



GO FISH

September 19, 2008

Volume 1, Issue 3

Up Coming Events!

Sept 21	SF Pre-Race meeting
Oct 4-5	SF Race!
TBA	End of the Year Party

Captain's Message

- Steve K

We've made great progress as a team this year and we look forward to our final race in San Francisco in October. We've improved our fitness, recruited new members and had success racing. We entered six boats in Long Beach in July and medaled in five finals! KG 2 got gold, while four other boats all got third place in their divisions. In addition we saw some of the top teams in the country compete in the USDBF National Championship, with several of our teammates participating on the west coast national team!

slimmer Guppies prize winners. Be sure to email Harry to join the contest.

New waivers. We have registered two boats with SCDBC for 2009. This means we'll all have to sign a new waiver and turn it when it made available.

Elect 2009 officers. This year we've decided to have the elections a little early. This will enable the incoming officers a chance to work with the outgoing officers before assuming their new duties after San

Francisco. The nominations are now closed. Nominations will be accepted or declined by Sept. 10 with elections to follow.

Party! After our final race in San Francisco, we'll have an awards banquet similar to last year's to celebrate all our achievements this year.

The 2008 season will be over soon so let's work hard in practice and give our all to make the Comp A Finals at SF.

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I'm really encouraged to see you all respond so well to our emphasis on fitness. We realize you are willing and able to become more fit and consequently better paddlers and so our fitness standards will get higher as we prepare for San Francisco. Before the season ends, we have a few more things to accomplish:

Train for San Francisco. In addition to practice and fitness testing, we've started a weight loss contest to make the boat lighter and some newly

Who is the Biggest Loser?

- Caroline T

You read the headline correctly. The Guppies are on the search for the biggest loser for their weight loss challenge. Just think, a thinner Guppy means less weight to pull on the boat and we could all appreciate a lighter boat. The challenge is simple: put in \$5 to participate (or no money needed if you just want to challenge yourself) and report your weight to Harry Tam. To report this fairly, it's going to be percentage of weight loss to the participant's starting weight. Since we all weighed in before the Long Beach race, that's what we're going to use as a starting point.

Now wait, you said money earlier. That I did. As extra incentive, we're starting a pool to reward the biggest loser. But why \$5? We think of

[Loser on page 4](#)

What's worse than losing a race to LARD? Losing a very valuable Guppy. Although we are extremely sad that our Jiannng Rong "Frank" Cao has moved to Tucson, AZ, we're also thrilled that he's accepted an awesome job, but more importantly, we got to meet a wonderful person.

I got to sit down and ask our resident paparazzi a couple of questions and he came back with a couple of answers.

How many years have you paddled with KG?

Since the CGD (Califronia Golden Dragon) merged into KG in Feb 2007. Before that, we had paddled with CGD since Oct 2006.

What will you miss most of all? Rebecca bugging me through email for not contributing adequately to a weekly team exercise goal.

Fondest KG moment?

Each time I meet guppies during the pre-practice warm up and exercis.

So I heard your PhD paper was about dragon boating. Got any advise for our future races?

Fortunately, my PhD thesis subject was not dragon boating. Other wise, I would have a hard time to graduate. After observing the practices and races of KG for one year, I

realiz that the key of being a winning dragon boat team is more about human factors (motivated and guided teammates in pre-season preparation and race itself) and less about mechanical factors.

As for the limited mechanical factors, there is one additional boat weight balancing factor may worth tracing, beside front/back and left/right weight balance. It is to control the Moment of Inertia (Mol) when loading a boat. For the same front/back and left/right weight balance, a smaller (Mol) means the steerer will be easier to turn the boat during a race. However, an Mol too small may force the steerer to constantly adjusting the oar and without a chance to lift the oar out of the water for reduced

drag. An Mol too large means the steerer may loose control, once the boat goes off the straight line. For a specific steering person (i.e. his/her muscle strength) and a specific boat load, there should be an optimal Mol loading scheme that both ensures steerer's confident control, and allows him/she to lift the oar out of the water for as much time as possible during a race.

Too bad, there is not a magic Mol value I can give you. It is a trial and error process.

Will you continue to paddle in Arizona, and with who?

Unfortunately, I won't continue paddling in Arizona. The nearest paddling site to me is ~100 miles away in Tempe. But, I will maintain regular cardio and strength exercise every week, as I am already doing this week.

Coach's message

- Gary C

Congratulations Guppies for an outstanding race weekend! All your hard work, practice attendance, weekly fitness challenge and fitness tests have paid off. Throughout the weekend we all stayed focused and worked hard, which resulted to 5 of 6 crews racing in the finals of their division and all earning hardware. We came and competed with some of the best teams; I received lots of compliments from these teams and how we are becoming a strong team in Long Beach. We were the under dog and we surprised everyone but ourselves.

I like to thank, all callers (Alric, Rebecca, Shiori and Caroline), steers (Fermin, Cris, Frieda, Cindy and Steve) and team

captains (Harry, Lex, Gina, Caroline, Dave, Frank, Jennifer, Ellen, Kelly, Eric, Bill and George) for a job well done.

Gearing up for SF, we'll turn up the fitness, time trial and practice intensity a few notches. The mandatory practice schedule has been sent out and I expect to see all of you. Remember, our goal for SF is to be in the "final race of the day", are you ready? Are you committed to this journey? If you are let's do your part, continue your fitness routine, come to all Mandatory practices and tackle those extra few pounds we've been fighting with. Although, being healthy should be our first priority.

Great job everyone, but let's keep in mind that in SF, all the best teams will be there in full force. Their will be no additional races for these teams with national Championships or Club Crew Championships to keep them distracted or away. SF, our final race, our final challenge, how will we measure up when the Canadian teams will be in attendance?

So, let's savor our victories, polish are medals and enjoy the moments of Long Beach 2008 until it's time to put that all on the shelf and start our conditioning for San Francisco.

How about paddling with us at the Tempe, AZ race?

I will sure visit the Tempe race next year to cheer for KG. Regarding whether I will paddle in KG's race, it's totally up to our coaches.

Thank you immensely for all of the pictures you've take and posted for the Guppies. We'll really miss you!



With over 100 registered boats, it was a super busy weekend here at Long Beach. This year, Long Beach hosted the National Competitions, which drew in many super power teams from all over California, Arizona, Philadelphia, Florida, and even Taipei. There was definitely something in the waters and it was from the contamination that occurred on Friday. It was the drive to bring home some hardware, and it looked like the Guppies were up to the challenge as Coach Gary made a bold move to register six boats total.

The stakes were higher. Not only were there more teams competing for the gold, each Division was limited to two heats, meaning each teams had two chances to make it to the finals for their Divisions, whereas the year before it was three. There was one less heat and one less chance to improve their chances. Coach Gary reminded each teams to treat each race as if it was the Guppies last race, to put everything you got and go out with a bang. The Guppies did just that.

The White boat kicked off the day by competing in an early Heat. They fought hard and set the tone for the rest of the team to follow—give it your all. It was also surprising to see Frieda, who is normally at the back of the boat steering as the White boat's lead stroker.

The Blue team blew everyone out of the way by taking Gold in the two qualifying heats. In the final heat, the Blue team beat LARD and Long Beach Nagas by 2 seconds, taking Gold for Division IIIA.

The Gold Boat did just as well in the qualifying heat and made it to the last race of the day. As they got ready for the last race of the day, the winds picked up and the waves were choppier. After a frustrating time trying to align the boats, it only increased the Guppies' adrenaline even more. Their efforts won them a bronze medal after a close fight with LARD and Dragon Warriors.

Saul Romo came back from retirement to train the Master's Team and was there every step of the way. With limited time to practice, Saul managed to pull the team together and win them

[Recap and results on page 4](#)

ViewSonic Long Beach Dragon Boat Festival 2008 Final Results

Gold Boat: Division 1A

Team	Time	Place
LA Racing Dragons	2:05:88	1
Dragon Warriors	2:08:02	2
Killer Guppies I	2:08:84	3
Space Dragons Red	2:09:38	4
Wasabi	2:10:27	5
Galileo	2:13:49	6

Blue Boat: Division IIIA

Team	Time	Place
Killer Guppies 2	2:19:64	1
Long Beach Nagas	2:21:40	2
LA Racing Dragons	2:21:96	3
JAWS	2:22:58	4
Space Dragons	2:23:93	5
Galileo	2:30:00	6

White Boat: Division VB

Team	Time	Place
View Sonic Fighting Finches	2:40:67	1
Alpine	2:43:54	2
LA Harbor Dragon Boat Club	2:45:07	3
Electric Dragons	2:45:07	4
Killer Guppies	2:48:30	5
Posers	2:49:98	6



LB RECAP

their 3rd Place victory in the Masters Race.

Both gendered boats did just as well. The Mens' team pooled their muscles together and competed the majority of their heats blazing fast times. Their final heat time was an astonishing 2 minutes, 5 seconds, and 4 nanoseconds. The Ladies' team was reunited with Gila Dragons. With ZERO time to practice with each other and learn each other's paddling techniques, the Ladies stunned everyone by winning first place in the two qualifying heats and brought home a Bronze medal for the Ladies' Division.

Men's Boat: Open A

Team	Time	Place
San Diego Dragon Boat	2:03:50	1
San Francisco Dragon Warriors	2:04:70	2
Killer Guppies	2:05:04	3
Lincoln	2:09:10	4
Cheeseburgers	2:10:46	5
CYC	2:11:48	6

Ladies' Boat: Women A

Team	Time	Place
Wasabi	2:37:11	1
Schuykill	2:39:95	2
Killer Guppies	2:40:29	3
LA Racing Dragons	2:40:63	4
San Francisco Dragon Warriors		5
CYC		6

Master's Boat: Master A

Team	Time	Place
San Diego Dragon Boat	2:17:65	1
San Francisco Dragon Boat	2:21:51	2
Killer Guppies	2:25:95	3
Wasabi	2:26:74	4
Dragon Max	2:30:38	5
Space Dragons	2:31:71	6

Cont. from page 3 **Loser**

it this way, you DON'T have to get a large combo meal at McDonald's, so if you stick to a small sized meal everyday for a week, that's basically \$5 saved. Or you don't have to get that large milkshake at In n Out, look, I just saved you another \$2. The more Guppies participant, the bigger the amount, say 20 people participant, the reward money comes out to be a hefty sum of \$100.

There's still time to lose weight for the San Francisco race. Sure it'll be great to get some hardware from the race, but don't you want to claim the title of the Guppies' Biggest Loser?



New Board for 2008-2009 Season

The results are in and the Guppies New Board members for the 2008-2009 Season are:

- Captain: Steve Kashynski
- Co-Captain: Harry Tam
- General Manger: Karin Monroe
- Treasurer: Helen Li
- Membership Coordinator: Caroline Tam
- Equipment Manager: Stephen Tjan
- Historian: Peter Espinosa

