

Ready, Set, Row!



You don't have to look any further than Kaiser Permanente San Francisco's own dragon boat team, the Dragon Healers, to witness the international popularity of the sport. In just the past year alone, the team has paddled its way through competitions in the United States, Canada, and South America.

Currently the Dragon Healers are preparing to compete in the 2010 Kaiser Permanente San Francisco International Dragon Boat Festival, which will take place at Treasure Island on Saturday, Sept. 25 and Sunday, Sept. 26. The event is free to the public and offers a weekend of world-class dragon boat racing, spectacular cultural performances, and fun-filled activities for the whole family.

"We're very excited for this year's race," says team captain, and NICU Department social worker, **Kathy Pollonais-Britt, MSW**. "It's great to compete on our home turf with everyone rooting us on."

Event goers who visit the KP Health and Wellness Pavilion can take advantage of free blood pressure screenings, measure their own Body Mass Index, and lather up from the sunscreen bar.

"The festival really has something for everyone," says Pollonais-Britt. "There are fabulous performances from our own Educational Theatre Program, good food, and most of all great racing."

Just recently the Healers returned from the Long Beach Dragon Boat Festival, bringing home three medals. "Long Beach was one of our most memorable races yet," says Pollonais-Britt. "It was one of our closest races up against a top competitor and we were able to bring home two bronze medals and one silver."

This past June, the Healers traveled to Whitehorse, Canada to participate in The Yukon River Quest, one of the longest canoe and kayak marathons in the world. The Healers raced non-stop over 460-miles placing twelfth out of 78 teams. In 2008, the Healers took part in another grueling race, this time along the Amazon River in Peru, spanning three days and covering 135 miles.

To learn more about the KP San Francisco International Dragon Boat Festival and see a complete schedule for the weekend, visit sfdragonboat.com.

Volunteer at the Annual KP San Francisco International Dragon Boat Festival

Volunteers are still needed on Saturday, Sept. 25 and Sunday, Sept. 26 for the 15th Annual KPSF International Dragon Boat Festival. This is a wonderful opportunity to get involved in the community, experience the thrill of dragon boat racing and enjoy the spectacular cultural performances.

Shifts are available from 10 a.m. – 1 p.m. or 1-4 p.m. Both clinical and non-clinical volunteers are needed.

To volunteer, please register at: www.kpcares.org. If you haven't already created a volunteer profile at KPCares.org, go to the website and follow the registration directions on the front page.

For questions, contact Eric Ortiz at eric.ortiz@kp.org or 415-674-7147.