

The 6th Annual **L.O.S.T. Race!**



The L.O.S.T. Race is a friendly, 3.8 km (Ironman swim distance), open water swimming race along the scenic shore of Lake Ontario in Old Oakville. It is a point-to-point race from Maple Grove Drive to the Navy Street Pier in downtown Oakville. The route passes some of the most beautiful estates and waterside parks in Canada and spectators can even walk the last kilometre on the lakeside trail to cheer the swimmers in to the finish at the LOST Beach by the Navy Street Pier and Lighthouse!

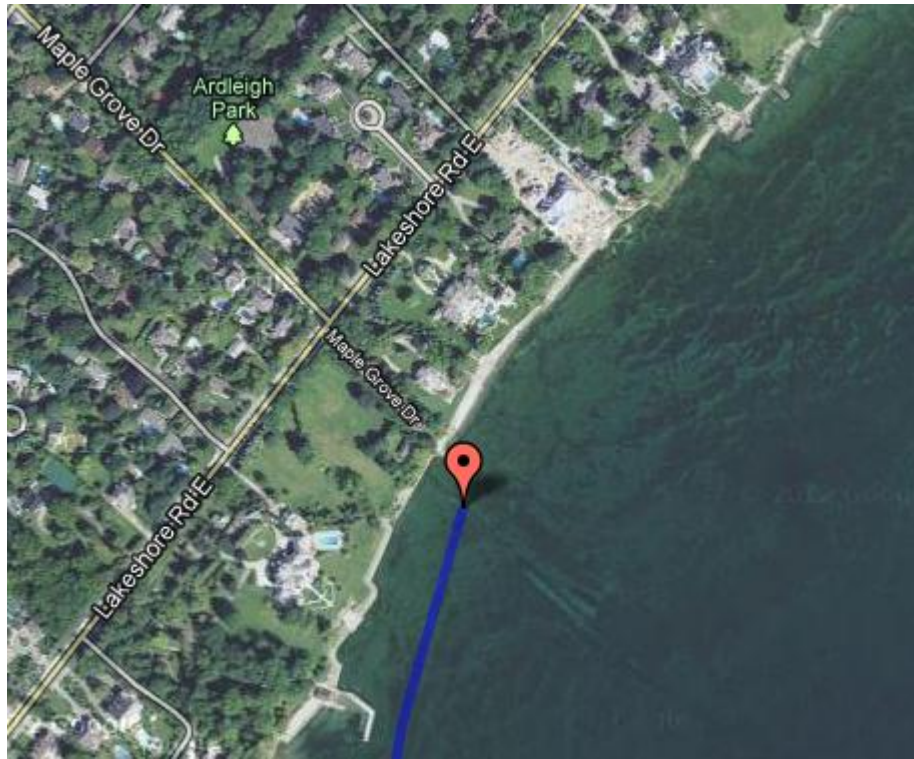
1) When:

- **Saturday, August 10th, 2013**
- **6:45 am → 7:15 am – registration and check in.**
- 7:30 am – mandatory pre-race meeting
- 8:00 am - Race Starts!

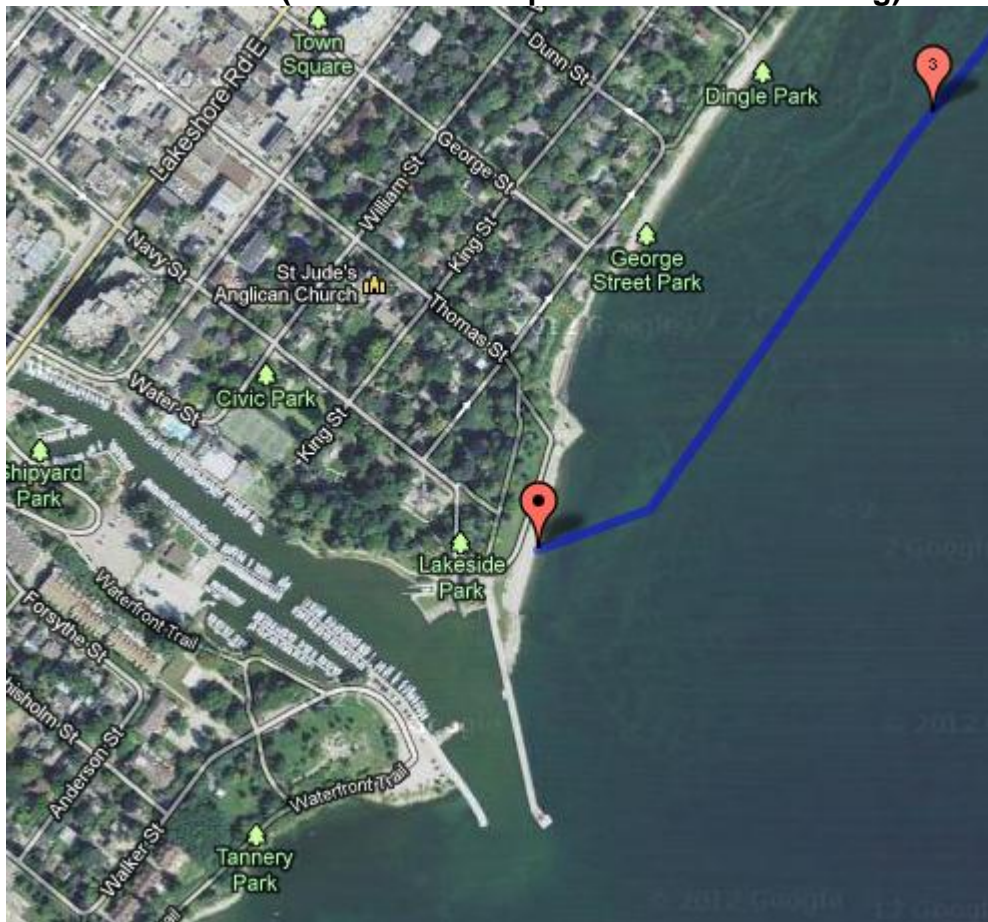
2) Where:

- **Start:** the foot of **Maple Grove Dr**, south of the intersection with Lakeshore, in south-east Oakville. (see map below)
- Pre-race check-in will take place at this location as well
- local street parking is available north and west of Lakeshore and Maple Grove, as well as some parking at the foot of Maple Grove Drive. Please make arrangements to be able to get back to the start to collect your vehicle after the race. (car pool, or leave one person's vehicle at the start and one at the finish, etc.)
- **Finish:** As this is a point-to-point race the finish will be on the **LOST Beach** at the foot of Navy Street and the Sixteen Mile Creek

The Start of the LOST Race...



The Finish of the LOST Race... (and our usual spot for LOST Swimming)



3) Registration Process:

- **You must be registered with LOST Swimming**, (note: **not** MSO, as in previous years) to swim in the LOST Race and or to join LOST Swimming. This is required for insurance. **You can register for just LOST Swimming... AND / OR... for The LOST Race.**

To Register for LOST Swimming:

- Either bring the following to your first LOST Swim:
 1. **Cash or cheque (payable to LOST Swimming)**
 2. **Registration form**
 3. **Waiver**
- OR mail cheque, Registration Form and Waiver to:

Melanie Price
256 Graham Ave South,
Hamilton, ON, L8K 2M6

To Register for The LOST Race (pick one):

1. **pre-register at time of registration for LOST Swimming**
 2. **pre-register by mailing in: cheque, LOST Race Registration and Waiver**
 3. **OR bring cash (only), Registration and Waiver to The LOST Race on race day**
- Please direct any registration question to: melanie.g.price@gmail.com

4) Prices

1. LOST Swimming registration:

- a) \$40 for season of Saturday swims
 - which covers insurance and gets you a new LOST Cap (**caps must be worn at all LOST swims to show you've registered... new color this year!**)
 - also please submit with payment, registration and waiver forms (below)

2. LOST Race registration:

- a) \$20 if **registered** as a member of LOST Swimming (prior to July 1, 2013)
- b) \$30 if **not registered** as a member of LOST Swimming (prior to July 1, 2013)
- c) \$40 race day registration

- Refunds:
 - we will refund ½ the price of the LOST race up to June 15, no refunds after that.
 - there are no refunds for LOST Swimming.

5) Medals, Awards & Results for the LOST Race

- **Medals** – once again we will be awarding the coveted LOST Medal to all finishers of the LOST Race
- **Special “Maisey Awards”** - will be presented to the winners in each division: 1) overall, 2) naked: male & female 3) wetsuit: male & wetsuit.
- **Prizes** – we will endeavour to have some really nice prizes for the winners of each division, in previous years we’ve had knapsacks, bags, t-shirts, water bottles, etc!
- **SWAG** – we will endeavour to have a few LOST goodies for you... because everybody loves free stuff!
- **Results** – will be **posted on the LOSTswimming.com** website as quickly as possible after the race. There will be 3 categories: 1) overall, 2) naked / wetsuit, 3) male / female.

6) The Course

- a) The race starts at the foot of Maple Grove Drive (south of Lakeshore) in Oakville.
- b) It is a **water start** and will start with the blowing of an air horn.
- c) The swim follows the shoreline for all **3.8km** and finishes on the LOST Beach, by the Lighthouse Pier, in downtown Oakville at the foot of Navy Street in Lakeside Park.
- d) The swimmer will be finished the race when they **touch the large finishing buoy on the LOST Beach**, you can’t miss it!
- e) **The Lighthouse Pier is an excellent point to sight with**, as it can be seen after the first corner, about ½ km from the start and then for the entire rest of the race... or just keep swimming until you get there!
- f) Swimmers are encouraged to swim parallel and close to the shoreline, both for directional reasons and safety. Swimmers should **swim close to the shore** if they are feeling uncomfortable for any reason.
- g) **If the swimmer feels the need to stop for any reason they should swim directly to the shore, NOT TO THE KAYAKERS.** They can’t pull you into their boat! Once the swimmer is ashore the kayakers can indicate to any of the boating and emergency personnel that will be patrolling the race route and the appropriate attention will be given.
- h) **Do not leave the race area without telling a race official or kayaker, we have to be able to account for every person after the race!**

i) The LOST Race route

Distance: 3.8093 km



7) Safety Considerations

Safety is our primary concern. However, it is important to note that there are significant inherent risks involved with open water swimming, including the risk of serious injury or death, associated with swimming generally, and competitive swimming in particular. As a result we strongly recommend swimmers properly train for an event such as this.

The following items outline safety considerations and precautions that will be taken during the course of the L.O.S.T Race:

- a) Several different **local emergency services** organizations have been made aware of the race and have made appropriate arrangements for preparedness.

- b) There will also be **numerous kayaks and power boats** to serve as escorts along the course.
- c) a safety signal by the swimmer is **one arm raised above head with cap in hand** will indicate to those in boats a **swimmer in distress**.
- d) There will be **numerous spotters** at the start and finish areas and at key access points along the course. Swimmers will be encouraged to swim close to the shore so in the event of a problem while swimming, the swimmer will be very accessible to reach the shore at all times.
- e) All swimmers will be required to wear the **bright colored race swim caps provided**.
- f) All boats will be equipped with **cell phones or walkie-talkies and whistles** in order to contact emergency support on shore.
- g) Swimmers will be briefed on **emergency procedures** prior to the start of the race during the **mandatory pre-race meetings: LOST Race at 7:20 am**
- h) All **swimmers will be accounted for** before they enter the water **and** as they exit.
- i) Any swimmer who is unable to complete the 3.8k swim after **2 hours** will be removed from the water (although weather conditions **can move this time limit ahead or back**).
- j) Because of safety constraints (limited number of kayaks, etc.), **if a swimmer falls too far behind the rest of the swimmers they may be required to retire** from the race.
- k) **Water temperature** will be taken the night before the race as well as an hour prior to the race start. Swimmers will be informed of the temperature prior to the race. Minimum water temperature is 60F / 15C. (typically between 60-70F or 16-22C).
- l) **Water conditions** are variable and acceptable safe conditions will be determined by Race Director at time of race. Open water swimming is subject to such weather factors and safety is always top priority, as such the race may be delayed or cancelled due to weather conditions.
- m) In case of **extreme inclement weather after the start**, swimmers will be instructed to swim to the shore which they will always be near.

8) Other Race Details...

- a) There will be **street parking at the race start** on Maple Grove, and about ½ block north on Maple Grove on the east side in the park parking lot, as well as local street parking.
- b) It is **up to the swimmer to get from the finish back to the start** if that is where the car is. Many people car pool and leave one car at the start and one at the finish.
- c) There will be a vehicle to **transport bags to the finish**, or have a friend take it for you.
- d) **Race number will be inked on the back of both hands** so that the finishing judge can see the number when the swimmer touches the finishing flag draped over the lighthouse pier.
- e) **There are 2 categories, “wetsuit” and “naked” (non-wetsuit)**. There is a separate award category for each group.
- f) There is **no qualifying time for the 3.8k race, however,**
- g) **Water temperature** at this time of year is normally around **60 - 72 degrees Fahrenheit, or 16 - 22 Celsius**.
- h) There will be port-a-pottie **washrooms available** at the start and there are permanent washrooms at the finish in Lakeside Park.

- i) There **will not be a "rain date"** and a delay (or cancellation) would only occur in the event of lightning or other extreme weather condition as ruled by the Race Director at the time of the race.
- j) Extra **volunteers are welcome** for activities at the start and/or finish and may contact any of the board members or Rob Kent at the5kents@msn.com

9) Checklist of What to Bring

- a) If not already registered:
 - cheque
 - Completed entry forms, signed and dated.
 - Waiver form, signed and dated
(registration and waivers will also be on-site. See "Registration Process" above).
- b) Swim suit, goggles, swim cap (LOST Caps will be provided).
- c) Wetsuit... or not. (Body Glide is a good idea if you are wearing a wetsuit).
- d) Towel and warm clothes for after the race.
- e) Snack and drink for after, or just walk up to the downtown for a coffee or ice cream after the race.

11) Questions?

Have a look around on the **LOSTswimming.com** website... or...

Race questions contact, **Race Director:**
Registration questions contact, **Registrar:**

Rob Kent:
Melanie Price

the5kents@msn.com
melanie.g.price@gmail.com

ADULT PARTICIPANT
ASSUMPTION AND ACKNOWLEDGEMENT OF RISK

BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.
PLEASE READ CAREFULLY!

I UNDERSTAND AND AGREE, ON BEHALF OF MYSELF, MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, THAT MY PARTICIPATION IN THIS EVENT AND SIGNATURE ON THIS DOCUMENT MEANS THAT:

1. I know that there are significant inherent risks involved with open water swimming, including the risk of serious injury or death, associated with swimming generally, and competitive swimming in particular;
2. I ACKNOWLEDGE AND ACCEPT THESE RISKS AND ALL OTHER RISKS ASSOCIATED WITH PARTICIPATION in this program even if arising from negligence or gross negligence, including any worsening of injuries caused by negligent first aid operations or procedures, of the event organizer, the event venue and any and all persons associated therewith or participating therein;
3. I understand that all applicable rules for participation must be followed and that at all times THE SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME; including but not limited to, my physical and emotional preparation and the fitness of my equipment;
4. I will immediately remove myself from participation in the event and notify the nearest official if at any time I sense or observe any unusual hazard or unsafe condition or if I feel that I have experienced any deterioration in my physical, emotional or mental condition which might render me unfit for continued participation in the program;
5. I give a FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS that I have or may have in the future against SWIMCANADA/SWIM ONTARIO, MASTERS SWIMMING ONTARIO/CANADA, LAKE ONTARIO SWIM TEAM, TOWN OF OAKVILLE its directors, officers, employees, guides, and representatives, advertisers, other participants, sponsors, the venue at which the program is held and its directors, officers, employees, guides and representatives (collectively called the "Releasees"), from all liability for any loss, damage, injury or expense that I may suffer as a result of my use of, or my presence at the swimming facilities, due to any cause whatsoever, INCLUDING NEGLIGENCE AND GROSS NEGLIGENCE, INCLUDING ANY COMPOUNDING OR AGGRAVATION OF INJURIES CAUSED BY NEGLIGENT FIRST AID OPERATIONS OR PRODCEDURES OF THE PROGRAM ORGANIZER, THE PROGRAM VENUE AND ANY PERSONS ASSOCIATED THEREWITH OR PARTICIPATING THEREIN; BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT OR ANY OTHER RELEVANT STATUTES, on the part of the Releasees;
6. I AGREE NOT TO SUE the Releasees for any loss, injury, costs or damages of any form or type, howsoever caused or arising, and whether directly or indirectly from my participation in the event; and
7. I AGREE TO INDEMNIFY, and to SAVE AND HOLD HARMLESS the Releasees, and each of them, from any litigation expense, legal fees, liability, damage, award or cost, of any form or type whatsoever, they may incur due to any claim made against them or any one of them whether the claim is based on the negligence or gross negligence of the Releasees or otherwise.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT
I AM GIVING UP CERTAIN SUBSTANTIAL LEGAL RIGHTS INCLUDING THE RIGHT TO SUE. I SIGN THIS
DOCUMENT VOLUNTARILY AND WITHOUT INDUCEMENT.

Signature of Participant

Name of Participant

Date

Signature of Witness

Name of Witness

Date



2013 Registration form
**L.O.S.T.
Swimming**
LAKE ONTARIO SWIM TEAM

Mail registration form
waiver & cheque to:

payable to:
"LOST Swimming"

c/o Melanie Price
256 Graham Ave. S.
Hamilton, ON
L8K 2M6

Name:	Email address:
2013 LOST Member: Y or N	Gender: M or F
Date of birth: (YYYY/MM/DD)	Age on race day (Aug 11, 2013):
Address:	City & Province:
Country:	Postal code:
Telephone: ()	Emergency Contact & phone #:

Registration selection:

- 1) A season of **LOST swimming** (Saturday swims, and other training sessions): \$40

AND / OR if registering for a race too:

- 2) Registration for **The LOST Race:** Pick one:
- a) if **registered** with LOST Swimming for 2013 (prior to July 1) \$20
 - b) if **not registered** with LOST Swimming for 2013 (prior to July 1) \$30
 - c) race day registration (LOST member or not) \$40

TOTAL \$_____.

REGISTRAR USE ONLY

Payment:	Race Info:
Waiver signed:	Race #:
Registration entered:	Wetsuit (W) or Naked (N):