

Information Sheet
Toronto Island Tour
Sunday, July 18

Highlights: Row into the channels of Toronto Island and have a BBQ lunch before returning to the mainland in the afternoon.

Itinerary

Start: *Hanlan Boat Club at 10 AM,*

There is an 7-8 km morning row.

Take-out: *there are multiple options for beach landing points on the Island*

Lunch: *We will provide a BBQ lunch including sausages, salads, cheese, etc. Feel free to bring your own contribution if you'd like.*

Put-in: *There is a 7-8 km row after lunch.*

Finish: *Hanlan Boat Club*

Degree of difficulty of tour: easy

Price: \$40 inclusive of seat charge and lunch

Eligibility: For insurance and equipment reasons, all participants must be members of a member club of the new Ontario Adventure Rowing Association (OAR Touring) or an individual member of the same Association (\$100). As a transition measure, members in of a rowing club affiliated with Row Ontario are eligible to participate in OAR Tours in 2008 if they submit a letter from their Club certifying that they are members in good standing of the Club.

Capacity: 20+ tourers

Directions to meeting point:

From the Gardiner Expressway, heading east, exit at Jarvis and continue east on Lakeshore Blvd. veer right onto Cherry St. South. Near the end of Cherry Street, turn left onto Unwin Avenue. Follow Unwin Ave. to Regatta Rd. Turn right onto Regatta Rd. and then left into Hanlan Boat Club parking lot.

From the Don Valley Parkway -- Take the DVP South and just before the Gardener Expressway take the exit to Lake Shore Boulevard (note that it exits from the left lane, not the right). Continue onto Don Roadway and turn right at Villiers Street. Then turn left onto Cherry St. Turn left at end of street onto Unwin Ave. Follow Unwin Ave. to Regatta Rd. Turn right onto Regatta Rd. and left into Hanlan Boat Club parking lot.

Contact information:

hugh_fletcher@sympatico.ca

(416) 484-8492 or (647) 229-0055

Entry Form
Name of Tour
(please *PRINT LETTERS*)

County and club:

Name:

Address:	Tel :
	Fax :
	e-mail:

Previous participation (e.g., Ontario, Fisa tour)

The participant agrees with his signature to the following :

- a) Candidates shall possess good knowledge and ability of rowing techniques
 - b) Candidates shall be in good health and have the physical condition necessary for rowing the distances proposed, and shall be able to handle dangerous situations on their own and not depend on help from others
 - c) Candidates shall be capable of swimming a distance of at least 300 metres.
 - d) Candidates shall be carry with them a Transport Canada approved personal flotation device
 - e) Rowing involves potential risk. I agree to indemnify and save harmless the organizers from and against all claims, damages, loss, cost, and expenses.
 - f) Each participant shall be responsible for his/her own medical and personal insurance arrangement
- It is recommended that candidates shall become familiar with the Touring Manual found on the Rowing Canada website.

Participant signature/signature du participant(e):

Rowing Club/Federation confirmation/confirmation par Club d'aviron/federation:

Please mail this form duly filled in and the required cheque not later than July 9th, 2010 to:

Hugh Fletcher
3 Walder Avenue
Toronto, Ontario
M4P 2R4