

Lake Ontario Offshore Racing: A ROADMAP

PRESENTED BY: Nancy Wolf, John Greenham, Andrew Reddon

The opinions presented are solely those of the presenters and NOT
LAKE ONTARIO OFFSHORE RACING (LOOR)

ABOUT LAKE ONTARIO OFFSHORE RACING (LOOR)

A not-for-profit organization coordinating the greatest racing on the lake.

Comprised of volunteers from various yacht clubs across the Great Lakes, we strive to deliver quality offshore racing throughout the season.



LOOR AMBASSADORS

Ambassadors at most Lake Ontario yacht clubs

Promotes LOOR and LOOR Events.

There to help potential racers overcome issues and concerns, e.g., safety.

LOOR Ambassadors are there to help you!

www.loor.ca/ambassadors



QUICK POLL

• HANDS UP 🙌

- **Ever raced in a Long-Distance Race?**
- **Ever raced in the Susan Hood or LO300/600 or the LOSHRS?**
- **Interested in a Long-Distance Race?**

Lake Ontario Offshore Races

- **LOSHRS** consisting of 5, day races and one 100 Nautical Mile overnight race
- **Susan Hood Trophy Race** 85 Nautical Mile Overnight Race starting on a Friday at 8pm
- **Lake Ontario 300/600** which includes the Main Duck course a 300 Nautical Mile race around Main Duck Island and this year the 600 Nautical Mile version doing the course twice, it also includes the Scotch Bonnet Race a 300-kilometer course around Scotch Bonnet island

LOSHRS

(Lake Ontario Short Handed Racing Series)

- **Race 1 Day Race:** Port Credit round Gibraltar Mark to Mimico Cruising Club
- **Race 2 & 3 Youngstown Weekend:** Port Credit to Youngstown Yacht club on Saturday back on Sunday
- **Race 4 100 Miler:** Port Credit to Fogh Mark, round Gibraltar, round Niagara Mark, round Burlington Weather Tower to Port Credit
- **Race 5 & 6 Dalhousie Weekend:** Port Credit to Dalhousie Saturday and back Sunday



SHTR (Susan Hood Trophy Race)

- **85 Nautical Mile race:** Port Credit to Fogh Mark, round Niagara Mark, round Burlington Weather Mark to Port Credit, starting Friday Night



driveHG.ca

LO 300/600 (Lake Ontario 300/600)

- **Main Duck Island Course** is a approximately 300-nautical mile course on Lake Ontario, starting at Port Credit, on to the Fogh Mark, Niagara Mark, Main Duck Island, Ford Shoal and back to PCYC for the finish, this year a **600 Nautical Mile** version around the course twice.
- **Scotch Bonnet Island Course** is a 185 NM course starting at PCYC and going to the Fogh Mark, the Niagara Mark, Scotch Bonnet Island, and then on to the PCYC Finish



Main Duck Island Course

Not for Navigation



Scotch Bonnet Course

Not for Navigation



Follow The Race

<https://www.ybtracking.com/>



map



2025 Races & Dates



DATE: July 12th to July 18th

The Lake Ontario 300 has grown in both crew allowance and race length. While there are still double-handed and solo entries, there are a number of boats that race fully-crewed. In addition, every two years the Lake Ontario 600, that's twice around the lake. 2025 is one of those years LOOR is pleased to offer the LO600 again this year.



DATE: May 30th to May 31st

The 2025 Susan Hood Trophy Race is 85 nautical miles run by the Port Credit Yacht Club and is scheduled to run on Friday evening, May 30th, 2025 from PCYC. Boats typically are back at PCYC mid-day or during the afternoon of the following day. The first great race of the season.

THE RULES

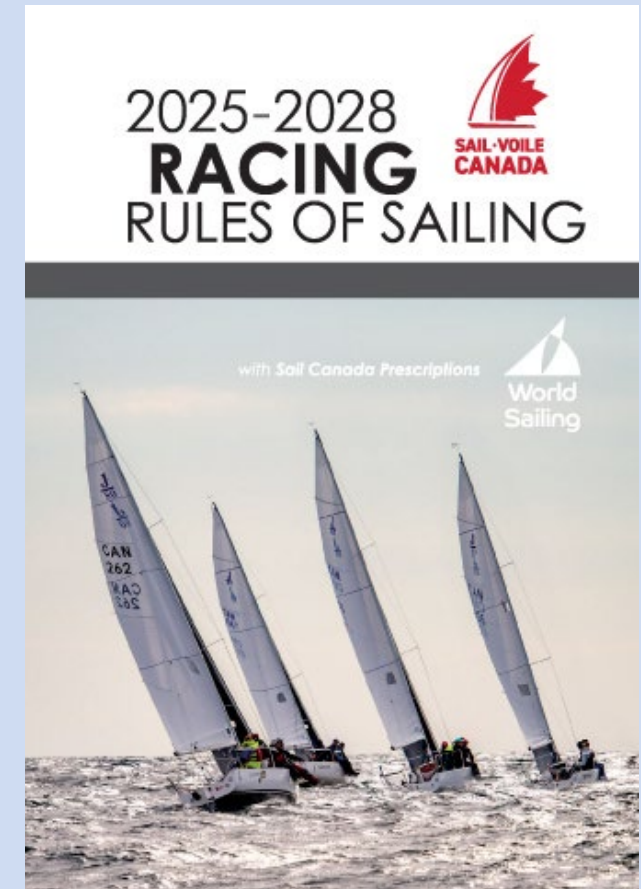
EASIER THAN YOU THINK.

THE RACING RULES OF SAILING (RRS)

Issued by World Sailing every four years to coincide with the summer Olympics to be the same world-wide.

Administrative extensions are added by the authority in each country as Prescriptions.

In Canada, it is **Sail Canada**.



HOW TO GET A RACE HANDICAP

Most common handicap system on Lake Ontario is PHRF-LO

For more information and assistance,

- Contact your club's PHRF-LO handicapper
- Look at www.phrf-lo.org
- View the video on LOOR's YouTube Channel

LOOR Webinar Series 2021 - I need a PHRF-LO certificate for my sailboat, what do I need to do?

https://www.youtube.com/watch?v=_6aCdID4Ph0

A REMINDER IN SAFETY

**SAFETY IS FOR ALL SAILORS,
NOT JUST RACERS.**

SAFETY

THINGS TO REMEMBER

Always check the race or event's safety requirements to learn exactly what is required.

Organizers may have started with the requirements in World Sailing's Offshore Special Regulations (OSR) Category documents and modified them to make sense in their situation.

The Organizing Authority has modified the LOOR Offshore Special Regulations (OSR) to remove some requirements to make them more applicable to Lake Ontario.



SAFETY REQUIREMENTS – YOU'RE ALMOST THERE

- LOOR uses two safety categories

Category 4 – all LOSHRS day races

Category 3 – all overnight races require 15 percentage of your crew to have the Offshore Safety Course (1 day or 2 day) including the Person In Charge (PIC).

PERSONAL SURVIVAL COURSE



HOW TO GET HELP WITH SAFETY

Reach out to the LOOR Ambassador at your club

- www.loor.ca/ambassadors

Reach out to LOOR

- Material on LOOR's YouTube Channel www.youtube.com/@LOORracing
- Email questions or concerns to safety@loor.ca

Other

- Discuss equipment requirements with your local chandlery, i.e., Fogh Boat Supplies, the Rigging Shoppe, etc.
- Online sources
 - www.sailing.ca/offshore
 - "Google"
 - Magazines - Especially European, e.g., Yachting, Sail, Practical Boat Owner (PBO), Yachting Monthly, etc.

WEBINAR

Open Forum

to answer questions on Registering on LOOR's
New Race Portal

- Tuesday April 22, from 19:30EDT
- Information session to have your questions and concerns addressed or just to learn more about LOOR's new race portal based on

Nautical Cloud



SOCIAL TIME FUN



RACES ARE NEVER JUST RACES.



PARTY TIME

LO300/600

- pre-race dinner & party
- race morning breakfast
- MANDATORY SKIPPERS MEETING PRE RACE

Susan Hood Trophy Race

- Skippers meeting before the race

LO300/Susan Hood

- trophy awards ceremony/party
- LOSHRS flags, trophy awards ceremony/party/NYC is hosting this year's Flag awards on Saturday July 19

LOSHRS

- Youngstown & Dalhousie weekend Saturday night dinner, Sunday Breakfast

THREE KEY TAKEAWAYS FROM OUR TALK.

RACING IS...

FUN – EASY- SAFE



+ LOW ENTRY FEES

Get Started by going to [WWW.LOOR.CA](https://www.loor.ca)

Beginner's Take on LOOR

- Completely new To Sailing in 2010 - Arigato
- 2010 -2019 day sailing from Toronto
- No overnight sailing
- Marina hopping in Lake Ontario
- No racing
- Longest passage was to NOL
- 2019 Heard of GLSS

Singlehanded

- Great Lakes Singlehanded Society
- promotes and organizes solo sailboat races in the great Lakes - "solo challenges"
- Complete one of the 4 solo challenges = lifetime membership
- LO300 is Lake Ontario Challenge
- Michigan => Chicago Mackinac et. al. (287 nm)
- Superior => TransSuperior International (326nm)
- Erie => Erie Challenge (271nm)

- Spent the winter getting boat ready

Qualified to enter a solo challenge

Some level of experience singlehanding – resume & approval

Document a solo passage on the boat you will enter

At least 100 miles

At least 24 hour duration

Cobourg and back

LO 300 attempt 2020 – DNF - bit of a gong show

LO 300 finished 2021

Load dump

dead last

Had a blast

Awesome Entry To Offshore Racing

- Doable – safe, manageable, close to shore, builds confidence
- Elevates your weather game – longer term, bigger area
- Elevates your safety game – alone in the dark on LO
- Fantastic Support
- LOOR volunteers – web page – videos, articles, advice
- GLSS – web page lots of info and advice <https://www.solosailors.org>
- Other racers – mentor/advisor

Challenges

- OSRs

modified for LOOR

Lots of detail

Most Boats come close, as built ... minor upgrades

Emergency nav lights

Map of safety equipment

Alternate steering /Auxiliary rudder - <https://pacificcup.org/kb>

Safety at Sea – coastal course

- Beyond the OSRs

Tether system – www.morganscloud.com

MOB-AIS

PLB

GLSS Challenges

- Life-raft requirement
- Reboarding system
- Adequate Preventer - www.morganscloud.com
- Sleep

Lessons Learned

- The OSR requirements matter - don't just phone them in
- Tether and Preventer minimum standards really are minimal
- Spend time on the big weather picture during race
- Do It – Nothing bad happens

Q&A



THANK YOU SPONSORS

Presented by driveHG.ca



driveHG.ca



Broad Reach Canada



Cruising into Racing: A Roadmap

CONTACT US

EMAIL info@loor.ca

PHONE 866-462-8828

SOCIALS twitter.com/lo300
 www.facebook.com/LOOR300
 www.youtube.com/@LOORracing