



For Immediate Release
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NCAWPA Celebrates its 20th Year Anniversary this Saturday!

Washington, DC—The National Capital Area Women's Paddling Association (NCAWPA) is celebrating its 20th year anniversary from 11 a.m. to 4 p.m., on Saturday, November 15, 2014, at the Anacostia Community Boathouse, 1900 M Street SE, Washington D.C. Members of the media are encouraged to come out and speak with our board members, current paddlers and alumni, about the rich history of NCAWPA outrigger and dragon boating. The event will feature a pre-party paddling photo opportunity to members of the media from 9:30 – 10:30 a.m., and then festivities kick off at 11 a.m. We expect approximately 90+ guests to be at the celebration including public officials. Visit NCAWPA's website at <http://www.ncawpa.org> for more information and downloadable high-res images. (Click on "For Press.")

For more than a decade, the National Capital Area Women's Paddling Association (NCAWPA) has been a part of the Anacostia River community. From Earth Day clean ups to environmental projects, NCAWPA members have done their part in not only preserving the Anacostia River Watershed and its tributaries, but also in promoting its recreational use through boating activities.

"The National Capital Area Women's Paddling Association is proud to celebrate many years of paddling in the DC area and active engagement with the Anacostia community!" said Miako Rankin, president of the National Capital Area Women's Paddling Association. "It is an honor to be a part of such a wonderful organization that promotes camaraderie, stewardship, the family bonds of team spirit, and accessible athletic opportunities for everyone right here in our own community."

Long-time NCAWPA member Elizabeth Pennisi recalls what it was like to be a member from the beginning. *"I can remember practices where we would have just seven people show; and to get enough people to fill a dragon boat for a race, we would have to beg roommates and friends to jump in."* Pennisi said, adding *"Now, it's not unheard of to have 60 NCAWPA paddlers out on the Anacostia all at one time on a weekend day. To think that NCA (Outrigger) has brought*

all those people into the sport makes me both proud and happy. We've become a robust organization, with good governance, good finances, and great community spirit."

About NCAWPA

The National Capital Area Women's Paddling Association, formally established as a non-profit community-based organization in 1994, first came together as a women's dragon boat team. The organization today includes the [NCA Outrigger](#) canoe team; as well as the [DC Dragons](#), a mixed male and female adult dragon boat team; [GoPink!DC](#), a breast cancer survivor team, and [Capital City Dragons](#), a youth dragon boat team.

About DC Dragons

DC Dragons is NCAWPA's mixed, adult dragon boat racing team from the DC area. Members come from all levels of experience and range in age from 18 to 72 years old. The team practices year round; members are on the water from late March to early November, weather permitting, and then they switch to indoors training for the winter season. The team also participates in a number of competitions in different venues across the United States and internationally. Email DC Dragons at dcdragons@dcdragons.org for more information.

About NCA Outrigger

Outrigger canoeing in Washington DC brings people of a multitude of generations and backgrounds together. Outrigger Canoeing, sometimes called "OC," is a team oriented sport that doesn't require any previous experience on the water, just a desire to experience the "Aloha" spirit and spend time exercising with a great group of people of all skill levels who enjoy experiencing DC in a wholly different way (on the water!). The outrigger team races in multiple events in DC and throughout the East Coast. They also compete in major events in Hawaii, California, and other areas of the world. Email NCA Outrigger at ocmembership@ncawpa.org for more information.

About GoPink!DC

GoPink!DC is a breast cancer (BC) survivors and supporters dragon boat team from Washington DC. The diagnosis of breast cancer, either personally or of a loved one, is their common bond. Paddling together in a twenty-person dragon boat has created a treasured sisterhood for the team, while also offering fitness, friendship, and fun. GoPink!DC members include breast cancer survivors and female supporters of all ages and levels of fitness. Email GoPink!DC at gopinkdc@yahoo.com for more information.

About Capital City Dragons

Capital City Dragons is NCAWPA's Youth Dragon Boat program, a weekly paddling event, for teens ages 12 to 18 years old. Learn to paddle a dragon boat, meet new people, get a great workout, and have fun! Practices take place every Sunday morning during the summer season. Email Capital City Dragons at youth@ncawpa.org for more information.