

Our Mission: To prevent and cure diabetes and to improve the lives of all people affected by diabetes.



Pennock Island Challenge

Est. 2004

Hosted by Team ADA and the American Diabetes Association

The full distance of the race is 8.2 miles. It has been completed in 2 hrs 30 min to 5 hrs.

Maximum time allowed on the course is 5 hours.

DATE OF SWIM: August 15, 2010

Sanctioned by Alaska masters for USMS INC #

RULES AND REGULATIONS

1. The event is open to swimmers 18 years old and older and must be a registered Masters Swimmer or foreign equivalent. The age of the swimmer will be determined by the age of the swimmer on the race date. The race will be conducted using the USMS rules and regulations.
2. Official Relay Team will consist of 2 or 4 individuals, or a swimmer may enter as an individual.
3. **As per rule 303.6.3 of the United States masters open water rules and regulations swimmers will be allowed to use wetsuits.** Individual swimmers wearing wetsuits do not have to complete the 1-hour cold-water swim. Relays will be placed in the wetsuit division if one or more persons in the relay are wearing a wetsuit. There will be separate awards for swimmers and relays using wetsuits as follows: Fastest man/women, fastest Male relay, fastest female relay and fastest mixed relay.
4. Individual swimmers (**Maximum of 22 individual swimmers**) must meet qualification times in 2009 and/or 2010. To assure completion of the event, please submit your 2000m/2200yd time for review, (40 minutes or under for a 2K). All individual competitors not wearing a wetsuit must submit witnessed proof of a continuous one (1) hour swim in water at or below 60 degrees Fahrenheit. Participation in the 2009 Pennock Challenge will qualify a swimmer. A letter by the individual's swim coach or open water training coordinator attesting to the competitor's ability to complete a swim in these conditions will be accepted. Award categories will be 1-3 for female/male swimmer over 40 and under 40. Swimmers that finish the race will be awarded a finishers metal. Award will be given for fastest male and fastest female overall. Award for fastest male/female in the wetsuit category.
5. Relay swimmers will have to meet the 2 k-swim times of 40 minutes or under, but will not have to complete a cold-water swim. **The number of relays allowed entry will be 10.**
TEAM DIVISIONS: Teams can be entered as either all Male, all Female, or mixed. Mixed teams will be made up of any combination of men and women. Each relay

Our Mission: To prevent and cure diabetes and to improve the lives of all people affected by diabetes.

swimmer will be given an award for participating. Award for Fastest Female/male/mixed relay will be given. The fastest wetsuit relay will receive an award.

6. Escort kayaker is required for solo swimmers and relays, to enhance safety and navigation. Swimmers must swim on either the left or the right side of the kayak. USMS Rule 303.2.4 will apply **NO DRAFTING WILL BE ALLOWED**. Drafting is defined as "the carrying of a swimmer by the wake of the escort boat, or another swimmer." If any team engages in drafting, and a complaint by another team is lodged and upheld, the drafting team will be disqualified.
7. In the relay swims, each swimmer's first leg is 30 minutes. Succeeding legs are 15 minutes per person. The duration of the final leg can be adjusted at the discretion of the team captain, if more than 15 minutes long. If a person cannot finish his or her leg, the boat is allowed to keep its motor on only to keep present position for the duration of that swimmer's portion. If the next swimmer enters the water before the proper time, the team will be disqualified.
8. The starting sequence of swimmers for relays must be maintained throughout the race. If a swimmer cannot take his or her turn for any reason, an alternate cannot replace him or her. The boat may maintain its present position but cannot motor forward until the next swimmer enters the water at the appropriate time. If a team has to pull a swimmer for any reason, they may choose to motor sideways to get away from that area, but they may not motor forward.
9. Boat captains are to position their boats at least 25 feet apart for an imaginary channel to allow swimmers to swim without obstruction. Further limits on boats will be made at the captains meeting Saturday August 14 2010. Please be on the lookout for other swimmers in the water; **SAFETY IS OUR FIRST PRIORITY**.
10. To start the race, an official starter, will fire a starting gun, so all swimmers will have a fair and equal start. Any swimmer or group of swimmers who start before this signal will automatically disqualify their team. The official starter is solely vested with the authority to start the race. The race may be started in waves at the discretion of the race organizers to enhance safety.
11. Individual swimmers and the first swimmer for each relay will check in at the Thomas Basin ramp to be motored to the starting point. Escort kayakers can launch from city float and meet them out at the start. Relays will check-in at the captains meeting and travel with their escorts to the start.
12. The race will start from the South Pennock marker #2, no earlier than 10:00 am and no later than 10:45 am.
13. Each swimmer will be given a cap they must wear during the race. The cap will be a very bright color and will aid in maintaining visual sight of the swimmer
14. The individual entry fee is \$150.00. Each relay team must pay an entry fee of \$130.00/relay member. The individual and relay entry fee includes 2 tickets for the banquet, official Pennock Island challenge t-shirts, awards, and caps.

Our Mission: To prevent and cure diabetes and to improve the lives of all people affected by diabetes.

15. In addition, each individual swimmer will receive one extra banquet ticket and t-shirt for their kayaker. Each relay will receive banquet tickets, t-shirts one each for skipper and kayaker.
16. **Entries after May 2 2010 will pay a late entry fee of 200.00/individual or relay member. Late entry is open from May 3 until June 1 2010.**
17. **The remaining monetary amount raised from this race will go to benefit the American Diabetes Association and its related causes. Attached are sponsorship forms for individuals to provide the entry fee through donations and solicitations. The entry fee is the minimum amount needed to participate in the Challenge, and all further donations and fundraising will be accepted and encouraged. Please use the attached forms to help in this cause.**
18. Each team shall have an appointed captain who is responsible for knowing all the rules and details of the race.
19. **Due to the nature, expense and complexity of traveling to Ketchikan for this event there will be no refunds. The race will take place even if we have to modify the course.**
20. **Extra banquet tickets or t-shirts can be purchased at the same time you register for the event. Banquet tickets can be purchased for 20.00 and t-shirts can be purchased for 15.00/t-shirt. Additional Banquet tickets can be purchased later by contacting the race director.**

CAPTAINS' MEETING: There will be a MANDATORY organizational meeting at the Landing Hotel, at 5:30 P.M, Saturday August 14. SOLO SWIMMERS, TEAM CAPTAINS OR OTHER REPRESENTATIVES FROM EACH TEAM ARE REQUIRED TO BE AT THIS MEETING AND THE SKIPPERS OF EACH ESCORT CRAFT. The purpose of the meeting is to review the racecourse, last minute changes, and instructions for the start of the race, pick-up and sale of individual t-shirts, caps, banquet tickets, meet your skipper.

BANQUET: The banquet on Sunday August 15 2010 following the race will be held at the Sunny Point, Best western the landing beginning at 6:30 PM. The main course of the banquet will be locally caught salmon. A cash bar will be available serving beer and wine.

Non-team members and guests, who wish to attend the banquet, please include an additional \$20.00 per person. Make the check payable to American Diabetes Association 'PENNOCK ISLAND CHALLENGE Banquet', and send it along with the completed entry form.

ACCOMMODATIONS: A special rate is available for Pennock challenge swimmers at the Best Western Landing; please contact the reservations office directly for further information and bookings, 907-225-5166

ESCORT BOATS/KAYAKS: We will be happy to assist in relays in securing an escort boat with skipper. We will also be happy to help anyone needing assistance in finding an escort kayaker. These escorts will be of limited supply so first come first served. If you have an experienced kayaker you can rent a kayak from Southeast sea kayaks and receive a 20% discount on kayak rentals. <http://www.kayakketchikan.com/>. You must be able to show that you are experienced in order to rent a kayak as an escort.

Our Mission: To prevent and cure diabetes and to improve the lives of all people affected by diabetes.

ENTRY: All Solo entries will be made online at www.active.com . Relay entries will be made by mail, forms for relays can be downloaded at www.alaskateamada.com. Incomplete relay entries will be returned for completion. Solo Entries will not be accepted by mail.

OTHER QUESTIONS: If you have further questions about anything not covered here, or about anything that remains unclear after reading all of this, please contact William Schulz at pennochallenge@hotmail.com