



Our Mission: The Warriors of Hope are community ambassadors of the international sport of dragon boat racing. We demonstrate courage and vitality for breast cancer survivors, raise funds to increase breast cancer awareness and research for a cure, promote the value of being proactive in detection, honor those who have gone before us and offer hope to those who will follow.



Dragon Boat Racing is popular around the world, and Breast Cancer Survivor teams have joined the sport, demonstrating that there can be an active and rewarding life after breast cancer. The Warriors of Hope have been an active and winning team since 2000 – and there is a place for you on the team!

We provide paddle and strength training to build your confidence in a supporting environment surrounded by other breast cancer survivors. Join us for a few paddling sessions and see for yourself what fellowship, fitness and fun can do for your well-being.



As a paddling member of the Warriors, you will enjoy twice-weekly practices on Trout Lake in our boat 'Jane' (May to October). The team usually travels to 2 Dragon Boat Festivals each year where we compete with other Breast Cancer Survivor teams (and community teams). These are life-enriching experiences.

As a non-paddling member, you will join the team in bi-weekly especially designed strength and fitness training sessions all through the off-season. Team members also enjoy social outings and share in team meetings and committee work.

The Warriors of Hope have our own fund raisers – the annual Golf Tournament and Giant Yard Sale – but we rely on the generosity of individuals and corporate sponsors to keep us on the water and attending festivals. We do give back to the community through personal donations to the Santa Fund and area Food Banks, as well as supporting the Run for the Cure and other cancer-related events.



The objective of competing is to have fun and to demonstrate that people can participate fully in life after breast cancer. Readiness for competition involves training and practices. Ultimately, if you are present at a competition, you are a winner. The satisfaction from participating, achieving an increased fitness level, and being a role model to others living with breast cancer brings rewards which far exceed a ribbon or medal.

We spread awareness of breast cancer diagnosis and treatment, an offer support through the journey. Our 'Weed Warriors' present a flowerbed at the Waterfront as a reminder of hope and courage by the pink ribbon.

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In 2022 the Warriors travelled to Vancouver for the Concord Pacific Dragon Boat Festival. This is the home base of Dr Don McKenzie who was instrumental in starting the dragon boat programme for breast cancer survivors. The team not only won the Survivors' races over 18 other BCS teams but found it most rewarding to have Dr Don present the medals to us. The carnation ceremony with over 400 BCS was moving, to say the least.

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The Warriors of Hope
Breast Cancer Survivors
Dragon Boat Racing Team
P.O. Box 1495 Stn Main
North Bay, ON P1B 8K6
Warriosofhope.com
wohcaptain@gmail.com

Our Vision is "To demonstrate through our Team example of dragon boat racing, the physical and mental benefits of exercise for breast cancer survivors in living a full and active life."

Camaraderie Commitment Courage Compassion