250) 658-6333 • fax (250) 658-6340  
[www.gorowandpaddle.org](http://www.gorowandpaddle.org)**



*Thank you* for pledging your support to  
 Muscular Dystrophy Canada – Penticton Chapter  
 www.muscle.ca  
 Charitable Registration # 10775 5837 RR0001



**Fundraiser Information:** Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_

Prov: \_\_\_\_\_ PC: \_\_\_\_\_ Home Tel: \_\_\_\_\_ Email \_\_\_\_\_

**Okanagan Super Sprints**  
 Funds raised go the Penticton Chapter of Muscular Dystrophy Canada

**Pledge Information** (Please Print Clearly)

Donor Name First/Last	Complete Mailing Address Street/City/PC	Telephone	Amount (Cash or cheque only)	Tax Receipt Required (Y or N) (min. \$20 donation)

Tax receipts will be issued directly to the donor upon receipt of the funds. Mail your completed pledge forms and donations to:

Muscular Dystrophy Canada □ 7th Floor □ 1401 West Broadway □ Vancouver, BC V6H 1H6

Or drop off in person at the Okanagan Super Sprints, Skaha Lake, July 3, 2010

# 3rd ANNUAL OKANAGAN SUPER SPRINTS - 250M

JULY 3/10



## Race Schedule V2

RACE	Description	Time	Lane1	Lane2	Lane3
1	Mixed Heat 1	8:30 AM	Golden Dragons	Thunderstrokers	ER Team
2	Mixed Heat 2	8:45 AM	x	Lift What's Draggin'	Desert Spirit 1
3	Mixed Heat 3	9:00 AM	x	Red Hot Chili Paddlers	Desert Spirit 2
4	Womens Heat 1	9:15 AM	x	Fire on Water	Survivorship
5	Womens Heat 2	9:30 AM	Stroke of Luck	Despirit Housewives	Women on Fire
6	Womens Heat 3	9:45 AM	22 in Sync	Dragon Bottoms	Paddlemonium
	Break				
7	Mixed Repechage	10:15 AM	Third Race 1	2nd Fastest Second Mixed Heats	Slowest Second Mixed Heats
8	Womens Repechage 1	10:30 AM	x	Slowest Second Womens Heats	Third Womens Heat 2
9	Womens Repechage 2	10:45 AM	x	2nd Fastest Second Womens Heats	Third Womens Heat 3
	Break				
10	Mixed Semi B	11:15 AM	Second Mixed Rep	Winner Mixed Heat 2	Fastest Second Mixed Heats
11	Mixed Semi A	11:30 AM	Winner Mixed Rep	Winner Mixed Heat 1	Winner Mixed Heat 3
12	Womens Semi B	11:45 AM	Winner Womens Rep 2	Winner Womens Heat 2	Fastest Second Womens Heats
13	Womens Semi A	12:00 PM	Winner Womens Rep 1	Winner Womens Heat 1	Winner Womens Heat 3
	Break				
14	Consolation Final	12:30 PM	Third Mixed Rep	Second Womens Rep 1	Second Womens Rep 2
15	Mixed Final B	12:45 PM	Third Mixed Semi B	Slowest Second Mixed Semi A&B	Third Mixed Semi A
16	Mixed Final A	1:00 PM	Fastest Second Mixed Semi A&B	Winner Mixed Semi A	Winner Mixed Semi B
17	Womens Final B	1:15 PM	Third Womens Semi B	Slowest Second Womens Semi A&B	Third Womens Semi A
18	Womens Final A	1:30 PM	Fastest Second Womens Semi A&B	Winner Womens Semi A	Winner Womens Semi B