

*(updated July 2024)*

**Mandatory**

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**\*\*Note: the last 400-500 yards is a GRAVEL ROAD – please ride carefully.**

End of the North Road (rough path) – Baie Noir Road along to the North side around the bottom of the bay to the end of Baie Noir Road to a path leading down to Bill Christie's wharf.

The big flat rock on Hope's Island to the end of the L.I.S.C wharf (large red flag). Finish line – the swimmer **MUST** touch the end of the wharf and then

hand the wrist band to the person with the long pole.

\*There will be a boat to bring swimmers out to the island the morning of event. They should be at the club dock after start of race (10am).

**SPECIAL RULE** – pertaining to the 3<sup>rd</sup> and 4<sup>th</sup> legs (canoe and kayak), in the event the canoe or kayak capsizes, paddlers can call for help from a passing or accompanying boat in order to right the capsized canoe or kayak. The canoe/kayak or another spare must be placed in the water as close to the area where the event occurred. The same canoe/kayak can then resume the race without penalty.

No more than one person may participate in more than one leg of the race **except** the runner who **must** also take part in the canoe part of the race. (canoe = 2 paddlers & the runner = 3 in canoe).

No mechanical devices of any kind other than the manual pedal bicycles are permitted (no electric bikes).

CANOES & KAYAKS – only standard paddles are permitted – a motor boat should only follow the canoe/kayak for safety reasons, not be alongside.

SWIMMER – cannot use swim fins or any other devices to artificially help the overall speed to the finish line.

**No wet suits.** The wrist band may be placed under the bathing cap or inside the bathing suit. After touching the finish line – the end of the club wharf (red flag marker) the wrist band should be placed on the end of a long pole **BY THE SWIMMER OR THE FINISH LINE ATTENDANT.**

### **SAFETY, SAFETY, SAFETY**

This route is not closed to traffic (bike course, run & water). Personal safety is participant responsibility. An adult can accompany a minor or even another adult (meaning can bike with them, run with them, paddle in a separate non-motorized boat beside them and swim beside them).

Bikers must wear a helmet.

Canoes must have at least 3 flotation vests of some sort in the canoe. Kayak – one flotation device. Both must follow proper water safety rules and regulations.

Swimmer – the team kayak, canoe, or both; must accompany the swimmer all the way to the finish line for safety reasons (also encouragement).

We will try to restrict auto traffic as best we can. It is the responsibility of the participant to use his or her discretion in order to avoid any possibility of injury or accident to others or themselves.

Spectator boats and water crafts – PLEASE, PLEASE, PLEASE do not create wakes for the racers and keep a large distance from the participants. Only a separate non motorized boat is allowed to accompany a paddler/swimmer in any close proximity.

Participants under 14 years of age must have parental supervision during the race.

**In the event of rain or thunderstorms, the event will be postponed to the following day (Sunday).**