

ABOUT US

Paddle for the Cure is a special support organization for breast cancer survivors / supporters. We offer a unique survivorship program that uses recreational dragon boat paddling to manage side effects of treatment for breast cancer survivors and promotes a positive and healthy lifestyle.

Organized by survivors ourselves, we paddle our way to recovery with each other and a tremendous group of supporters and paddling enthusiasts along our side.

Our team events are open to all and promote a healthy lifestyle, a way of getting life and movement back through exercise, as well as emotional support and team spirit.

Since Paddle for the Cure is a 501(c)3 non-profit organization, donations and tickets at our fund raisers and events are tax-deductible to the extent allowed by law.

Paddle for the Cure

Our organization is founded on **Practice + Perseverance = Power** which celebrates life and supports the cancer survivors within the immediate community and our diverse network of national grassroots organizations.

We aim to spearhead festivities to continue to build our "3A's", which are **awareness, action and advocacy** in our road to recovery.

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Our Events and Activities

Our on-water season is May through October. Off-season indoor practice is available November through April. We plan to practice weekly in the World's Fair Marina during the warm weather and participate in dragon boat races along the East Coast.

We want to make history. We want to bring and promote dragon boating out of town and internationally.



NYC
HEALTH+
HOSPITALS

Elmhurst

PADDLE FOR THE CURE

in partnership with

Elmhurst Hospital Center.

Recognized by Awarenessforcure.org as a vital NY-based fundraiser.

AWARENESS
ACTION
ADVOCACY

Contact us for information.



info@paddleforthecurenyc.org

PRACTICE +
PERSEVERANCE =
POWER

www.pfcnyc.org

Why Dragon Boat Racing?

Sports medicine physician, Dr. Don C. McKenzie at University of British Columbia (1996), dispelled the myth that woman with breast cancer treatment refrain from upper body exercise for fear of developing chronic lymphedema (a permanent / sometimes incapacitating swelling of the arms / chest).

His study concluded that woman who paddle marked improved physical and mental health with no recurrence of lymphedema. Paddling increased flexibility, aerobic capacity and strength. A team sport that is fun, builds harmony and a feeling of togetherness.



"You cannot change the direction of the wind but you can adjust the sails!"

-Unknown

The exhilarating and intense paddle experience increases strength endurance and is great "core-specific" workout. A strong core (pelvis, lower back, hips and abdomen) improves mobility for people with both acute and chronic pain and enhances neurological balance (neurological imbalance-first symptom of cancer). It alleviates back pain, decreases risk of vertebrae degeneration and underpins almost everything we do.

OUR MISSION

We offer a very specialized survivorship program that uses recreational dragon boat racing to manage treatment side effects for breast cancer survivors and promote a positive and healthy lifestyle.

- Build a core group of supportive and caring individuals who advocate for quality cancer care
- Develop a year round boat team for cancer survivors and supporters
- A compassionate environment with humane quality of understanding the needs of every survivor



"We paddle for genuine thoughtful care for each other."

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Join us as a:

- Survivor
- Family / Friend Supporter
- Corporate / Individual Sponsor
- Events / Fund raising Volunteer
- Speakers, Expert Advisors, and Forum Sharers in Testimonials

"Every woman needs to know the facts. And the fact is, when it comes to breast cancer, every woman is at risk."

Our Team Slogan

P - eople orientated with the passion to give back for a good cause

F - uture leaders in the community

C - UREmitment

D - IG deep

B - IG dreams

T - otal recovery

E - xecute properly

A - ct accordingly

M - ove forward

Our Team Mantra

Love yourself, unconditionally.

Nurture your inner strength.

Embrace your situation, whatever it may be.

We find a camaraderie and a common bond to fight breast cancer. Simple words bring comfort, faith and hope of healing.

Our Team Motto

We live here, We race here, We save lives here!