



## ASSOCIAÇÃO CANOMAMA

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# 2º Festival 2024 Dragon Boat para Mulheres Sobreviventes do Câncer de Mama no DF

## GUIA INFORMATIVO

***“Does life change much after breast cancer? Can women breast cancer survivors lead a healthy life after cancer treatment? What can collective canoeing in the Dragon Boat style do for women who have survived breast cancer?”***

The waves on the water reflect the strength of the women, all together, focused, synchronized, performing on a Dragon Boat. To the sound of the drum, with all its rhythm and cadence, they amplify the sound of paddling in the water. The boat glides over the waves, floating, following the rhythm, aligning the hearts, always moving forward, even with all the challenges experienced. The rudder ensures the alignment of the boat, the firmness and determination of these incredible women. They all communicate through the drum and the rudder, they are guided to the success of being together in the same boat. Yes, life is possible. Yes, energy is vibrant. Yes, nature strengthens. Yes, they are women who row for healthy days. Yes, they are women who seek well-being through Dragon Boat canoeing.

The challenges facing women who have survived breast cancer are many. Shaken self-esteem, altered body image, emotions running high, conflicts in relationships, dismissal

from their occupation, changes in the work environment, symptoms of anxiety, symptoms of depression, physical limitations in the thoracic region and arms, lymphedema in the arm region, joint pain, obesity and chronic illnesses, and many other signs and symptoms. The cancer journey brings many limitations that disadvantage breast cancer survivors, who are "deprived" of their biopsychosocial needs and capacities in daily life.

### ***But how can we change the reality for breast cancer survivors (BCS)?***

The Dr. Donald McKenzie, a physician in the Department of Sports Medicine and Exercise Physiology at the University of British Columbia in Vancouver, Canada, formed a small group canoeing team with former breast cancer patients in 1996. He studied the impact of sport on the lives of survivors, emphasizing the muscles of the upper body, which is the area most affected by mastectomy and axillary lymph node removal.

The work carried out in that Sports Medicine Department by Dr. Don McKenzie established the scientific basis for proving that vigorous upper body exercise in women who have been treated for breast cancer would reduce the development of the main complication, lymphedema (a chronic debilitation resulting from treatment that alters the movement of the arms). And it was in this context that the program of women paddlers who are breast cancer survivors was born, enjoying the benefits of collective canoeing through the Dragon Boat.



Fonte: <https://www.sestaro.com.br/beneficios-do-dragon-boat-em-palestra/>

Dr. Don McKenzie chose Dragon Boat canoeing because of the physical and functional demands on the thoracic region, abdominals and upper limbs. The most interesting thing about this modality is that the paddlers don't need strength, but synchrony in their collective paddling, working together. Dr. Don followed the progress of these 24 women volunteers and breast cancer survivors, and found that none of them had lymphedema. They also improved their

physical and mental performance and reported feeling happy and healthy. This team was named [Abreast In a Boat](#), which for 27 years has brought together more than 2,000 former patients to celebrate life and healing, specifically using the dragon boat.

Currently, there are more than 250 teams of women breast cancer survivors paddling around the world. In 2015, the athlete Marcelo Bosi received an invitation to bring the project to Brasília, so he ended up inviting a team of professionals to join him in bringing the project to Brasilia safely. The [Associação Canomama](#) of the Distrito Federal was founded.

Today, the movement of women who have survived breast cancer is led by the founder and athlete Cleusa Alonso of [Remadoras Rosa do Brasil](#) (Pink Paddlers of Brazil), and is increasingly expanding through strength, courage, determination and resilience. The mission of the Remadoras Rosa do Brasil is "to encourage and promote the formation of Dragon Boat pink paddling teams, in the context of inclusion and participation, presenting the countless physical, psychological, emotional benefits and the improvement of self-esteem, often lost after mastectomy and axillary lymph node removal, through Dr. Don McKenzie's Dragon Boat Canoe Program". Currently, there are 20 teams of breast cancer survivors across Brazil, in various states: Distrito Federal (DF), São Paulo (SP), Rio Grande do Norte (RN), Pernambuco (PE), Alagoas (AL), Ceará (CE), Paraná (PR), Bahia (BA), Sergipe (SE), Minas Gerais (MG), Pará (PA) and Rio Grande do Sul (RS).

Collective canoeing via dragon boat by women breast cancer survivors is a form of post-diagnostic rehabilitation and cancer treatment.



*Fonte: Arquivo da Associação Canomama.*

For this reason, given the many challenges involved in the cancer journey, and recognizing that there are scientific studies to improve the physical and emotional condition of these women around the world, the proposal is to present an event of great preventive and sports rehabilitation magnitude in the face of breast cancer, which is the 2º Festival de Dragon Boat para Mulheres Sobreviventes do Câncer no Distrito Federal and 2º Encontro Nacional de Remadoras Rosa (2nd Dragon Boat Festival for Women Breast Cancer Survivors and 2nd National Meeting of Pink Paddlers), in Brasília, Distrito Federal, Brazil.

This proposal essentially meets the objectives and guidelines of the inclusive program, in that it proposes the development of a project for the involvement and social inclusion of women who are breast cancer survivors, after treatment, removing women from the hospital-centric logic; and bringing them back to life, to social interaction, to the practice of physical activity, providing perfect physical, mental and emotional well-being.

The women's health movement, **Pink October**, focuses our attention on the prevention and early diagnosis of breast cancer, and more recently, cervical cancer. In 1990, an event called "Race for the Cure" took place in New York, United States, to raise funds for research carried out by the [Susan G. Komen Breast Cancer Foundation](#). The symbol used at the event was a pink ribbon, which has now gained momentum in the adoption of lifestyle habits in women's health and breast cancer prevention in public and private organizations throughout the month, and visibility throughout the year as well.

The second edition of our festival brings the strength of women who have overcome the challenges of the uncertainty of their own cancer journey, and who know how much collective canoeing in the Dragon Boat style has converged with the ideals of quality well-being and well-being through canoeing. It also encourages the adoption of healthy lifestyle habits and the sharing of stories of other women who have gone through breast cancer.

The participatory sporting event, the **2º Festival de Dragon Boat para Mulheres Sobreviventes do Câncer no Distrito Federal** and **2º Encontro Nacional de Remadoras Rosa** (2nd Dragon Boat Festival for Women Breast Cancer Survivors and 2nd National Meeting of Pink Paddlers), in Brasília, Distrito Federal, Brazil; will take place on October 24, 25, 26 and 27, 2024, at the **Clube Ascade** - Associação de Servidores da Câmara dos Deputados (Ascade Club - Association of Servants of the Chamber of Deputies), Brasília, Distrito Federal, Brazil.

## General objective

- To encourage, develop and democratize the inclusion of women breast cancer survivors in the adoption of healthy habits and in the practice of collective canoeing in the Dragon Boat style, through the realization of the participatory and non-competitive sporting event, the **2º Festival de Dragon Boat para Mulheres Sobreviventes do Câncer no Distrito Federal** and **2º Encontro Nacional de Remadoras Rosa** (2nd Dragon Boat Festival for Women Breast Cancer Survivors and 2nd National Meeting of Pink Paddlers), in Brasília, Distrito Federal, Brazil.

## Specific objectives

- To provide favorable and safe conditions for the practice of collective canoeing in the Dragon Boat modality by women who are breast cancer survivors.
- To contribute to the improvement of physical abilities and motor skills, in order to improve physical, emotional and social well-being and performance, through collective canoeing in the Dragon Boat modality for women who are breast cancer survivors.
- To develop productive actions for the quality of life (self-esteem, conviviality, social integration and health) of breast cancer survivors.

## ABOUT THE EVENT

The event will take place from October 24 to 27, 2024, on Paranoá's Lake, near the Ascade Club, in Brasília, Distrito Federal. The teams of pink paddlers registered for the **2º Festival de Dragon Boat para Mulheres Sobreviventes do Câncer no Distrito Federal** and **2º Encontro Nacional de Remadoras Rosa** (2nd Dragon Boat Festival for Women Breast Cancer Survivors and 2nd National Meeting of Pink Paddlers) will be able to actively participate in the experiences and quest for quality of life in overcoming breast cancer. The nautical races for participation and inclusion will be **EXCLUSIVELY** for the teams of women who are breast cancer survivors, and will be configured into classification stages, semi-finals and finals.

## IMPORTANT EVENT MEDIA

### Website:

<https://www.canomama.com.br/>

### Instagram:

<https://www.instagram.com/festivaldragonboatbsb/>

[https://www.instagram.com/canomama\\_time/](https://www.instagram.com/canomama_time/)

<https://linktr.ee/canomama>

### Youtube:

<https://www.youtube.com/@canomama>

## REGISTERING FOR THE EVENT

The registrations will be made **EXCLUSIVELY** on the electronic platform (Hotmart), with an investment in administrative fees. Entries can be made by complete teams of 22 BCS (Breast Cancer Survivor) paddlers with drummer and coxswain (**COMPLETE TEAM 22 BCS**); or with 20 BCS paddlers (**COMPLETE TEAM 20 BCS**); or as an individual paddler for teams smaller than 20 BCS (**INDIVIDUAL | PINK PADDLER**). For the technical team only (**INDIVIDUAL | TECHNICAL TEAM**). The **ACCOMPANIER** will not invest in the administrative fee (value), but must register before the event, for the management of the Executive Committee. All registrants also need to fill in an electronic form to acquire the relevant data for the festival (T-shirt size, etc.).

REGISTRATION (click on the links below)	DATE	VALUE
<a href="#">COMPLETE TEAM 22 BCS (DRUMMER AND HELMER)</a>	02/05/2024 a 04/10/2024	R\$2.235,20 (R\$101,60 by person)
<a href="#">COMPLETE TEAM 20 BCS</a>	02/05/2024 a 04/10/2024	R\$2.286,00 (R\$114,30 by person)
<a href="#">INDIVIDUAL   PINK PADDLER</a>	03/05/2024 a 04/10/2024	R\$127,00
<a href="#">INDIVIDUAL   TECHNICAL TEAM</a>	03/05/2024 a 04/10/2024	R\$127,00
<a href="#">ACCOMPANIER</a>	02/05/2024 a 04/10/2024	FREE

**IMPORTANT:** The entries will be made by filling in an electronic form that will be sent to the pink paddlers teams and proof of payment of the administrative registration fee (value). Check your inbox and the Spam section of your registered email address. The data presented on the platform is **EXCLUSIVE** to the event and will be guaranteed by the Lei Geral de Proteção de Dados (General Data Protection Law of Brazil). All information about the event will be sent by email, which will be our effective means of communication. In addition to newsletters on our social media.

[APPLICATION FORM | PINK PADDLER](#)

*(Click on the above link)*

The **PINK PADDLER** 's registration will be formalized and will provide the following access (read carefully):

- The pink paddler will participate in this festival if she is registered in a team of pink paddlers from Brazil or another country.
- Pink paddlers must be over 18 years old.
- Pink paddlers are required to present photo ID (general registration, passport, professional license, driver's license) and two medical certificates: a medical certificate proving the diagnosis of breast cancer (oncologist; copies of exams will not be accepted) and a medical certificate of fitness for physical exercise (cardiologist).
- Filling in the electronic form is **MANDATORY** for registering as a paddler for the 2nd Dragon Boat Festival for Women Breast Cancer Survivors in the Federal District (information on T-shirt size, blood type, etc.).
- Registration via the electronic form (link to the **PINK PADDLER** registration) starts on 02/05/2024 and ends on 04/10/2024, at 23:59h.
- There will be a total of 349 women who have survived breast cancer. Once the maximum number of beneficiaries with all the requested documents has been reached, registration will be suspended.
- All other information about the pink paddlers on each team must be sent by the team's CAPTAIN, MANAGER OR RESPONSIBLE PERSON. And the captain/manager/responsible person of the rowing team will receive the necessary instructions. Communication will be by email.
- The Executive Committee would like to stress that filling in the details on the electronic form and uploading the medical certificates are compulsory to formalize registration for the event, in accordance with the information contained in the General Regulations.
- The certificates must be sent using the same electronic form. At the end of filling in the form, you can upload copies of a photo ID (general registration, passport, driver's license, etc.) and the medical certificates requested, namely: the medical certificate proving the diagnosis of breast cancer (copies of exams will not be accepted) and the medical certificate of physical fitness releasing you to practice physical exercise (cardiologist).
- The original certificates must ALSO be presented on the day of registration at the event by the representative of the pink rowing team, on 10/24/2024. So bring your certificates and photo IDs to our festival.
- Paddlers will take part in the festival's activities (socio-educational and cultural activities) and the nautical activities of participatory dragon boat races.
- The **PINK PADDLER** entry will receive a festival kit with a T-shirt and a gift, to be picked up by the CAPTAIN, MANAGER OR RESPONSIBLE PERSON for the team.

## [APPLICATION FORM | TECHNICAL TEAM](#)

*(Click on the above link)*

The **TECHNICAL TEAM** registration will be formalized and will provide the following access:

- This is the person over the age of 18 from the technical team (health professional, helmer, drummer, volunteer, etc.) who will accompany the pink paddler in the event.
- The number of people registered as individual members of the technical team for the event will be 100 (this may change).
- It is compulsory to present photo ID (general registration, passport, professional card, driver's license).
- All other information will be sent to the e-mail address registered on the form.
- The Executive Committee would like to stress that filling in the details on the electronic form is compulsory in order to formalize registration for the event, and is guided by the information contained in the General Regulations.
- Copies of photo IDs can be uploaded to the same electronic form, and at the end of the form, copies of civil registration photo IDs can be uploaded (general registration, passport, driver's license, etc.).
- The original ID document must ALSO be presented on the day of registration for the event, 10/24/2024.
- The **TECHNICAL TEAM** entry will take part in the festival's activities (socio-educational and cultural activities).
- They will be identified with an event wristband and access to the Ascade club premises.

## [APPLICATION FORM | ACCOMPANIER](#)

*(Click on the above link)*

The **ACCOMPANIER** registration will be formalized and will provide the following access:

- This is the person (family member, friend, health professional, etc.) who will accompany the pink paddler in the event. If there are children under 18, they must be accompanied by their adult guardians.
- The number of participants registered for the event will be 150 people (this may change).
- Participants are required to present photo ID (general registration, passport, professional card, driver's license).
- All other information will be sent to the e-mail address registered on the form.



- The Executive Committee would like to stress that filling in the details on the electronic form is compulsory in order to formalize registration for the event, and is guided by the information contained in the General Regulations.
- Copies of photo identification documents can be uploaded to the same electronic form, and at the end of the form you can upload copies of civil registry photo documents (general registration, passport, driver's license, etc.).
- The original ID document must ALSO be presented on the day of registration for the event, on 24/10/2023.
- The PARTICIPANT entry will take part in the festival's activities (socio-educational and cultural activities).
- It will be identified with an event wristband and access to the Ascade club premises.

*\* Note: the electronic forms for the technical team and the companion have the same content. The information will be needed for management by the Executive Committee.*

## **ATTENTION!**

**The medical certificates will be checked at the Registration Area for women paddlers who are breast cancer survivors and they will ONLY be able to PARTICIPATE in the dragon boat group canoeing activities if they present the documents and certificates requested at the Registration Area, for safety reasons and the rules in force at the festival.**

### **The Festival Kit**

**\* The festival kit includes a T-shirt and a gift, as well as identification with a badge.**

\* The festival kits will be delivered to the captain, manager or person in charge of the team, in person, on 10/24/2024, to be defined in the newsletter. The Registration Area/Secretariat is available throughout the event to answer any questions.

## ENXOVAL DO EVENTO

FESTIVAL KIT



**Website:**

<https://www.canomama.com.br/>

**Instagram:**

<https://www.instagram.com/festivaldragonboatbsb/>

[https://www.instagram.com/canomama\\_time/](https://www.instagram.com/canomama_time/)

<https://linktr.ee/canomama>

**Youtube:**

<https://www.youtube.com/@canomama>

## SCHEDULE OF ACTIVITIES

The schedule of activities may change according to the need to optimize and adapt it to the objectives of the event.

DATE: 10/24/2024   THURSDAY	
Time	Activities
9:00-15:00h	<b>Team registration (location to be determined)</b>
18:00h	<b>Opening of the event</b>

DATE: 10/25/2024   FRIDAY			
Time	Activities		
9:00-12:00h	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"><b>Dragon Boat Clinic</b></td> <td style="width: 50%;"><b>Dragon Boat Training Course</b></td> </tr> </table>	<b>Dragon Boat Clinic</b>	<b>Dragon Boat Training Course</b>
<b>Dragon Boat Clinic</b>	<b>Dragon Boat Training Course</b>		
12:00-13:00h	<b>Lunch break</b> (on your own)		
13:00-17:00h	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"><b>Dragon Boat Clinic</b></td> <td style="width: 50%;"><b>Dragon Boat Training Course</b></td> </tr> </table>	<b>Dragon Boat Clinic</b>	<b>Dragon Boat Training Course</b>
<b>Dragon Boat Clinic</b>	<b>Dragon Boat Training Course</b>		
18:00h	<b>Closing</b>		

DATE: 10/26/2024   SÁBADO	
Time	Activities
7:00-12:00h	<b>Participating dragon boat races</b>
12:00-13:45h	<b>Lunch break</b> (on your own)

14:00-17:00h	<b>Participating dragon boat races</b>
20:00-23:00h	<b>Pink Fest</b>

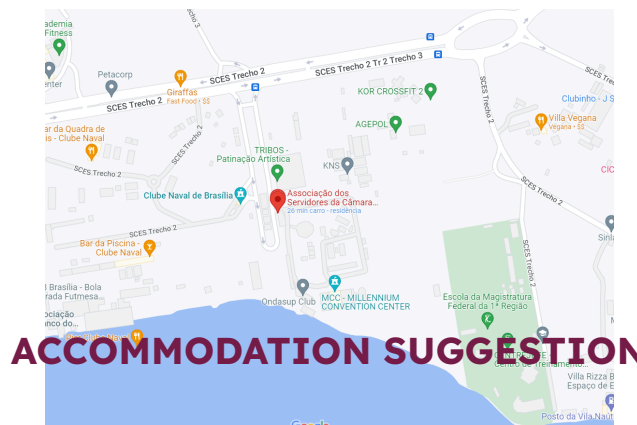
DATE: 10/27/2024   SUNDAY	
Time	Activities
9:00-11:00h	<b>Participating dragon boat races and awarding medals</b>
11:00-11:30h	<b>Flower Ceremony and closing</b>
12:00-14:00h	<b>Lunch break</b> (on your own)

## EVENT LOCATION

**Clube Ascade – Associação dos Servidores da Câmara dos Deputados**

**Website:** <http://associacaodacamara.com.br/portal/o-clube/>

**Google Maps:** [St. de Clubes Esportivos Sul Trecho 2 Conjunto 10, Lote 18 - Asa Sul, Brasília - DF, 70200-002](#)



### **BRASÍLIA PALACE HOTEL**

<https://g.page/BrasiliaPalaceHotel?share>

<http://www.brasiliapalace.com.br/>

*SHTN Trecho 01 Conjunto 01, Setor de Hotéis e Turismo Norte - Asa Norte, Brasília - DF, 70800-200*

Contact: +55 (61) 33069000

### **CONDOMÍNIO BRISAS DO LAGO**

<https://goo.gl/maps/pBNo1beJhVmi5FnD6>

*St. de Clubes Esportivos Sul Trecho 4 Lote 5 - Brasília, DF, 70200-004*

Contact: +55 (61) 33170880

### **CONDOMÍNIO LIFE RESORT**

<https://goo.gl/maps/Tso3QVj42BRh3iiy7>

<http://www.liferesort.com.br/>

*Shtn trecho 2 lote 3, bloco N, sala 105 - Asa Norte, Brasília - DF, 70800-230*

Contact: +55 (61) 32521225

### **LAKE SIDE APART HOTEL**

<https://www.lakeside.com.br/>

*SHTN Trecho 1 Conjunto 2 - Asa Norte, Brasília - DF, 70800-210*

Contact: +55 (61) 32515109

### **SAINT MORITZ HPLUS EXPRESS**

<https://g.page/saint-moritz-hplus-express?share>

<https://www.hplus.com.br/hotel/saint-moritz-hplus-express/>

*SHN Q. 1 BL B - Asa Norte, Brasília - DF, 70701-000*

*Contact: +55 (61) 30514001*

### **LIKE U HOTEL**

<https://g.page/likeuhotel?share>

<https://www.likeuhotel.com.br/>

*Setor Hoteleiro Sul 4, Brasília - DF, 70322-908*

*Contact: +55 (61) 32046162*

### **ST. PAUL PLAZA HOTEL**

<https://goo.gl/maps/QpaMEW17uHaseUKJ8>

<http://www.hotelstpaul.com.br/>

*SHS, Quadra 02 Bloco H - Asa Sul, Brasília - DF, 70322-902*

*Contact: +55 (61) 21028400*

### **GRAND BITTAR**

<https://goo.gl/maps/ARTXPVcgqCtaGr528>

[https://hoteisbittar.com.br/grand\\_bittar/](https://hoteisbittar.com.br/grand_bittar/)

*SHS Q. 5 - Asa Sul, Brasília - DF, 70322-917*

*Contact: +55 (61) 37045000*

### **GARVEY PARK HOTEL**

<https://goo.gl/maps/ySX5H7XWRU7b8N9r8>

<https://garvey-park-hotel.brasiliatophotels.com/en/>

SHN Q. 2 BL J - Asa Norte, Brasília - DF, 70702-909

Contact: +55 (61) 33298400

## **BONAPARTE HOTEL RÉSIDENCE 5**

<https://goo.gl/maps/aFYc4HBxZ3vFFoSw7>

<http://www.bonapartehotel.com.br/>

SHS Quadra 2 Bl. J Edifício S/N - Asa Sul, Brasília - DF, 70312-000

Contact: +55 (61) 21046600

**Promotional rates for accommodation are still being negotiated and may soon be made available to the teams.**

**We are waiting for YOU to BUILD OUR STORY in DRAGON  
BOAT style COLLECTIVE CANOAGING for WOMEN  
SURVIVING BREAST CANCER!**

**LET'S GO TOGETHER!**

**SPONSORSHIP**

MINISTÉRIO DO  
ESPORTE



## ORGANIZATION AND STAGING OF THE EVENT



### Important information:

Email: [festivaldragonboatbsb@gmail.com](mailto:festivaldragonboatbsb@gmail.com)

Instagram: [https://www.instagram.com/canomama\\_time/](https://www.instagram.com/canomama_time/)

<https://www.instagram.com/festivaldragonboatbsb/>