

**The Jake Gaudaur Tour
Lake Couchiching
Orillia, Ontario
Saturday, August 14, 2010**

Row the shorelines of Lake Couchiching, where World Champion sculler Jake Gaudaur Sr. trained! This is an easy tour, although wind conditions can change, creating some challenging moments.

- 9:30 am Snack and coffee at the Orillia Rowing Club. Prepare boats
- 10:30 am Put in and head to the 'Narrows' to check out the ancient Mnjikaning Fish Weirs, then row up the lake to Geneva Park, a camp resort on the east side of Lake Couchiching.
- Noon-ish Lunch in the dining room at Geneva Park.
- 1:30 pm Return trip. Row around Chief's Island, sacred aboriginal ground. Depending on wind, we may be able to row over to Couchiching Beach in Orillia, then back to the boathouse.
- 3:00 pm Boat derigging and loading back at the boathouse.

Degree of difficulty of tour: easy tour, 15-18 kilometers

Price and inclusions: \$45 includes seat charges, lunch, gratuities and taxes.
Please mail to the Orillia Rowing Club by August 1, 2010.

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.

Capacity: 25+ tourers

Directions to meeting point: Orillia Rowing Club: 500 Atherley Road, Orillia Park in parking lot at Tudhope Park and you will see the boathouse.

Contact information: barbara_davidson@rogers.com
705-325-4989
Or www.orilliarowingclub.com

Entry Form
Jake Gaudaur Tour, Orillia Rowing Club
August 14, 2010

Name:

Club:

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 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):

Eligibility:

Is your club a member of Ontario Adventure Rowing Association (OAR Touring)? Yes No

If not, are you a member of Ontario Adventure Rowing Association (OAR Touring)? Yes No

If you answered no to both questions, please either:

- i) enclose a trial guest fee of \$25 per tour or
- ii) join the Association for \$75 (www.adventurerowing.ca).

Please complete this form, and mail with a cheque to:

Attn: Barbara Davidson,
Orillia Rowing Club, Box 981, Orillia ON L3V 6K8

Please register by August 1, 2010 so we can finalize lunch arrangements.