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CRUISE INTO RACING: A ROADMAP

PRESENTED BY LAKE ONTARIO OFFSHORE RACING
(LOOR)



QUICK POLL

• HANDS UP 🙌

- **Ever raced in a long-distance race?**
- **Ever raced in the Susan Hood or LO300/600?**
- **NEVER raced in a Long-Distance Race?**

RACING IS...

FUN - EASY - SAFE



+ LOW ENTRY FEES

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.



2025 Races & Dates



DATE: July 12th to July 18th

The Lake Ontario 300 Features two courses: Main Duck and Scotch Bonnet. It has Single Handed, Double Handed, and Fully Crewed divisions. In addition, every two years the Lake Ontario 600 is held, 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 Susan Hood Trophy Race is 75 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.



DATE: June 1st, June 21st, June 22nd, June 23rd, Aug. 16th, Sep. 13th, Sep. 14th

The Lake Ontario Short Handed Race Series challenges single Handed and Double Handed races a multiple date race series with a variety of courses

Susan Hood Trophy Race

DATE: May 30th to May 31st



The 2025 Susan Hood Trophy Race is 75 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.



Two possible courses – Delta and Echo. Delta is clockwise around the course and Echo is Counterclockwise. The Race Committee will make the call just before the race starts.

- Approx 75 Nautical Miles
- Start Friday Night
- Finish on Saturday
- Coolest race on the lake!

Lake Ontario 300/600

DATE: July 12th to July 18th



Main Duck Course



Scotch Bonnet Course



The Lake Ontario 300/600 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.

Two possible courses – Main Duck and Scotch Bonnet.

- Approx 300 Nautical Miles or 300 Km
- Start Friday Night with Skippers meeting, Informative talks, dinner, Bands, etc.
- Race Starts Saturday morning and completes Tuesday for the 300
- LO600 is an extra lap

LOSHRS

Lake Ontario Short Handed Race Series



- Single and Double handed series
- 6 races series
- Flexibility to do some or all races
- It's been running for over 50 years.
- Most are category 4 offshore races
- 100 Miler is cat 3

LOSHRS Races

Race 1: Sunday June 1st after SHTR



Race 1: ~15NM (Category 4)

- Around the Port Credit area
- 10am Start
- Finishing near Toronto Island
- Great after the SHTR race the day before



Race 2 and 3: Youngstown Overnight – Sat. June 21 and Sun. June 22nd

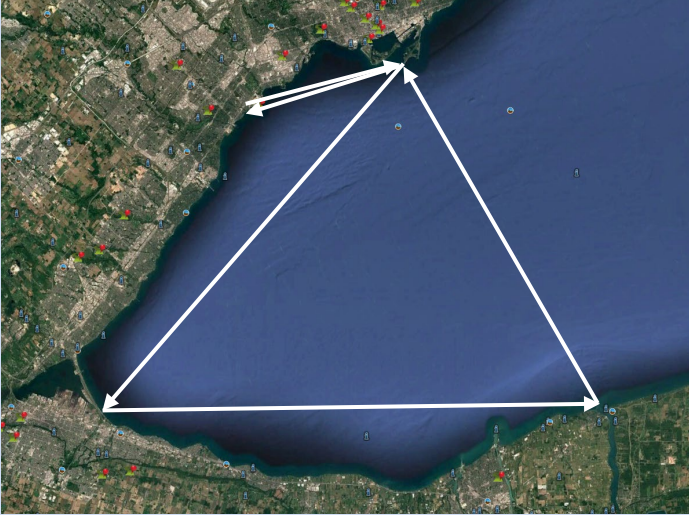


Race 2 & 3: NYC Weekend - ~28NM each day (Category 4)

Down to Youngstown on Saturday
Back to Port Credit on the Sunday
Great dinner at NYC and get together.

LOSHRS Races

Race 4: 100 Miler - Saturday August 16th



Race 4: ~93NM (**Category 3**) Saturday August 16th

- PCYC to Toronto Islands, then triangle of Burlington and Niagara River
- 10am Saturday Start
- Overnight – but warm

Race 5 and 6: NYC Weekend – Saturday September 13th and Sunday September 14th



Race 5 and 6: NYC Weekend - ~25NM each day (Category 4)

- Down to NYC Saturday
- Great dinner at NYC and get together.
- Back to Port Credit on the Sunday

LOSHRS Mentor Class



- Intended to support experienced sailors to start racing singlehanded or doublehanded.
- An addition person onboard to provide moral support as mentor or adviser – Can not do any sailing or racing activities other than provide advice or knowledge
- Person-in-Charge needs to meet PHRF-LO's definition of a "New Racer"
- Applies only to LOSHRS Day Races
- Non Flying Sails (NFS) only

THE RULES

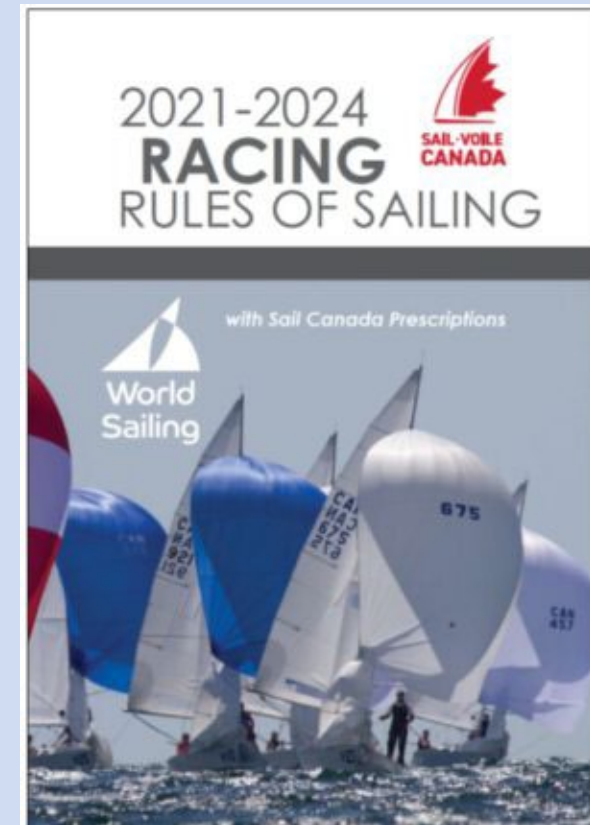
EASIER THAN YOU THINK.

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.**

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.

SOCIAL TIME FUN



RACES ARE NEVER JUST RACES.



PARTY TIME



LO300/600

- pre-race dinner + dance
- race morning breakfast

Susan Hood Trophy Race

- Skippers meeting before the race
- flag awards ceremony/party

LOSHRS

- trophy awards ceremony/party at PCYC
- Party/dinner at YYC and DYC weekends

THREE KEY TAKEAWAYS FROM OUR TALK.

RACING IS...

FUN – EASY- SAFE



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

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





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Q&A

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