



**FOR IMMEDIATE RELEASE**  
**23 May 2009**

### **Not Your Average Ladies**

Not long after the success of Penang Channel Challenge where a group of breast cancer survivors challenged themselves by crossing the 3.8km channel from Butterworth to the island of Penang, the same group of women are determined to compete in the 30<sup>th</sup> Penang International Dragon Boat Festival at Teluk Bahang Dam, Penang on 23 May 2009.

These ladies also known as Pink Challengers will be taking part for the first time in the 500m International Premier Race where previously they competed in the breast cancer race. They aim to ***Paddle for Courage, Strength and Change*** - to create a change in the mindset of the public that breast cancer is not a death sentence, but one can still live an active life after breast cancer. Hence, participation in this race aspires to convey the message that after early detection and timely medical treatment, breast cancer survivors can live extremely normal and active lives.

“It is not so much on winning itself. Being Malaysia’s first team of dragon boat paddlers consisting of breast cancer survivors, it’s more about re-educating the public that there is life after cancer” said Wong Mee Yee, Team Captain of Pink Challengers. “This race will provide a good base to us as we will be competing in a number of races in the upcoming 1<sup>st</sup> Putrajaya International Dragon Boat Festival” continued Barbara Delaney, Team Manager of Pink Challengers. “One of the major highlight will be the Putrajaya International Challenge which is a 2000m marathon as we are the only breast cancer survivors who will be taking part in this male-dominated race” added Delaney.

In preparation for these races, the Pink Challengers have been training persistently every weekend at the Putrajaya Lake Club under the supervision of their official coach, Azhari Hussen. Whilst the physical action of paddling builds up body strength and flexibility of the arms, it is also a way of preventing lymphoedema or swelling of the arm, which can occur in women as a side effect of breast cancer treatment.

Pink Challengers is a dragon boat team from Breast Cancer Welfare Association (BCWA) which consists of paddlers who are breast cancer survivors. The team was formed in March 2005 and since then has taken part in the annual Penang International Dragon Boat Festival, Sabah Dragon Boat Race in Kota Kinabalu and Sava Sprints in Singapore and a few local races in Putrajaya, Kuala Lumpur. Pink Challengers have also been much involved in breast cancer awareness by organizing various unique and first-of-its-kind activities such as “Bum on Bikes” where they rode pillion on Harley Davidson bikes from Kuala Lumpur to Malacca and the Penang Channel Challenge where they braved the open and choppy sea.

**Members of the public who are interested to obtain more information on the event can contact BCWA at 03-79549013 / 019-693 8952 or email [meeyee@bcwa.org.my](mailto:meeyee@bcwa.org.my) .**

\* \* \* \* \*

**For further information, please contact:**

Ms. Wong Mee Yee  
Breast Cancer Welfare Association of Federal Territory and Selangor  
5th Floor, Bangunan Sultan Salahuddin Abdul Aziz Shah  
16 Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia  
Tel: +603-7954 0133 Fax: +603-7954 0122  
E-mail: [info@bcwa.org.my](mailto:info@bcwa.org.my)