

## Key Events

Team Fitness Walks—August to November  
Dove Pink Star Walk, Auckland Domain—October  
Pink Ribbon Day, Collection Volunteers—October  
Paddling training—November to March  
24 hour Relay for Life, Sovereign Stadium,  
North Shore—February  
Women's Challenge, 8k walk/run—May  
YMCA 5k/10k Walk, Cornwall Park—May

## Paddling Regattas

Hamilton Super 12s —November  
Tauranga Super 12s—February  
Auckland Dragon Boat Regatta—February  
Auckland Regionals, Lake Pupuke—March  
Christchurch Dragon Boat Regatta—March  
Wellington Dragon Boat Regatta—March  
NZ Dragon Boat Nationals—March  
International Dragon Boat Event

A dynamic team of Survivors, from all walks of life and ages has taken up the dragon boat challenge.



Join the fun, become a Pink Dragon.  
Contact Robin Gamble Tel 09 630 6423  
Email pinkdragons@ihug.co.nz

Want to sponsor or support the team?  
Contact Leonie Caulfield Tel 0274 933 288  
Email leonie@genesis.gen.nz

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# Getting the whole picture...



## ASCOT RADIOLOGY

has established a world leading facility for breast imaging and diagnosis, with all the latest technology available, and a team of radiologists and technicians whose skills are second to none.

- **Advanced digital mammography** for greater image clarity.
- **High resolution ultrasound** to better characterise findings.
- **Advanced 3.0T MRI** for state-of-the-art breast cancer detection & biopsy.

## ASCOT RADIOLOGY LIMITED

**Ascot Hospital:** 90 Green Lane Road East, Remuera, Auckland 1050  
**Ascot Central:** 7 Ellerslie Racecourse Drive, Remuera, Auckland 1050  
**TEL:** (09) 520 9550 **FAX:** (09) 520 9551 **WEB:** [www.ascotrad.co.nz](http://www.ascotrad.co.nz)

**Proud sponsors of the Pink Dragons**

# ASCOT RADIOLOGY PINK DRAGONS

Breast Cancer Dragon Boating Team



*Paddling with Passion*

# BREAST CANCER DRAGON BOATING

## Who are we?

Ascot Radiology Pink Dragons was formed in 2005 to empower breast cancer survivors to assume responsibility for their own health and wellbeing through participation in the strenuous sport of dragon boating.

The only criteria to join the team are that you have survived breast cancer, can swim 50m, and don't mind getting wet!

## What is Dragon boating?

It is a competitive sport in which 20 paddlers, sitting in pairs, paddle a 12 metre long narrow boat over a 350 - 500 metre water course.



## Commitment

All we ask of a member is a commitment to the team of their time, a commitment to training and regattas and a commitment to keep improving their fitness levels. Each member is also asked to contribute their expertise to the team. Without the members' efforts and our sponsors, especially our Elite Sponsor, Ascot Radiology/Abano Healthcare, we would not exist.

## Competitions

We compete in dragon boat regattas – in the open division and in the Breast Cancer division, all up, about five races a day! Hence the criteria for getting and keeping fit.

*"These ladies are the real gladiators of our sport as they already have fought the battle of their lives and yet they celebrate their success by choosing a sport that is physically demanding, but fun," from Gavin Franicevic— Former Director, Auckland Dragon Boat Festival.*

## Where to find us

Pier Z, Westhaven Drive, Auckland City  
During race season, from November to March, we train at least twice a week, on the water on Tuesday evenings and Sunday mornings.  
Other months we have dry land training to maintain our fitness

## Equipment

Team uniform and equipment is supplied on a "loan" basis. Our colours are black and pink. We are the team in the pink caps!



## Our Elite Sponsors



[www.pinkdragons.org.nz](http://www.pinkdragons.org.nz)