

Rocky Valley Foreshore at Falls Creek came alive for the 5th Annual Victorian Mile High Dragon Boat Championships on January 24th and 25th, 2009.

As the highest dragon boat event in Australia, possibly the world, approximately 1600m above sea level, the altitude will challenge your fitness, the locals will befriend you and win, lose or spectate, you will have a great weekend

What a great day for everyone involved in the 2009 Victorian Mile High Dragon Boat Championships!!

**Ian Talbot “Ski Press” aptly summed up the atmosphere at the Mile High Dragon Boat events when he wrote:**

Whilst Melbourne-based teams such as the Flames and the Chinese Youth Society of Melbourne team are the hardest to beat it is the friendly rivalry between the 'pink ladies' (Dragons Abreast teams) which is a crowd-pleaser. They all wear attractive uniforms proudly stating they are recovering from one of our most potent diseases. Deni Schimana the coordinator of the Geelong-based Dragons Abreast Geelong Juggernauts (who had an unplanned roll over in training) said:

The paddling motion the women carry out in a dragon boat has been found by Canadian Dr Don McKenzie to be very beneficial, particularly for upper body strength and reducing the effects of lymphoedema.



*‘Bangles’ running the Guard of Honour at The Mile High*

The Dragons Abreast Geelong Juggernauts team also gained enormous spectator approval with their pre race warm up carried out to the appropriate Annie Lennox track “Sisters are doing it for themselves”.

It was just one a number of activities they and their Dragons Abreast counterparts from Melbourne, regional Victoria and the NSW city of Albury, carried out whilst they were competing in this year’s Mile High Victorian Dragon Boat Championships held each Australia Day weekend at Falls Creek.

The finale by all the 'pink ladies' on the 'beach' alongside Rocky Valley Dam, after the final of the Pink Ribbon Challenge was a hit with every participant and the large spectator crowd. Every Dragons Abreast team member took part in a dance routine that was once again done to apt Annie Lennox track “Sisters are doing it for themselves”.