

NATIONAL KIDNEY FOUNDATION

The National Kidney Foundation raises awareness of kidney disease, organ donation, and the importance of early screening and healthy lifestyle for those at risk. This sponsorship raises funds for research and help for patients and their families.

Quick Kidney Facts:

- 1 in 9 American adults has kidney disease and most don't know it...
- High blood pressure and diabetes are two leading causes of kidney disease.
- Every year, kidney disease kills more than breast or prostate cancer.
- In Virginia alone 12000 are being treated for kidney failure while 2000 are waiting for a kidney transplant.
- 13 people die each day waiting for a life saving kidney transplant.

SKIPPERS: PLEASE GO TO THE NKF SITE TO RECORD YOUR BOAT AND BEGIN REQUESTING DONATIONS.

<http://donate.kidney.org/goto/aroundthelake>

NKF OVERALL TROPHY AWARDED FOR BEST

CORRECTED TIME ADJUSTED FOR DONATIONS

50K AROUND THE LAKE YACHT RACE

PLATINUM SPONSOR

PELICAN POINT YACHT CLUB

In Memory of Ralph Zahn

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National
Kidney
Foundation™



BLACKWATER YACHT RACING ASSOCIATION AND PELICAN POINT YACHT CLUB

50K AROUND THE LAKE YACHT RACE

Commemorating SML 50th Annivesary

May 21 2016

TO BENEFIT



National
Kidney
Foundation™

BYRA / PPYC 50K AROUND THE LAKE YACHT RACE SAILING INSTRUCTIONS

Saturday, May 21, 2016

**REGISTER BY MAY 15TH. NO RACE DAY
REGISTRATION**

- 1. ENTRY** - This regatta is open to all keelboats. PHRF Handicaps shall be assigned as of May 15 by BYRA . Entry Fee of \$25 is due by May 15, 2016. Call (540) 719-0009 for an official entry form. Late Entry Fee of \$50 after May 15, 2016.
- 2. RULES** - This regatta shall be governed by the Racing Rules of Sailing (RRS) for 2013-2016 except as changed by the BYRA Sailing Instructions. Rule 45 is changed to allow mooring.
- 3. AGREEMENT TO ASSUME RISK** - In consideration of being permitted to enter this regatta and being fully knowledgeable of the risks of sailing as a competitive sport, all competitors, crew members and guests aboard voluntarily assume all risks associated with participating in this regatta. The skipper must assure that all equipment required by the United States Coast Guard (USCG) or by Sailing Instructions 4 & 8 is aboard and properly maintained and stowed, and that the crew knows where it is kept and how it is used.
- 4. Equipment** - Boats must carry all equipment required by the USCG. All boats must have a cell phone turned on and should carry a VHF radio.
- 5. Cell Phone** should have the MAIS app

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- 5. MAIS (CONT.)** turned on at least 10 minutes on the hour and at each mark rounding.
- 6. CALL IN** All boats must call-in to RC at marks: Bridgewater, R-8, Rock Island, B-13, and Finish
- 7. RUNNING LIGHTS** - Running lights shall be displayed as required by USCG.
- 8. COMPLETE ERR INSPECTION** - Review the ERR prior to the race. Visit the BYRA website for the list of minimal safety equipment which should be on all competing boats. (www.byrasailing.org)
- 9. IDENTIFICATION** - Boats shall display proper sail numbers on mainsails and genoas. A boat's finish may not be taken if sails do not display proper numbers unless the RC is notified before the start.
- 10. CREW** - The number of crew is not limited.
- 11. STARTING TIME & SKIPPERS MTG** - The start signals begin at 10:00 AM. All boats start together. Skippers Meeting at 9AM. Registration at 8:30AM Friday night Pre-race party and Skippers Meeting at the Pelican Point Club House, 7PM Boats may tie up on C&D docks in the harbor.
- 12. START / FINISH LINE** - The line shall be between the flag pole on the Pelican Point seawall and an orange buoy 100 yards north of the seawall. Boats should call-in to the RC upon finishing.
- 13. EMERGENCY** - Call Sea Tow at 719-5555

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- 14. COURSE**- The course shall be from the start east to the Roanoke River. Head upstream and round the center NO Wake Buoy at Bridgewater Marina entrance to port. Proceed downriver leaving R-8 to port. Follow Roanoke River east rounding Rock Island to port. Sail back west leaving B-1 to port and continue up the Blackwater leaving B-13 to port. Sail around the three islands leaving the last island to port. Continue to B-11 leaving it to starboard and head to finish off PPYC.
- 15. TIME LIMIT** - The race will conclude at 1:00PM on Sunday, May 22nd. Any boat that has not completed the course should notify RC of position and return to Pelican Point.
- 16. BOATS RETIRING** - Boats retiring should notify the RC by phone as soon as possible. Phone numbers will be provided at skippers meeting.
- 17. Radio Monitoring** - Boats shall monitor VHF channel 13 during the race.
- 18. MAIS Reporting and Call-In Requirement** - Note Instructions 5 and 6 on required transmission of position and required call-in to the RC at mark roundings. Finish line will not be manned continuously. Take your time and call in to RC.
- 19. AWARDS** - Awards will be presented at post race party, 3PM at Pelican Point Club House.