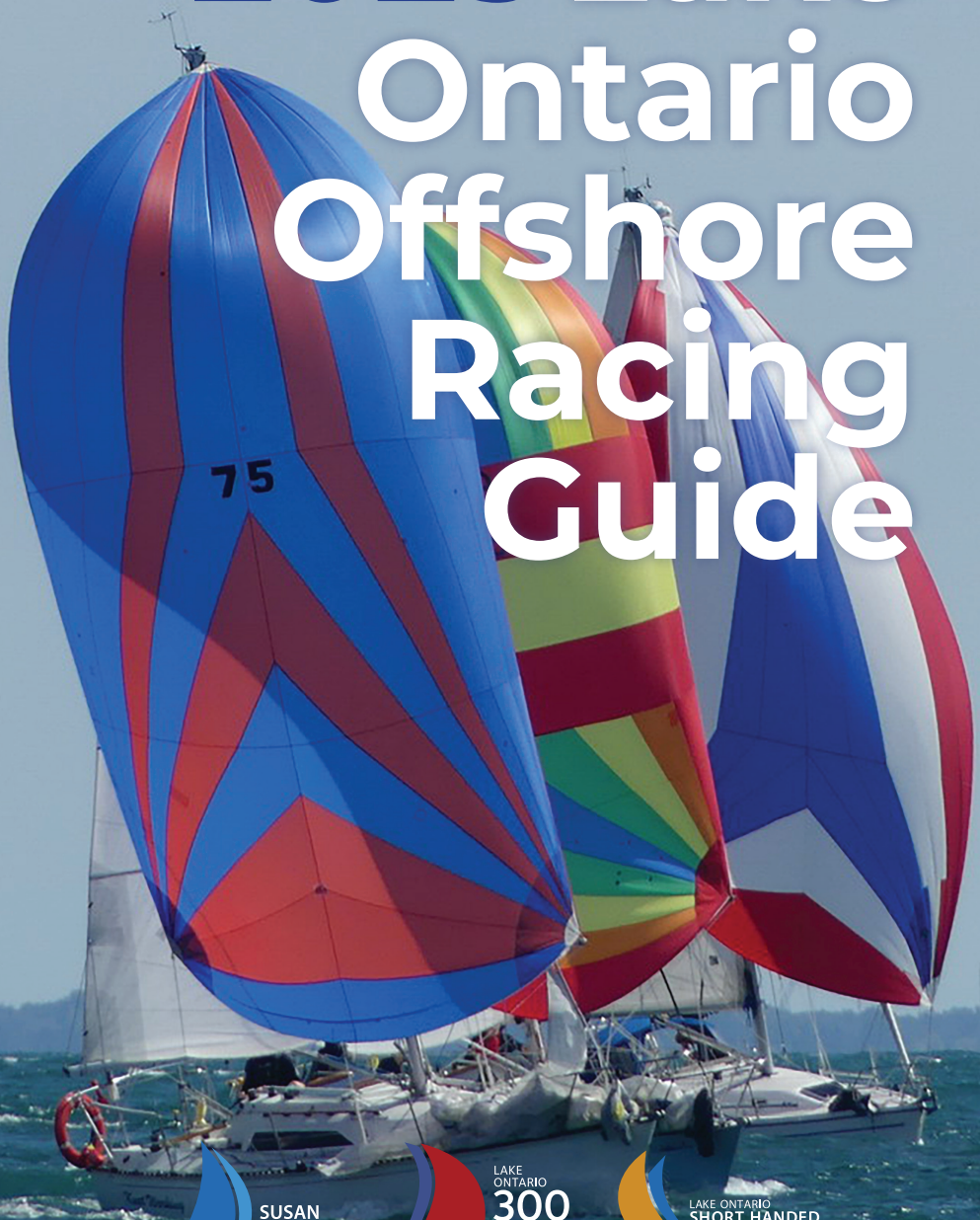




2023 Lake Ontario Offshore Racing Guide




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2023 Lake Ontario Offshore Racing Committee



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Co-Chair



Terence 'Terry' Kuehn
Co-Chair



Graham Dougall
Race Management, Technical,
and Safety Committee Chair



Joe Doris
Past Chair



Tony Powers
Marketing



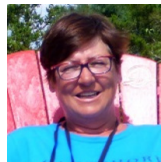
Gord Timmis
Website



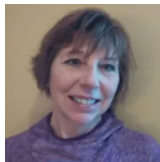
Dave Courtney
GLSS Liaison



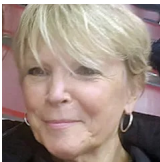
Mitchell Pignatiello
Finances



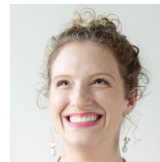
Sandra Chave
Shoreline Coordinator



Judy Willan
Administration



Nancy Wolf
Registration



Becca Grobler
Social and Graphics



Mark Searle
FLEET Liaison



Martin Osborne
LOSHRS Liaison



Mac Mackenzie
LOSHRS Liaison



John Greenham
Ambassadors

Lake Ontario Offshore Racing

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 @LOOR300
 @LOOR300

Port Credit Yacht Club

@PortCreditYacht
 @VisitPCYC
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A Welcome from the Chairs

After three difficult seasons, everyone is ready to get back to 'normal', but no one is happier than the LOOR Organising Authority. We are thrilled to finally be able to plan a season full of unrestricted, exciting racing, and great on-shore socializing. It is wonderful to work with this committee full of great volunteers who give up their precious time all year round to make sure our events are the best racing on the lake. These races happen because of them, and they deserve a big 'thank you' for the work that they do!

The committee has several new members this year, but I want to introduce Terry Kuehn. He has agreed to join the committee as co-chair with me this year. He was supposed to reduce my workload, but with all his new exciting ideas, I have been even busier than normal. I see this as "good trouble", and am thrilled that he has joined us and am looking forward to the next few years.

Races could also not happen without our dedicated sponsors. I would like to give a special shout-out to driveHG. They are supporting us once again as title sponsor for all our events and they are also giving LOOR racers special deals on cars. If you are buying a car, have a look at their website. They have over 20 dealerships, and I'm certain you can find something to suit your needs. I personally have bought a few vehicles from them and can confirm that they have great prices and service.

Access Abilities and North Sails, are just two of our other sponsors whom we need to thank. Others are listed throughout this guide. Please pay attention to our advertisers, support them, and let them know why you support them.

Most importantly, however, I'd like to thank you, the racers. You are why we do this; you are our ambassadors; and you are the reason this is so much fun.

We have a great season planned for this year. The LO600 is being offered this year for the 7th time, and have ramped up our onshore events. Have a look at the article by Terry Kuehn where he outlines the new and exciting events we have planned.

We hope you will enjoy this guide. It is full of useful articles written by racers like you who have great experience and are passionate about the sport.

Please feel free to contact me personally with any comments, suggestions, or sponsorship opportunities.

We are always looking for input from our racers.



Monica

Monica Doedens
Lake Ontario Offshore
Racing Committee
Co-Chair





To Lake Ontario Offshore Racers and Sailing Enthusiasts

On behalf of the entire team at Humberview Automotive Group and driveHG.ca, we would like to welcome you to the 2023 race season on Lake Ontario.

As an avid sailor, I appreciate the commitment and eagerness you display throughout this race series and we at the Humberview Group are excited to sponsor the 2023 LOOR season for the eighth consecutive year.

The dedication and commitment it takes to run a successful sailing campaign align with the Humberview Group's core values. Two key values that drive our team of over 1500 people are integrity and teamwork. We take pride in knowing all our customers are met with the highest standard of excellence and care for their vehicles. As one of the largest automotive groups in Canada with 18 automotive brands and 29 locations across Ontario, we have one promise: to serve you better, each and every day.

Please take a look at our HUG program in this year's guide. It is driveHG.ca's loyalty and rewards program and it allows you to earn some serious reward dollars by purchasing a vehicle from one of our 18 brands or even referring someone to the program. Sign up today and start earning money by simply sending someone our way.

I look forward to meeting many of you in the upcoming months and continuing to build existing relationships. For those of you that have purchased or serviced your vehicles with us before, we thank you for your patronage, and we look forward to serving you again soon.

In closing, we hope this season brings you great competition, fair winds and tremendous joy on the waters of Lake Ontario.



Sincerely,

Andrew Lennox

General Manager

Mercedes Benz Brampton

DriveHG.ca



PORT CREDIT



YACHT CLUB

To all Lake Ontario Offshore Racing Participants

Port Credit Yacht Club is very proud of its history with LOOR going back to the days of the Lake Ontario Single-Handed Series, the Lake Ontario 300, and the legendary Susan Hood Trophy Race. As Commodore, I welcome all participants to this tremendous series of events. I would especially like to thank all the volunteers from several clubs around the lake for their enthusiams and commitment including many hours of committee work dediacted to making Lake Ontario Offshore Racing the success that it is. I would also like to acknowledge the PCYC staff for their part in hosting these fantastic races. Finally, thank you to the members of PCYC who embrace LOOR and welcome participants every year.

Our PCYC Board of Directors enthusiastically supports LOOR and looks forward to seeing you this summer.

I wish you all a tremendous, safe, successful, and fun time in the 2023 season!



Sincerely,

Don McKay

Commodore

Port Credit Yacht Club



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Cover Photo: Monica Doedens



New Ambassador Coordinator



John Greenham

I am John Greenham, the new Ambassador Co-Ordinator for the LOOR committee. My home club is Toronto Hydroplane and Sailing Club where I've sailed for 12 years. My first boat was a Grampian 26 called Let it Be, I now have a C&C 34 Split Second. It makes me very jealous to hear about the great years in the past and all the great races and times participants of LOOR have experienced. I'm looking forward to may more years of racing with this wonderful group.

LOSHRS was my first adventure into racing outside Club Racing back in 2017. I have done nothing but enjoy my time racing with LOSHRS and 2 years ago decided to up my game to the next level and include LOOR fully crewed events, competing in my first ever LOOR 300. I've been an Ambassador since the program began and recently, I decided to take on the role as Ambassador Co-Ordinator. The Ambassadors role is to pass on the excitement of the LOOR/ LOSHRS racing and help new people get comfortable with the process.

It first started for me walking around the Boat Show with my usual crew looking for racing outside of the regular Wednesday night racing our club offers, and just like a beacon, the LOOR booth was there. Bang and WOW it all started, owning and racing Let it Be the Grampian 26, short-handed racing was my option for a starting point of racing outside the Club. My crew and I left the show so excited to get on the start line and have our first race, the homework and prep excited us both.

Yatchscoring made it so easy but yet complicated, we reached out to other racers we tracked down to help navigate the maze and were we ever glad we did. I guess you could say we found our own ambassador. I'm so thankful to the other racers that helped me get safely to the start line, not to mention able to compete in a full LOSHRS season my first year. The Ambassador program started 2 years later and who better to be our club ambassador then me, TH&SC now has 3-5 boats competing in the LOSHRS/LOOR, 2 in last years LO300. All the Ambassadors I've met over the years all have very similar stories; the passion is irreplaceable.

I look forward to being Ambassador Co-ordinator and working with the entire LOOR team, Monica has been such an inspiration and Terry has made me feel very welcome. If you haven't raced with LOSHRS or LOOR, I have a very simple suggestion. If my crew and I can do it, so can you. See you at the start line soon.

2023 Ambassadors

Need help getting registered, getting your boat ready, crew, etc.? Get in touch with your club's ambassador and they can help. If your club does not have an ambassador, then send an email to info@loor.ca and we'll find someone that can help you. If you would like to volunteer to be your clubs ambassador, send an email to volunteer@loor.ca.

Yacht Club	YC Abbr.	Ambassador(s)
Alexandra Yacht Club	AYC	Stuart Rice
Aquatic Park Sailing Club	APYC	Fred Chevalier
Ashbridge's Bay Yacht Club	ABYC	Simon Mielniczuk
Bluffers Park Yacht Club	BPYC	Terence 'Terry' Kuehn
Bronte Harbour Yacht Club	BHYC	Bryan Simms
Cathedral Bluffs Yacht Club	CBYC	Terence 'Terry' Kuehn
Cobourg Yacht Club	CYC	Brian Mitchell
Collins Bay Yacht Club	CBYC	Geoffrey Roulet
Dalhousie Yacht Club	DYC	Sean Furnis
Etobicoke Yacht Club	EYC	Mac MacKenzie
Frenchman's Bay Yacht Club	FBYC	Brent Hughes
Highland Yacht Club	HYC	Terence 'Terry' Kuehn
Lake Shore Yacht Club	LSYC	Joe Doris
Mimico Cruising Club	MCC	Chris Bobyk
National Yacht Club	NYC	Andrea Mooney
Port Credit Yacht Club	PCYC	Kim Piller
Royal Canadian Yacht Club	RCYC	Kathleen Timmis
Royal Hamilton Yacht Club	RHYC	Colin Brown
Scarborough Bluffs Sailing Club	SBSC	Terence 'Terry' Kuehn
Toronto Hydroplane & Sailing Club	TH&SC	John Greenham, Martin Osborne
Toronto Multihull Cruising Club	TMCC	Rob Cajolet
Trident Yacht Club	TYC	Brent Hughes
Youngstown Yacht Club	YYC	Ken Tramosch

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Support All The LO300 Racers!**

FRI, JULY 14 3PM - 8PM
SAT, JULY 15 7AM - 12PM

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What's New for 2023



Terence 'Terry' Kuehn

Like most annual events, the Lake Ontario Offshore Race Organizing Authority, or LOOR for short, start planning the next season while the previous year is wrapping up. 2022 was no exception, and as part of that planning, we always look at to how to make the events easier and more fun. We also look for new ways to encourage new racers to join the long-distance races. For the coming 2023 LOOR season we are excited to announce the following.

New Cruising Rally (it's not a race)

We will be running a Cruising Rally this year on the same date and course as the Port Dalhousie race for the LOSHRS series. It starts with a cruise across the lake on Saturday September 16th and, when you arrive, you can have dinner and an overnight stay at the DYC. The next morning there is a cruise back to PCYC. We are finalizing the details of this event and we're confident that this will be a lot of fun.

It's a 600 year!

Yes, this isn't new, but it does only happen every other year and 2023 is one of them. The LO300/600 adds the second lap around the Main Duck course for any skipper and crew who just didn't get enough sailing around once. Not only can you race and score in the 300 event you can add a second combined finish for the 600.

The LOOR Tech Talk

We've added a one-hour "Tech Talk" before the Lake Ontario 300 dinner on Friday night starting at 5pm. Our sponsors will all have the opportunity to present something interesting and novel in the world of sailing that you may not be aware of. This talk will include information, demonstrations, and may

include volunteers coming up from the audience to help.

New and Electric Vehicles

Our LOOR primary sponsor, driveHG, will once again be bringing an array of beautiful new cars to the LO300/600 event. This year they will include electric vehicles so you'll be able to see a variety of state-of-the-art vehicles from different manufacturers. Also, driveHG will be speaking at the Tech Talk about the electric vehicles and industry trends.

Bigger LOOR Expo and Boats!

Even more tents than last year from our sponsors so that you can go and see what's new while you are waiting for the races to start. They will all have examples products and information of what they presented during the Tech Talk so you can go and see if for yourself close up and ask any questions you like. This year will also include some brand new boats down at the dock for you to look at and dream of owning.

Crew Board Prize

Every year we have willing and able crew that sign up on the crew bank but don't get taken by a boat. These individuals have a wide range of skill and experience and can add a new perspective and much needed manpower for the long days out at sea. We would like to encourage skippers to reach out to the crew board by introducing a new prize to one skipper that added someone to the crew board. Winners will be drawn at the skippers meeting before the LO300/600.

We hope you enjoy these new additions to the long distance offshore racing for 2023!



driveHG.ca



Race 1

Sunday, June 4th, 2023

From PCYC east to T1 then west to a Humber Bay finish

Race 2 & 3

**Saturday, June 17th, 2023 +
Sunday, June 18th, 2023**

A coastal race, maximum 28 NM, out of PCYC each day.

Race 4

Saturday, August 19th, 2023

The 100 miler, west end of Lake Ontario.

Race 5 & 6

**Saturday, September 16th, 2023 +
Sunday, September 17th, 2023**

Two days of racing: Saturday PCYC to DYC, Sunday back.



So What Exactly is LOSHRS?



Ric Doedens

Originally ran in the 2011 Guidebook and updated for the 2023 season

After 20+ years of happily cruising on Georgian Bay, it was time for a new lake and new challenge. Up until the move to Lake Ontario, we were racing if we were in front of someone and cruising if we were behind. We had a lot to learn. Decades of cruising and overnight anchoring had taught me the exceptional skill of how to keep your boat absolutely stationary for extended periods. Good to know for “cocktails” but not much help in racing. Ready for anything when we arrived at PCYC in 2004, one of the first race series we joined was LOSHRS.

Six years later, we have done it all. Besides LOSHRS, we have raced white-sail, spinnaker, one-design, PHRF, fully crewed, shorthanded, round-the-cans and long-distance and have enjoyed them all. But if I were forced to pick one series only, without hesitation it would be the LOSHRS. LOSHRS is the Lake Ontario Short Handed Race Series and it is comprised of 6 races of varying length and type throughout the summer. The Short Handed part of the race means you are either solo racing or at most double handed. In all the sailboat racing I have done, LOSHRS has been the most challenging and yet the least stressful, the most rewarding and without a doubt, the most fun. How can this be? What creates this kind of magic combination? First and foremost - it's the people. The series seems to be a magnet for exceptionally



remarkable human beings. Not every race series can boast this quality. Be prepared to make lifelong friends. Then there is the inclusiveness. As a PHRF-LO event, the LOSHRS is open to all boats whether cruising or racing design that meet the minimum length (20') and safety standards. As a result we have Crealock 34's racing alongside Schock 40's and J-24's racing alongside J-35's. Even though you are grouped into classes that have similar PHRF ratings, everyone is racing together toward the same finish line at the same time! This is not possible with most traditional regattas and it is a great treat to be part of a larger boat fleet charging across the lake together. Better yet, at the end of the race, you can compare your performance against all other boats in the fleet. It is not uncommon for the rocket ships in the fleet to be humbled by a well-sailed "white-sail" cruiser. Thirdly, there is the challenge. As a short-handed racer, you must harness all the skills you previously learned on the racecourse with your full crew and now do them all yourself -



2018 LOSHRS event

simultaneously. How hard can it be? Actually, not as hard as you might think. Unlike "round-the-cans" racing where a crack team of specialists are needed to skillfully complete the course and where a single split second mistake will cost you the race, the "point to point" racing in LOSHRS need only be as intense as you wish and is generally far more relaxed as you rarely find yourself in close-quarters with your competition. If you normally cruise with your spouse, you can race with her in LOSHRS and do very well and have fun doing it.


Lastly, there is the event itself. Depending on who you speak to, one person will describe LOSHRS as a cruise disguised as a race while another will describe it as a race disguised as a cruise. These are long distance races made up of a one-day events, a weekend events across

the lake and a 100 Miler overnight race. Each long enough to provide challenge and adventure but short enough to include a healthy dose of pre- and post-race socializing with good friends. The skills exhibited on the water are regularly outdone by the culinary delights, which appear out of nowhere when the racing has ended and the re-cap, bragging and trash-talk begins.

The 'yarns' told on shore clearly prove that 'embellishment' is not a lost art. In my book, there is no better combination of challenge, good fun and camaraderie to be had on the lake, all the while enjoying the pure pleasure of sailing at it's very best. Add a very gratifying sense of personal accomplishment and a very real increase in your sailing skills and confidence and you have an unbeatable combination.


Come on out and join us. You may not win every race, but no matter what, you can't lose. See the LOSHRS poster in this guide book with dates and event details. Visit www.loor.ca to get even more information and link to registration.




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LOSHRS 2022 Results

Overall Series Podium Finishers*

SH-FS1

1	Seascape	Brian Neubauer	RYC
2	High Tea	Ard Van Leeuwen	MCC
3	Aarrow	David Courtney	LSYC

DH-FS-A

1	Sabotage	Doug Folsetter	RHYC
2	Ariadna	Alec Melnikov	EYC
3	Live Wire	Kim Peller	PCYC

DH-FS-B

1	Rum Kist	Max Mikhailov	MCC
2	Upstart	Bert Barrett	NYC
3	Thunder	Corey Sawchuk	PCYC

DH-FS-C

1	Jersey Girl	Mark Searle	PCYC
2	Lion's Den	Daniel & Noah Hastings	FBYC

DH-FS-D

1	True North	Simon Mielniczuk & Jory Gibson	ABYC
2	Still Knot Working	Sean Wylie	EYC
3	The Vice Regal	Anthony Power & David Dupal	PCYC

SH-NFS

1	Ileana	John Hagen	PCYC
---	---------------	-------------------	-------------

LOSHRS 2022 Results

DH-NFS1

1	For Pete's Sake	Peter Sanford	PCYC
2	Katbird	Kathleen Timmis	RCYC
3	Mister Ed	Ian McAllister	PCYC

* Must complete the 100 Miler

Day Race Series Podium Finishers

FS-SH

1	Seascape	Brian Neubauer	RYC
2	Mythos	Ted Spanos	PCYC
3	Aarrow	David Courtney	LSYC

FS-DH-A

1	Selkies	Evan Dinsmore	RYC
2	Ariadna	Alec Melnikov	EYC
3	Sabotage	Doug Folsetter	RHYC

FS-DH-B

1	Setanta	Joe Doris	LSYC
2	Upstart	Bert Barrett	NYC
3	Rum Kist	Max Mikhailov	MCC

FS-DH-C

1	Jersey Girl	Mark Searle	PCYC
2	Lion's Den	Daniel & Noah Hastings	FBYC
3	Wild Thing Tamed	Edward Thompson	PCYC

LOSHRS 2022 Results

FS-DH-D

1	True North	Simon Mielniczuk & Jory Gibson	ABYC
2	Still Knot Working	Sean Wylie	EYC
3	Wayward	James Wilkinson	PCYC

NFS-SH

1	Behan's Plan	David Nelis	EYC
2	Ileana	John Hagen	PCYC

NFS-DH

1	For Pete's Sake	Peter Sanford	PCYC
2	Katbird	Kathleen Timmis	RCYC



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LOSHRS 2022 Trophy Winners

Endeavor II Trophy

David Nelis Behans Plan FBYC
Best corrected time in the SH WS Fleet for the Course Race

Youngstown Trophy

Brian Neubauer Seascape RYC
Best corrected time in the SH FS Fleet for the Course Race

Seagull Trophy

Kathleen Timmis Katbird RCYC
Best corrected time in the DH WS Fleet for the Course Race

Martini Shaker Trophy

Simon Mielniczuk True North ABYC
Best corrected time in the DH FS Fleet for the Course Race

Guenevere Chalice

David Courtney Aarrow LSYC
Best total Elapsed time in the sh fleet for the Coastal Races

Jack Pitt Trophy

David Nelis Behans Plan EYC
Best total corrected time in the SH WS Fleet for the Coastal Races

Palmer Trophy

Brian Neubauer Seascape RYC
Best total corrected time in the SH FS Fleet for the Coastal Races

Water Colours Trophy

Joe Doris Setanta LSYC
Best total corrected time in the DH FS Fleet for the Course Race

Tarshish Trophy

Ard Van Leeuwen High Tea MCC
Best Elapsed time in the SH Fleet for the 100 Miler

Jim Schoenhardt Trophy

Daniel & Noah Lion's Den FBYC
Hastings
Best corrected time in the DH Fleet for the 100 Miler



Berolina Trophy

Ard Van Leeuwen High Tea MCC
Best corrected time in the SH FS Fleet for the 100 Miler

Walter Penz Trophy

John Hagen Ileana PCYC
Best corrected time in the SH WS Fleet for the 100 Miler

Sportech Plaque

Levi Ogryzlo Zipper BHYC
Best total corrected time in the SH FS Fleet for the DYC Weekend

Sportech Trophy

David Nelis Behan's Plan EYC
Best total corrected time in the SH WS Fleet for the DYC Weekend

Roger Shaw Trophy

Peter Sanford For Pete's Sake PCYC
Best Low Point total in the DH WS Fleet for the Coastal Races and DYC Weekend

Leonard Alksnis Memorial Trophy

Joe Doris Setanta LSYC
Best Low Point total in the DH FS Fleet for the Coastal Races and DYC Weekend

Ian McAllister Trophy (DH FS Fleet)

Joe Doris Setanta LSYC
Best total corrected time in the DH FS Fleet for the DYC Weekend

Ian McAllister Trophy (DH WS Fleet)

Peter Sanford For Pete's Sake PCYC
Best total corrected time in the DH WS Fleet for the DYC Weekend

G.S. Parke Memorial Trophy

Brian Neubauer Behans Plan RYC
Best Low Point total in the SH FS for the overall series*

Captain's Cup

John Hagen Ileana PCYC
Best Low Point total in the SH WS for the overall series*

Labatt Low Point Single Handed

Brian Neubauer Seascape RYC
Best Low Point total in the SH Fleet for the overall series*

Labatt Low Point Double Handed

Simon Mielniczuk True North ABYC
& Jory Gibson
Peter Sanford For Pete's Sake PCYC
Best Low Point total in the DH fleet for the overall series*

Memorial Cup

Peter Sanford For Pete's Sake PCYC
Best Low Point total in the DH WS for the overall series*

Scotiabank Trophy

Simon Mielniczuk True North ABYC
& Jory Gibson
Best Low Point total in the DH FS for the overall series*

Herman Schneider Memorial

Doug Folsetter Sabotage RHYC
Best corrected time in the DH FS1 Division for the overall series*

***Must finish the 100 Miler + 3 best races**

Lively Trophy**

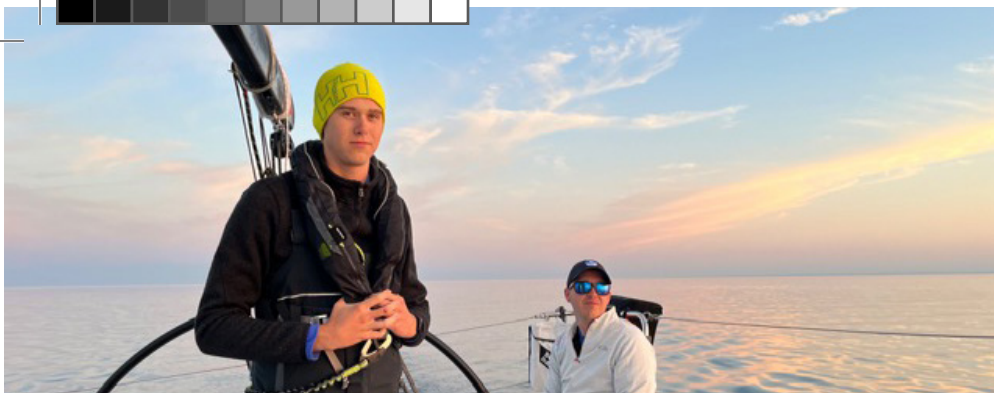
Evan Dinsmore Selkies ABYC
Best Low Point Total in the DH FS1 Division for the Day Race Series



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Offshore Racing - Is It For You?



Chris Bobyk

What's the appeal of distance racing, anyway?

As not only a supporter and organizer but as a competitor in the new race to Kingston and Ambassador & competitor in Lake Ontario Offshore Racing events.

There's something special about distance racing, it has an allure that brings so many back time and time again, so let me explain why a distance race should be next on your list of adventures.

Whether you are an around the mark's day or evening racer, pleasure sailor or cruiser type, it's worth your effort to try a distance race, whether it's a medium distance race during daylight, an overnight or multiple day and night circumnavigation. Upon completion, you will very likely want more. I say this because the vast majority that completes their first distance race return year after year- it becomes the lure of the experience, as every distance race you complete is not only an adventure, no single race is the same in either the experience or obstacles and challenges or success encountered. It's a lot about the camaraderie shared while working with others towards a common goal, the team experience and how collectively challenges are overcome.

Just completing a distance race can be a significant accomplishment a podium finish position is an added opportunity to celebrate. Each race is a badge of honour of a special achievement personally but also for the team of individuals you experienced it with. Is distance racing character-

building? Is it skill-building? Is it putting you outside your comfort zone? Is it rewarding? The answer is **YES, YES, YES.**

Every time I start a distance or offshore race, I am reinvigorated as there is no place like offshore on a sailboat, being immersed in the elements, the character and skill-building situations you find yourself in and those lifelong memories created with your crew- distance racing provides all of these. The pictures I have included illustrate memories that will last a lifetime, with family, crew and other club close friends I have experienced distance races with some that were textbook others more precarious as to challenges that needed to be overcome.

If you have not done a distance race, I encourage you to put one into your summer calendar, whether it's a one-day LOSHER race to ports of destination, the 100 miler, or the overnight experience of the Susan Hood Trophy race or Race to Kingston overnight to the best destination area on the lake, or the ultimate lake distance race the Ontario 300. You will have accomplished something that many are not able to experience.

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Running a Clean Regatta

Nancy Wolf

Originally run in the 2022 Guidebook and Updated for 2023



As committee members, we are always striving to find ways to encourage the sport of sailboat racing on our beautiful lake. What we also want to do is make certain that we are not contributing to the negative environmental impact by disregarding stewardship of our lake.

In July 2019, LOOR registered the Lake Ontario 300 Challenge with a globally recognized agency that promotes the numerous Best Practices attainable through a variety of changes in habit/practice. Sailors for the Seas endorses the Clean Regatta program and it is the world's leading and only sustainability certification for water-based events. It was super exciting that we were able to attain a Silver rating in 2022 for our combined efforts, by adopting some of the Best Practices!

This year we have challenged the LOOR team to obtain a GOLD LEVEL STATUS which means we have to meet 80% of the checklist. Since we are already at 60% all we have to do is add another 20% and we are there!

We are working toward being GOLD Level ready for 2023. Are you? Because we need your support.

Please read the excerpt below from the Sailors of the Sea website and visit www.sailorsforthesea.org/programs/clean-regattas for more information.

Please read the excerpt below from the Sailors of the Sea website and visit www.sailorsforthesea.org/programs/clean-regattas for more information.

About Clean Regattas

The Clean Regattas program is the world's leading sustainability certification for all on-the-water events. Since the program's inception in 2006, over 3,400 events have shown their commitment to sustainability by becoming Clean Regattas. This program has reached over 850,000 sailors and attendees in 53 countries. The certification process accounts for the range of capabilities and constraints of both large and small events happening all over the world. This Toolkit, and the resources linked in it, provide organizers with the most impactful ways to turn an event into one that's better for participants, the community, and the planet.

Clean Regattas are rooted in five interconnected Sustainability Themes that are designed to help guide organizers throughout the process. As an organizer, if you ever find yourself stuck, refer to these themes and ask yourself if your efforts relate to one or more of these areas.

The Clean Regattas program is a voluntary self-assessment tool and awards certification levels from Participant to Platinum. Each of the 20 Best Practices outlined in this Toolkit has an associated point value based on impact and effort. The level of certification awarded is based on the percentage of points earned.

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Best Practices Checklist

Elimination of Single-Use Items

- Eliminate Single-Use Water Bottles and Provide Water Refill Stations
- Eliminate Plastic Straws
- Serve Food with Plastic-Free Dinnerware
- Skip Bags or Go Reusable
- Award Practical Items or Use a Perpetual or Upcycled Trophy

Community Involvement

- Publicize Your Sustainability Efforts
- Involve Local Organizations
- Post Educational and Reusable Signage
- Serve Local Food or Source Seafood Sustainably

Responsible Waste Management

- Organize a Green Team
- Ensure Proper Waste Bin Placement and Signage
- Divert Food Waste from the Landfill
- Use Paperless Event Management

Environmental Stewardship

- Host a Beach or Marina Clean-up
- Promote Alternative Transportation
- Increase Awareness of Wildlife and Habitat Protection
- Offer Vegetarian or Vegan Alternatives

Green Boating

- Use Eco-Smart Management Techniques
- Prevent Toxins from Entering the Water
- Encourage Green Boating Practices

**Gold Level is 80% compliance with this list...
Help us attain Gold Level Status!**

Finding a Crew to Race



Monica Doedens

Whether you are a racer looking to sign on as a crew member in a LOOR event, or a skipper who is short on crew, the Crew Bank may provide the solution you are looking for. The last thing we want is racers left on land or skippers stuck at the dock because they couldn't connect. The Crew Bank is a resource for both racers and boat owners to help them find a match and get out on the race course.

Here are a few samples of some of last year's profiles:

"100GT Master, skippered 2-handed transatlantic, Several short-handed offshore races in Adriatic, Med, New Zealand, and Caribbean. Experience on many kinds of boats. Very comfortable short-handed and in all kinds of weather."

"Sail Canada basic, ASA basic and interim, RYA basic and interim, ocean delivery Volvo 60, Cruising charters 9 times worldwide, racing ABYC 2 X week 4 yrs, Newport Bermuda race June 2022"

"Hi, I've crewed on a keelboat for 12 seasons out of QCYC, participating in club races, AHMEN, and LORC regattas. Have Cansail One."

The Crew Bank was in high demand during the 2022 season and the crew were snapped up very early. Check it out and ensure you don't miss the opportunity to participate in a 2023 LOOR event.

You'll find links to our race crew banks on the LOOR website: loor.ca/crew-bank.

If you are a social media type, there is an alternative to the traditional Crew Bank on Facebook. The page is called "Crew Finder – Great Lakes". Although it is a private group, it is easy to join and you can post on the page or just watch for people who are looking for crew.

Whatever the means you prefer, 'no crew' is not a reason to miss a race. Don't be afraid to find new people to join your team. You may well have made a friend for life plus you can join your fellow competitors at the Start Line!



How many nautical miles make you an offshore racer?

100 300 600



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Susan Hood Trophy Race

June 2, 2023

The Coolest Race on the Lake

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A Brief History of the Susan Hood Trophy Race

John Weakley

A long time ago (back in the 50's), the vast majority of what we now call Racer/Cruiser yachts were custom-built, usually of wood, and at the west end of Lake Ontario the only measurement handicap system was the Cruising Club of America (CCA) Rule. There were two major drawbacks to this rule: you had to have your yacht weighed, and in almost all cases you had to have a set of plans. There were several other performance rules in which your handicap changed each time you raced (just like your golf handicap) but as Doug Hood said "That was fine if you were a golfer, but the losers kept winning."

In the spring of 1955, Doug Hood, a member of the Port Credit Yacht Club, approached George Cuthbertson (the big George of C&C) and offered to put up a trophy if someone would produce a simple measurement system for handicapping custom-built yachts. Big George told Doug of the "Gruthbertson" Rule that he and Colonel Grant had designed and that had been tried in Kingston. (Col. Grant was a professor at RMC and very active in sailing). Under this Rule, the yacht was measured in the water and not weighed. They decided to try it out with Doug donating the trophy named after his brand new bouncing baby

daughter Susan. Approximately 25 boats were measured and the first race was held in early June. The course was Port Credit to Oakville to Port Dalhousie and back to Port Credit. In spite of a fire on one yacht, very little wind, and Doug winning his own trophy (in a Cruising 6 Metre “Junge”), the race was a great success.

The rule became known as the Lake Ontario Rule and an organization was formed to issue rating certificates. For the next 35 years LOR was the most popular handicap system on the lake until it was replaced by PHRF, a handicap system that in most cases only requires the measurement of sails.

Today, the Susan Hood Trophy is presented to the yacht-winning PHRF overall, with other trophies for the division winners. It is believed that this is the only case where the title trophy is not awarded to the winner of the “Grand Prix” class (CCA, IOR, and now IMS), although there are trophies for those divisions as well.



Excerpted from an article entitled “Susan Hood Has A Birthday Coming” which appeared in the May 1994 edition of the PCYC Newsletter

Credit Notes: article based on a conversation with Doug Hood.

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Susan Hood 2022 Results

2023 Susan Hood Race sponsored by Club April Marine

Overall

1	Shorthanded	Michael Pietz	PCYC
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ORC Division

ORC-FS-FC-A — The Memorial Cup

1	HOOLIGAN II	Bruce Pierce	MCC
2	Xoomer Xpress	Adam Farkas	NYC
3	Afterburn	Darren Gornall	PCYC

ORC Overall — J.J. Morch Rose Bowl

1	HOOLIGAN II	Bruce Pierce	MCC
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PHRF ToT Division

PHRF-FS-SH (Solo) — The Rigging Shoppe Trophy

1	High Tea	Ard Van Leeuwen	MCC
2	Seascape	Brian Neubauer	RYC
3	Aarrow	David Courtney	LSYC

PHRF-FS-DH A — driveHG Trophy

1	Livewire	Kim Piller & Thomas Lanz	PCYC
2	Finale	Frank Newton & Al Tavares	RCYC
3	Upstart	John Andersen & Bert Barrett	NYC

PHRF-FS-FC A — Commonwealth Trophy

1	Notorious	Kevin Brown	NYC
2	IMXtreme	Keith Riley	PCYC
3	Sabotage	Doug Folsetter	RHYC

PHRF-FS-FC B — White Hawk Trophy

1	Shorthanded	Michael Pietz	PCYC
2	Act II	Trevor Bender	MCC
3	Strega	John Harper	MCC

PHRF-FS-FC C — Dave Heron Cup

1	Setanta	Joe Doris	LSYC
2	Till	Douglas Svastal	MCC
3	Moxie II	Chris Chapman	NYC

PHRF-FS-FC D — George McCloy Bowl

1	TARDIS	Mark Jasper	BHYC
2	It's A Conspiracy	Adrian Hanley	BHYC
3	Jersey Girl	Mark Searle	PCYC

PHRF-FS-FC E — Snail's Pace Trophy

1	Still Knot Working	Taylor Knoll	EYC
2	Blew By U	David Maher	NYC
3	True North	Simon Mielniczuk & Jory Gibson	ABYC

PHRF-FS-FC 6 — The Past Chairman's Cup

PHRF ToT Division

PHRF-NFS-DH 1 — John Johnstone Susan Hood Trophy

1	Puffin	Pawel Cimek & Liviana Tossutti	MCC
2	Midnight Express	Michael Bauer & Thomas Bauer	HYC
3	Sangaela	Geoffrey Fairbank & Neil Hetherington	BPYC

PHRF-NFS-FC 1 — George McCloy Wheel

1	Maroca II	Andrew Heim	LYC
2	Proximity	Elliot Pamatat	LYC
3	Fortuitous	Jeff Hayward	RCYC

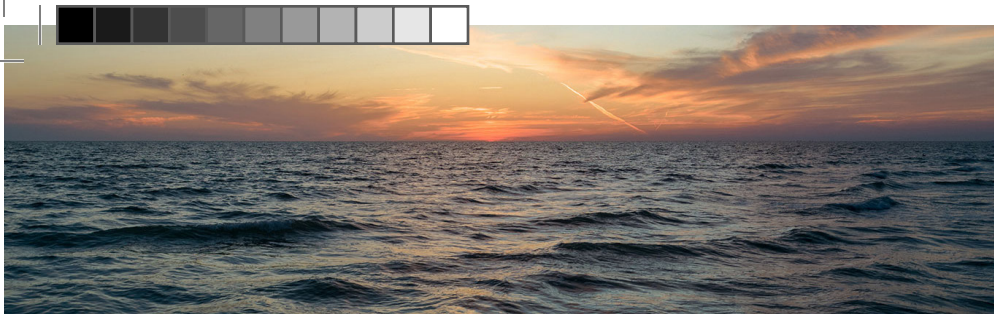
PHRF-NFS-FC 2 — Doug Hood Memorial Trophy



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Suddenly Alone

Carolyn Burgess, *The Rigging Shoppe*

Think about a time onboard your vessel when something went very wrong, and you were afraid. What generated the fear? It is likely that you were not in control of your environment, and you didn't know what action to take. Take this feeling and use it as your motivation to become better prepared. Over boarding can be a life-threatening event because you quickly lose sight of the person in the water. It can take as few as 2 waves to lose sight of them. Threats to life include drowning, heart attack, cold water shock and/or secondary drowning. Do you have a plan? When you do, practice it frequently.

Ensure you are prepared to call a Mayday and/or send a DSC Distress signal from your VHF. Confirm your VHF is correctly connected to your chart plotter and that you have registered your MMSI number with the Canadian government. This will ensure that Canadian Search and Rescue (SAR) technicians will have a description of your boat when an electronic DCS Distress signal is sent by pressing the red button on your VHF radio.

Staying on the boat is the best plan for returning to the dock safely. If you do become separated from your vessel an electronic locating device can provide a vital role in your recovery by SAR and/or nearby vessels. Electronic MOB devices like the **Ocean Signal MOB1** use AIS transmission to automatically communicate with the vessel you have been separated from and other marine traffic in the vicinity (up to 5 miles range dependent on conditions). Your best chance of rapid rescue if you fall overboard comes from your own vessel. Your crew needs to be immediately aware of the incident and keep track of your position whilst recovery is carried out.



Ocean Signal MOB1



The **ACR OLAS Tag** is a Wearable Crew Tracker that integrates OLAS (Overboard Location Alert System) technology. The ACR OLAS mobile application technology detects a break in its 'virtual tether' to the tag within 8 seconds of a Tag going missing. The mobile phone(s) then sounds an alarm and records the latitude and longitude of the incident using the phone or tablet's GPS. ACR OLAS then aids the crew with the MOB recovery, clearly directing them to the GPS location where the MOB occurred with clear visual signals and bearing data.



ACR OLAS Tag

Personal Locator Beacons (PLB) provide the reassurance that global emergency services can be alerted by manually pressing a button. PLB's operate on the global Cospas Sarsat rescue system a satellite-based distress-alerting system. Using satellites, the system detects, locates and distributes aircraft, maritime and personal distress alerts to over 200 SAR coordination centres and points of contact around the world. PLB may take longer than an AIS transmission to alert SAR of your emergency however once turned on this device reliably delivers your distress signal from any location providing the antenna has a clear path to the sky.



PLB3 with AIS

What does the future hold? **PLB's with AIS** are devices which will merge 406 MHz and AIS distress messaging effectively pairing both global and local rescue, thereby maximizing access to the most effective rescue resources available. Manufacturers like ACR and Ocean Signal have not confirmed when these devices will become available to the Canadian market.



PLB3 with AIS

"Hope for the best and be prepared for the worst" is a quote by Maya Angelou. I encourage you to consider your preparedness for your next sailing adventure.

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Lake Ontario 300/600 Challenge

July 15, 2023

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Biennial 600 Nautical
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short (300km) courses.



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LO300/600 - Double the Challenge



Brent Hughes

Originally run in the 2018 Guidebook and Updated for 2023

Have you kicked yourself for not being part of the Lake Ontario 600 Challenges? Do you now believe that the Lake Ontario 600 is a challenge that can be won whether you're sailing solo, double-handed, or fully crewed? Have you heard the stories of adventure from the yachts that have finished the 2014, 2016, 2018, and 2020 races, and wished you could have been there? Then, the chance to be a part of this Great Challenge is once again upon us, as the Lake Ontario Offshore Racing (LOOR) Committee is proud to announce the running of the Bi-Annual Lake Ontario 600 Challenge, beginning Saturday, July 15th, 2023, at the Port Credit Yacht Club.

As part of the 25th Annual Lake Ontario 300 Challenge in 2014, LOOR announced the inaugural Lake Ontario 600 Challenge, to be run in the true spirit of the first running of the race, back in 1990. We promised that if it was a success, we would make it a Bi-Annual event, and run it in conjunction with the Lake Ontario 300 Challenge. Originally held on all even years, the LO600 was moved to odd years due to all races being cancelled in 2021 due to COVID. The results are in, and now, after successful challenges in all years, the Lake Ontario 600 is firmly entrenched in the calendars of Great Lakes Sailors everywhere. The rules are quite simple: To compete in the Challenge, yachts must first be eligible and plan to sail the Main Duck Island Course (MDI) of the LO300 Challenge. Secondly, competing skippers must have already completed

2023 Lake Ontario Offshore Racing Guide

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at least one Lake Ontario 300 Race on the MDI Course as a skipper in the past. The only exception to this ruling is for Solo Sailors who are members of the GLSS, whereby the 26 current Lake Ontario members AND all GLSS members from any of the other four lakes are automatically eligible to compete. Third, yachts that wish to compete in the LO600 Challenge must have a PHRF Rating of 180 or faster.

In 2014, the organizing committee wanted to keep this Challenge as simple as possible, and it worked out very well for all competitors. When signing up for the LO300 Main Duck Course, simply indicate that you are also signing up for the LO600, submit your PHRF Rating, and pay the extra \$100.00 fee for this race. All Yachts competing will be lumped



LO600 Pearl Trophy

into one division for the second lap of the lake. Therefore, whether you are sailing the LO300 as PHRF or IRC, and whether you are sailing the LO300 as a fully crewed, double-handed, or solo boat, it makes no difference. You sail your Lake Ontario 300 Race in the division of your choosing, and upon crossing the first finish

line, and beginning the second, identical lap of the lake, all boats are then lumped into one LO600 PHRF Division, and all will compete on an even playing field.

Your rating and time from the LO300 are used in the LO600 as the first half of the race. Even if you do not complete the second lap of the race, your LO300 time and finish will not be affected. When we began this process, there were a few naysayers. As part of our belief that the race would be a success, the Hughes family (FBYC) offered to donate the trophy for the 1st Place Overall Winner of the Challenge. We were excited to choose a great piece of World War II Canadian Naval heritage, as well as a Hughes Family heirloom, as the trophy. We offered to name it after the first winning yacht of the race, and we are proud to say that The Pearl

into one division for the second lap of the lake. Therefore, whether you are sailing the LO300 as PHRF or IRC, and whether you are sailing the LO300 as a fully crewed, double-handed, or solo boat, it makes no difference. You sail your Lake Ontario 300 Race in the division of your choosing, and upon crossing the first finish

Trophy now graces the Chartroom of the Port Credit Yacht Club. We have been told on numerous occasions, that this is one of the nicest trophies that is now housed at PCYC, and it is what you will be competing for in 2023.

So... what are you waiting for? You know you want to try this in 2023! Sign up for the LO600, and start planning your crew, your food, your route, and your strategy for this year's running.

Be a part of something special.

Sail the Lake Ontario 600 Challenge on July 15, 2023!

Good Luck!!!!

For further information please contact Brent Hughes at bhughes@ucci.ca, or 416-984-7967.

To sign up, simply visit www.yachtscoring.com.



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LO300 2022 Results

Main Duck Course

MDC-GLMRA - Mount Gay Trophy

1	Flight Simulator	Tom Reese	YYC, MYC
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MDC-PHRF-FS-SH-1 (Solo) - Flag Only

1	Seascape	Brian Neubauer	RYC
2	Revival	James Roscoe	BC
3	Sassy	Colin Brown	RHYC

GLSS LO300 Champion - Ross Seeley Trophy

1	Seascape	Brian Neubauer	RYC
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GLSS LO300 BCT First Time Racer - GLSS President's Challenge Cup

1	Seascape	Brian Neubauer	RYC
---	----------	----------------	-----

MDC-PHRF-FS-DH-1 - Tigress Trophy - Gordon Elliott Plaque

1	Neptune's Car	Martin Rutter & Brian Rutter	NSC
2	Aarrow	David Courtney & Brent Hughes	LSYC
3	Setanta	Joe Doris & Michael Sandwell	LSYC

MDC-PHRF-FS-FC-A - The Peter Tait Memorial Trophy

1	Sea Ya	Mark Afheldt	MCC
2	Hydromec	Dave Savard	CRYQ
3	Zamboni	Kris Davis	NYC

MDC-PHRF-FS-FC-B - The Joe Fernandes Trophy

1	Zoé II	Francois Brassard	QYC
2	Mister Ed	Ian McAllister	PCYC
3	Sabotage	Doug Folsetter	RHYC

MDC-PHRF-FS-FC-C - The Lighthouse Trophy

1	Blast	Chris Bobyk	MCC
2	Tatiana	Alan Clough	CYC
3	Ariadna	Alec Melnikov	EYC

MDC-PHRF-FS-FC-D - The PCYC Ice Bowl

1	TARDIS	Mark Jasper	BHYC
2	Lion's Den	Cameron Hastings	FBYC
3	It's A Conspiracy	Adrian Hanley	BHYC

MDC-PHRF-FS-FC-E - The Tom Brewster Trophy

1	Blew By U	Dave Maher	NYC
2	Split Second	John Greenham	TH&SC
3	Break Free	Paul Lewis	TH&SC



www.seaconquest.com

MDC - Line Honours - LO300 - LO300 Committee Trophy

1	Hydromec	Dave Savard	CRYQ
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MDC - BCT FS-FC Fleet - Port Credit Yacht Club
COMMODORES CUP

1	Sea Ya	Mark Afheldt	MCC
---	--------	--------------	-----

MDC - BCT FS-DH Fleet - Oakville Yacht Squadron
COMMODORES CUP

1	Neptune's Car	Martin Rutter & Brian Rutter	NSC
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OSA PHRF - Lake Ontario Offshore Racing Championship
Trophy PHRF

1	Aarrow	David Courtney & Brent Hughes	LSYC
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OSA ORC - Lake Ontario Offshore Racing Championship
Trophy IRC

Not awarded - no ORC racers

Scotch Bonnet Flying Sails Racing

Sperry Cup

1	Neptune's Car	Martin Rutter & Brian Rutter	NSC
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SBC-PHRF-FS-DH-1 - The Yachtman's Cup

1	Windburn	Michael Brown & Allan Hansen	EYC
---	----------	------------------------------	-----

SBC-PHRF-FS-FC-1 - The PHRF-LO Trophy

1	Still Knot Working	Taylor Knoll	EYC
---	--------------------	--------------	-----

SBC-PHRF-NFS-DH-1 - Jim Wilkinson Trophy

1	Sangaela	Geoffrey Faribank & Neil Hetherington	BPYC
2	Thunder	Corey Sawchuk & Danton Delbaere-Sawchuk	PCYC
3	Liberte	Fred Stanley & Bruno Herlin	BC

SBC-PHRF-NFS-FC-1 - The Endeavour Trophy

1	Hip Hip	Thomas Lynam	DYC
2	Maroca II	Andrew Heim	LYC
3	Emerald II	Paul Willis	LSYC

SBC - Line Honours - LO300 - The Windancer Trophy

1	Hip Hip	Thomas Lynam	DYC
---	---------	--------------	-----



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Sailing It Forward

Diversity, Equity and Inclusion on the Water

Marguerite Pyron

In 1998, a handful of sailors formed a charity, called the Broad Reach Foundation for Youth Leaders, to increase access to sailing in the Toronto.

With only one boat, they were determined to change the complexion of the sailing community in an innovative way: reaching out and engaging disadvantaged youth who had never had the opportunity to step aboard a sailboat nor would they even dream of it!

Why Were We Needed in 1998?

Because society was more open to understanding the many barriers that prevent what was then called Youth at risk from experiencing the sport, science and adventure of sailing, and from the benefits and values of sailing – benefits and values that can shape and enrich a lifetime.

The first barrier is economic. So, for almost 25 years, Broad Reach has provided its Summer Afloat Programming absolutely free of charge. We remain the only sailing-based charity in Canada whose programming is free for everyone who participates.

Whom Do We Support in 2023?

In 2023, increasing diversity, equity, and inclusion remains at the heart of Broad Reach. Our program participants are recommended by 40+ social agencies that support under-served, BIPOC and LGBTQ+ youth ages 12-



30. These young people – or their parents – arrived in Canada from the Middle East, Pakistan, the Horn of Africa, Afghanistan, India and pretty much any other country of origin. We established positive partnerships with Indigenous service providers and 60% of our participants self-identify as female.



Many of the young people are in difficult circumstances: on the street, in conflict with the law, living in homeless shelters, experiencing inter-generational tensions, or the challenges of physical and mental health. And everyone is welcome, and everyone is given the opportunity to discover skills which they never knew they had, or to start on a new path toward a new horizon, which they never knew was possible.

And, just as our participants celebrate diversity, equity, and inclusion, our leadership team also demonstrates those principles. Our current President of the Board, Charles Duncan Waterman, is a dedicated sailor who brought his talents to Toronto from Barbados. He is the first Black President of any sailing-based organization in Canada, and he leads a Board whose volunteers include women and men from diverse cultures.

How Far has Broad Reach Grown?

Today, our Mission and Vision remain the same, but our new trading name – Broad Reach Canada – reflects our larger impact, reach and value. We are honoured by Sail Canada's Best 2020 Program Award and the Government of Canada 2021 Social Innovation Award in Ontario. Since 2017, our digital and hands-on programming has expanded to include 7,000 participants on the East Coast, on the St. Lawrence, on the

Great Lakes, and on the Pacific Coast. We now have 7 vessels in Toronto, and partner with 7 Canadian tall ship organizations in Victoria, Hamilton, Kingston, Montreal and Lunenburg. In 2021, our Sailing Access Fund provided bursary support for 150 young people to train on these tall ships and some returned as crew and employees.

In 2023, we will once again engage and provide bursaries for youth from coast-to-coast-coast, so that another 200+ young people can “go to sea”. Celebrating the 30th Toronto Spring Thaw - with you!

We invite you to attend the traditional and “under new management” Spring Thaw Luncheon at the Boulevard Club, 1491 Lake Shore Blvd W, Toronto. Early-bird tickets are \$80.00 and available here: <https://www.sailbroadreach.ca/spring-thaw>

Should you wish further information on Broad Reach Canada – how to volunteer (whether afloat or ashore), how to donate, how to stay informed – please contact our Chief Executive Officer:

Marguerite Pyron, marguerite.pyron@sailbroadreach.ca, 416-850-5755.
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For more information contact

Brent Hughes at bhughes@ucci.ca





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RACE READY PERFORMANCE

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