



Paddles Up!: Dragon Boat Racing in Canada

By Arlene Chan, Susan Humphries

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Paddles Up! provides an in-depth look at dragon boating from its beginnings in ancient China to the modern-day prominence of Canadian teams on the international scene, as told in the words of top coaches of men's and women's teams, experts and enthusiasts, and sports health professionals across Canada. Contributing writers include Mike Haslam, executive president International Dragon Boat Federation; Matthew Smith, president Dragon Boat Canada; Kamini Jain, Vancouver; Albert MacDonald, Halifax; Jamie Hollins, Pickering; Matt Robert, Montreal; and Jim Farintosh, Toronto. Through legends, history, and traditions, to paddling tips and mental readiness, and from choosing gear to exceptional achievements, a battery of Canadian dragon-boat notables share their considerable knowledge in one authoritative volume.

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Editorial Review

Review

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From the Inside Flap

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About the Author

Arlene Chan's passion for dragon boating was launched nine years ago when she was researching a book on dragon boating for children. Her book *The Moon Festival* was shortlisted for the Silver Birch Award. She lives in Toronto.

Susan Humphries has been an avid dragon-boat paddler for the past ten years. She has competed in the European, North American, and World Club Crew Championships, and has been active in the governance of the sport through her work with Dragon Boat Canada. She lives in Burlington.

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