

# WELCOME TO DHARMA VOYAGE

## What is Dharma Voyage?

Dharma Voyage is a non-profit organization located in Westport Massachusetts founded in 2009 by internationally trained martial arts instructor, and international coastal rowing competitor, Ben Booth. We offer youth and adult programs in river and coastal rowing, boatbuilding, and Tai Chi. What sets our programs apart from others is a training system that increases the participant's skills in attention, creativity, and insight while building strength and endurance.

## What is the Organizational Structure?

Board of Directors: Myrna Adolfo, President  
Don Dufault, Vice President and Treasurer  
Sharon Nolan, Secretary  
Kate White

Operations Board: Ben Booth, Executive Director  
Tucker Hood, Operations Manager  
Myrna Adolfo, Tai Chi Coordinator  
Don Dufault, Scheduling Coordinator  
Polly Gardner, Maintenance Coordinator  
Wendy Goldberg, Rowing Coordinator  
Cyn Jeffrey, Maintenance/Administrative Coordinator  
Marilyn Packard-Luther, Education Coordinator  
Woody Underwood, Maintenance Coordinator

## How do we communicate?

1.) Website: [www.dharmavoyage.org](http://www.dharmavoyage.org)

For rowing administrative questions write to [rowing@dharmavoyage.org](mailto:rowing@dharmavoyage.org)

For scheduling questions write to [dondufault52@gmail.com](mailto:dondufault52@gmail.com)

2.) Sign-Up Genius (web-based scheduling system – password protected).

## **I want to row how do I make that happen?**

- 1.) Fill out a registration form, sign the required Waiver and Liability Release; Photo and Publicity Consent; and Health Emergency Information and Consent for Medical Assistance forms.
- 2.) Schedule an instructional rowing session with Ben Booth. We will have three sessions on Saturday morning; May 5<sup>th</sup>, and two sessions on Sunday afternoon May 6<sup>th</sup>, at Hix Bridge Landing. A sign-up sheet will be available at the orientation meeting.
- 3.) If after completing your instructional row if you are still interested in joining the rowing program, pay \$210. This entitles you to sign up for Open Rowing sessions and Special Event Rows through November plus access to our "Sign-Up Genius".
- 4.) Returning rowers fee is \$200 per year.

## **How do I sign Up for Rows?**

We schedule all our rows using a web-based scheduling system called "Sign-Up Genius", which is password protected. We ask that you please don't sign up for more than two rows in a given week. If a particular row is not filled twenty-four hours prior to the scheduled row, then anyone can sign up for that row. **Please sign-up no later than 6PM on the night prior to the scheduled row.**

- 1.) Go to [www.dharmavoyage.org](http://www.dharmavoyage.org)
- 2.) Select "Rowing" at the top of the page.
- 3.) Click on "Schedule Rowing".
- 4.) Enter the password, (you will receive this when complete your instructional row).
- 5.) Click on the yellow Sign Up Genius icon at the bottom of the page.
- 6.) Select the Rowing event (listed by date and time) you wish to sign up for.
- 7.) Click on the "Sign Up" icon then fill in the information requested.
- 8.) Click on "Submit and Sign Up" and then you will be signed up.

**If the event is cancelled, you will be notified by e-mail**

## **Rowing Logistics**

We row from Hix Bridge Landing, located on Hixbridge Road, in Westport, on the east branch of the Westport River. Westport Town residents can obtain a parking permit (\$10) from the Selectman's office at Westport Town Hall. You will not need to obtain a parking permit until you decide to become a member. Dharma Voyage has some visitor parking permits for non-residents, and new rowers, which can be obtained from the coxswains. Additionally, you can park at the Handy House, located at the intersection of Hixbridge and

Drift Roads and walk to the landing. If you park at the Landing parking lot, please park to the rear of the lot, leaving room for boaters to park their trailers. The parking at the Landing can sometimes be limited so please park close to the next car to maximize the number of parking spaces. Please plan to arrive a few minutes early for your instructional row.

### **Safety**

Our first priority is to make every rowing experience a safe one. Each boat is equipped with PFD's and all rowers are encouraged to wear them. Rowers should dress for the weather conditions expected. We recommend dressing in layers, because after about five minutes of rowing your body temperature will increase. Bring some fluids to drink if you wish.

### **Weather**

We try our best to schedule rows on beautiful, blue-sky days. Sometimes that doesn't work out. If a scheduled row is cancelled, you will be notified by e-mail to the address you provide when signing up for the row. We typically row in light drizzle conditions.

### **Open Recreational Rows**

We have a group of coxswains who lead Open Rows at various times and days of the week. The rows last about ninety minutes, beginning and ending at Hix Bridge Landing.

**Special Event Rows:** These are usually scheduled several times a season.

Row from Hix Bridge to the Head of Westport and back, scheduled when it is high tide at the Head. Includes a stop at the "Head Store", the official coffee and donut shop of Dharma Voyage.

The Slocum River Challenge, Come Boating Race, Belfast ME, Gloucester Harbor Race and The Head of the Weir Race. We have participated in these events during the past 2 years. There is an entrance fee for these races.

Row from Hix Bridge to Westport Harbor and back when the tide is in our favor.

### **Race Training/Fitness Program**

The program is open to any rowing member who wishes to learn more about rowing, gain fitness, and be part of a team. You do not need to be fit or have a lot of rowing experience. As this is primarily a recreational team, the goals will be inclusion, fun, camaraderie, and education.

Ben Booth will coach the rows. In every session, all participants will be taught how to refine their technique, come together as a crew, and discover the safe and fun challenges of gaining the skill and strength to make the boat go! It is understood that there will be a wide range of interest, from those who want to race seriously, to those who do not want to race at all and simply want to learn more about rowing and fitness on the water. There is a separate charge for this twelve-week program. There are no available slots for the 2018 season.

## **Our Fleet**

Dharma Voyage has the following boats:

“Voyager” is a thirty-two-foot Pilot Gig with six rowing positions, plus a coxswain.

“Spirit of Westport” also a thirty-two-foot Pilot Gig similar to “Voyager”. This boat was built in 2016 by 8<sup>th</sup> Grade students in the Westport School System as part of Dharma Voyage’s Educational Program.

“Mariner’s Endeavor” is a twenty-five-foot Rowing Dory with four rowing positions and a coxswain. This boat was built in 2016 by high school students in the Westport School System as part of Dharma Voyage’s Educational Program. A second Dory, “Sea Hare” was built by junior/senior high school students, as part of Dharma Voyage’s Educational Program.

“Gooseberry Flyer” is a twenty-five-foot Australian Surf Boat with four sliding-seat rowing positions and a coxswain. This boat is available only for use in our youth summer rowing program.

## **Boat Maintenance**

The boats require routine maintenance at various times of the year. This could include sanding, painting, varnishing, carpentry and general cleaning. Email announcements will be sent out as the need arises. We ask that all help with this facet of the program as best you can.

## **Fundraising Activities**

Dharma Voyage has a real sense of community, and in addition to having a robust adult rowing program we also sponsor no cost youth educational programs that require funding. Although it is not a requirement for our members, we encourage support, in any way you can, of fundraising events we sponsor.