

# 24th Sabah Dragon Boat Race

20 & 21 June 2009

Venue: Likas Bay, Kota Kinabalu

Fast and furious dragons glide over the South China Sea to the pounding of drums this June during the 24th Sabah Dragon Race. The Dragon Boat Festival or Duan Wu, which originates from China and dates back to the 4th century, falls on the fifth day of the fifth month of the Chinese lunar calendar. This is when the Chinese pay homage to their ancestors and appease the Dragon (Controller of the Water) to ensure adequate rainfall to ripen their crops. The race also commemorates the Chinese poet and countryman, Qu Yan who threw himself into Milo River to commit suicide. People began to row out in boats to search for his body and they threw rice dumplings into the river to console his spirit. The throwing of dumplings or chung tze into the sea is now a symbolic gesture and marks the start of the event each year.

Initiated by the Sabah Chinese Cultural Association (SCCA) 23 years ago, the Race was placed under the responsibility of the Sabah Tourism Board in 1996. The race was then briefly under the organization of the Ministry of Youth & Sports in the years 2002 and 2003 but is now (since 2004) back in the hands of the Sabah Tourism Board with the support of the SCCA.

This year, some 50 teams are expected to participate, both local and foreign, including teams from Brunei, Kalimantan, Singapore and China. Teams will be vying for nine trophies:

- Sabah Head Of State Trophy – International & Top Malaysian Men's Teams
- Sabah Chief Minister Trophy – Malaysian Men's Teams
- Sabah Dragon Trophy – International & Malaysian Mixed Teams
- SCCA President Trophy – Chinese Men's Teams
- SCCA President Trophy – Chinese Mixed Teams
- Kinabalu Dragon Trophy – Junior Team Under 21 Years Old
- Men's Team Open 200 Metre Race – Open to all Men's Teams
- Mix Team Open 200 Metre Race – Open to all Mixed Teams
- Charity Race – Open to all teams

The newly-introduced Charity Race is a unique category in which teams select a charitable organization to represent. The name of the organization must be incorporated in the team name when registering for this event. All cash prizes of the winning team will then be donated to the respective charitable organisation. This year, the total cash prize for this year is RM43,000. The Heats for all categories take place on the 20th of June while the Finals are held the following day.

In between races, enjoy the spectacular dragon and lion dance performances and a

24-Chinese drum presentation. On the 20th of June, visitors can also participate in a host of events at Likas Bay including beach soccer matches organised by KK Futsal Centre, canoeing by the Sabah Canoe Association and sailing activities by the Kinabalu Yacht Club and Sabah Sailing Association. Come and catch the excitement this June at Likas Bay! The event kicks off at 8:00am.

**For more information, please contact Zachary Mobijohn (Organising Secretary) at +6088-232121, fax +6088-265540 or e-mail zachary@sabahtourism.com. Visit the website at <http://dragonboat.sabahtourism.com>**



## World Environment Day, 13 June

Think green and join us at this year's World Environment Day at the Lok Kawi Wildlife Park! With the collaboration of various agencies under the helm of the Ministry of Tourism, Culture and Environment, members of the public are invited to be a part of this event. Activities include tree-planting, a drawing competition for school children and a treasure hunt. Visitors can also learn step-by-step garden composting methods. Enjoy 50 percent off the Wildlife Park's entrance fee in conjunction with World Environment Day! The event kicks off at 7:00am until noon.

**For more information, please contact the organizers at 088-215353 or 214442 (Sabah Wildlife Department).**



## Get Ready!

The Borneo International Marathon 2009 takes place on the 11th of October right here in Kota Kinabalu. Here's a handy runner's tip: Combine your running with strength training. Don't shy away from pumping iron in the gym - It can help enhance endurance, reduce risk of repetitive stress injuries and increase lean body mass.

**For more info on the marathon, visit [www.borneomarathon.com](http://www.borneomarathon.com)**



## The Kota Kinabalu Jazz Festival 2009, 19-20 June

Sway, shake and shimmy to the sounds of jazz maestros from around the world! This year's KK Jazz Festival takes place at the Tennis Arena, Sutera Marina Club from 6:30pm to 11:00pm. Indulge in the musical stylings of Sabah's very own Double Take, featuring Roger Wang and Mia Palencia, Malaysian vocal harmony group Six2Eight, Hong Kong's Junk Unit, Nah Youn Sun from Korea, UK-based Son2nos, Rimba, SIA Jazz Syndicate and Jonathan Tse. Music enthusiasts will also have the chance to jam with the performers on the 7th and 14th of June from

3pm to 5pm at the Sutera Harbour Resort. Tickets for the 2-day access are priced at RM50.00 and RM100.00 and can be purchased at The Coffee Bean & Tea Leaf outlets around Kota Kinabalu.

**This event is organized by the Rotary Club of Kota Kinabalu (RCKK) with the support of the Society of Performing Arts Kota Kinabalu Sabah (SPARKS). For more details, contact the organizers at 088 230245 or e-mail [sparksmalaysia@gmail.com](mailto:sparksmalaysia@gmail.com)**