

33<sup>e</sup> Tour  
du  
Léman  
à

# L'AVIRON

24 - 25 septembre

départ à 9h00

# 2005

160 km non-stop, réalisez cet exploit - 160 km non-stop rowing

Sponsorisé par

S.PELLEGRINO



COMPAGNIE GÉNÉRALE  
DE NAVIGATION  
SUR LE LAC LÉMAN



POWERADE.

Organisation Société Nautique de Genève



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# SECTION DE L'AVIRON

SOCIÉTÉ NAUTIQUE DE GENÈVE

## THE TOUR DU LAC A LA RAME, AN OUTSTANDING CHALLENGE

The Tour du Lac rowing racing event is an international competition of endurance organised at the end of September by the rowing section of the Société Nautique de Genève (SNG). The starting command is given on Saturday morning at nine o'clock from the north pier of Port Noir. The first Tour du Lac took place in 1972, year of the centennials of the organising club. Thanks to in particular the loyalty of its participants coming mainly from Germany, France, Switzerland and Italy but also from Great-Britain, the Netherlands, Hungary and even from Russia, the appreciation it has generated, the beauty of the landscape and the enthusiasm of all the volunteers participating in the organisation, the Tour du Lac, which was originally intended as a single event, has become an international annual event, that some have not hesitated to qualify as « *Königin der Regatten* », well appreciated by long distance rowing lovers. Some have participated more than ten times, others fifteen and one competitor even more than twenty times.

**The Tour du Lac consists in rowing all the way round the Lake of Geneva clockwise non stop and without extraneous assistance**, departing from, and returning to Geneva after having passed by all the control marks. It is governed by the downloadable rules, the purpose of which is to ensure fair and equitable racing conditions.

This famous competition represents, **with its 160 km course, the longest non-stop rowing event in the world, taking place on a lake**. Besides, has it not been qualified by certain specialists of the "*heimliche Weltmeisterschaft*" of long distance regattas? The duration of the race varies according to weather conditions, the equipment of the boat and the level of the crewmembers **between 12 and 17 hours**. The record of the Tour has been set by the team of *Turbo Bonn Bonner Ruder Verein v. 1882 e. V.* at 11 hours 58 minutes and 44 seconds in 2000, as for the record of a sweep boat team it is held by *Ludwigshafener Ruderverein/Mulheimer Ruderverein* in 12 hours and 53 minutes, in the Women Elite Category the record is held by *Dresdner Ruder-Club 1902 e. V. (Frauenpower)* in 14 hours and 55 seconds; the best time in the Masters category has been achieved by *RGM RC Zürich/SC Stansstaad/RC Industrie Schule Zürich* in 12 hours 56 minutes and 53 seconds, the one for a Mixed Crew by *Karlsruher Ruder-Verein Wiking v. 1879 e. V.* in 12 hours 47 minutes and 34 seconds.

The Tour is a real human challenge because, beyond the physical performance, each crew must show solidarity and resistance to be able to reach its objectives.

This event is open only to rowing boats capable of facing the weather conditions of the Lake of Geneva, such as wind and waves, and which are intended for **four rowers and a coxswain**, equipped either for sweep oars or sculling oars. As a rule, the participants use "*yolettes*". During the Tour, the five crewmembers can alternatively row and cox.

The participants are divided into **various classes**: Men Elite and Women Elite, Masters (the average age of the team is at least 40 and the youngest member must have reached the age of 35 at least the year preceding the Tour), Mixed (crew in which at least two members are women) and according to entries, Sweep Boats, Juniors (the youngest crew member must have reached the age of 16 before or on the date of the Tour and the oldest one must not have attained the age of 19 during the year of the Tour). Composite crews made of members from various clubs are eligible to compete.

To participate to this event, the entry form must be accurately filled out and signed and must be received by the organiser before August 31<sup>st</sup> of the year of the Tour together with the Declaration and Waiver. In addition, each crew shall have paid its entry fee at the latest the evening before the start of the race.

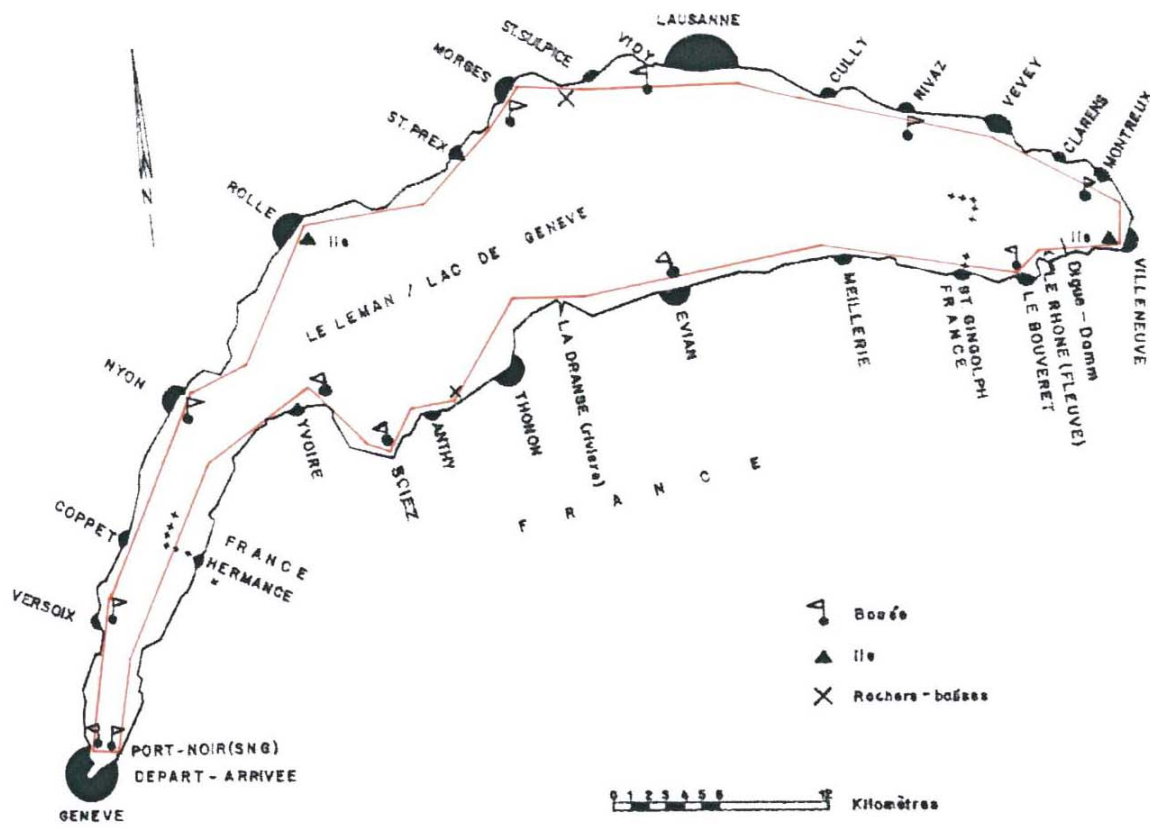
Because of the danger linked to this event and the physical efforts required to perform the Tour, the participants must, before being authorised to start the race, imperatively be able to swim at least 500 m, have reached the age of 16, be in good physical condition, present no counter-indications to the rowing activity on a competitive level, have undergone the type of training which is compatible with the requirements of the Tour and have the proper safety equipment such as life jackets, scoops etc. as well as sufficient food and drinks and eventually, the necessary visas to be authorised to enter the territories of the Swiss Confederation and/or the French Republic.

For safety reasons and though this shall be the individual duty of each participant, the organiser monitors, as far as possible, the teams on water with a fleet of motor boats and on land by a bus service. Moreover, the course is buoyed with more than ten control marks that each team must reach and where each passage is registered. Finally and for security reasons, it is specified that, under penalty of being excluded from the race, the control mark of Lausanne-Vidy (approx. 50 km) must be reached within less than six hours and thirty minutes and the control mark of Le Bouveret (approx. 85 km) in less than nine hours and with a time difference not exceeding three hours with the first team.

For those participants who so desire, dormitories can be put at their disposal in the shelters of the civil defence for the nights of Friday and Saturday.

After the prize giving ceremony, this exceptional sporting event ends on Sunday at noon around a convivial dinner during which the participants happy to have reached their objective share their experience and emotions and, as if bitten by the rowing bug, can't await for the next edition of the Tour.

**Experiment this extraordinarily challenging event and don't hesitate to register for the next edition of the Tour !**



## 33<sup>rd</sup> TOUR DU LAC A LA RAME September 24-25, 2005

We are pleased to invite you to participate in the 33<sup>rd</sup> Tour du Lac Rowing Event, international rowing competition of endurance (12 to 17 hours of effort in sometimes choppy water).

- Date of the Event:** September 23-25, 2005.
- Participants Welcoming:** September 23, 2005, from 5:00 pm.
- Location:** Société Nautique de Genève, Port-Noir, Geneva, Switzerland.
- Organisation:** Rowing Section of Société Nautique de Genève.
- Start of the Tour:** Saturday, September 24, 2005 at 9:00 am.
- Course:** 160 km on the Lake of Geneva, without stops or extraneous help, from Geneva to Geneva alongside the Swiss coast first and then the French coast.  
(Art. 6 Rules of Racing)
- Types of boats:** Four with cox, (sweep oars or sculling oars) capable of facing the weather conditions of the Lake of Geneva.  
(Art. 4 Rules of Racing)
- Participation:** Limited to 25 crews.
- Eligibility to compete:** Any sportsmen having reached the age of 16, physically, psychologically and technically trained to meet the requirements of the Tour, able to swim at least 500 meters, in good health, presenting no counter-indications to the rowing activity on a competition level. Composite crews are eligible to compete. **In order to be eligible to compete each competitor who is member of a rowing club affiliated to the Swiss Rowing Federation (FSSA) shall present prior to the start a valid and updated racing licence; otherwise he will be banned from the start.**  
(Art. 4 Rules of Racing)
- Classes:** (Art. 3 Rules of Racing)  
Men Elite: the youngest crewmember has reached the age of 19 before or during the year of the Tour;  
Women Elite: the youngest crewmember has reached the age of 19 before or during the year of the Tour;  
Masters: crew in which the average age is at least 40 and the youngest member shall have reached the age of 35 the year preceding the Tour;  
Mixed Crew: crew in which at least two members shall be women.
- Registration:** at Société Nautique de Genève, (e-mail, facsimile or mail) not later than August 31, 2005.  
(Art. 2 Rules of Racing)
- Entry Fee:** CHF 200.- /Euro 150.- per crew, to be paid entirely not later than 9:00 pm on Friday, September 23, 2005.  
This fee includes:  
- Accommodation in dormitories from September 23 to 25, 2005 until 10:00 am;  
- Welcome cocktail on Friday evening;  
- Dinner after finishing the Tour;  
- Closing lunch on Sunday at noon;  
- Prizes and souvenirs.
- Compulsory Equipment:** Only competitors (rowers and coxswains) with their own lifejackets (non self inflating), bailer and/or pump, sufficient food and drinkable water, valid ID papers, insurance (third party liability, accident), will be authorised to start the Tour. The organizer does not, in principle, lend boats or oars. The organizer lends the visual sign devices, rockets and boat numbers against a guarantee of CHF 50.-.  
(Art. 5 Rules of Racing)
- Race Instructions:** In addition to the Rules of Racing the organiser may elect to give race instructions at any time.

**Prize Giving Ceremony:** (Art. 19 Rules of Racing) The Prize Giving Ceremony shall take place at the Clubhouse of Société Nautique de Genève on Sunday, September 25, 2005 from 11:30 am. Under no circumstances, shall prizes be sent to the addresses of the teams.

**Further Information:** Société Nautique de Genève  
Phone : + 41 22 707 05 00, Facsimile : + 41 22 707 05 09  
E-mail : [admin@nautique.org](mailto:admin@nautique.org)  
Web site: [www.nautique.org](http://www.nautique.org)

**Address:** Société Nautique de Genève  
Port-Noir  
CH-1223 Cologny, Switzerland



# SECTION DE L'AVIRON

SOCIÉTÉ NAUTIQUE DE GENÈVE

## TOUR DU LAC A LA RAME RECORD PAR CATEGORIE

	Equipages	Catégorie	Arrivée
Record 2000 Toute Catégorie	Bonner Ruder Verein v. 1882 e. V. Turbo Bonn T. Drews, J. Fischer, Tho. Jonischkeit, M. Keller und G. Max	4x + H	11h 58min 34 s
Record 2004 Elite Féminine	Dresdner Ruder-Club 1902 e. V. (Frauenpower) Fleischhauer L. (F), Buch S. (F), Thiele A.-K. (F), Emmerich M. (F), Waleska P. (F).	4x + F	14h 00min 55s
Record 2001 Pointe	Ludwigshafener Ruderverein von 1878	4 + H	12h 53min 00s
Record 2003 Masters/Maîtres	RGM RC Zürich/SC Stansstaad/RC Industrie Schule Zürich (Flückiger U., Zroz P., Moser G., Gerig Ch., Dynio H. (F)	4x + Masters	12h 56min 53s
Record 2004 Mixte	Karlsruher Ruder-Verein Wiking v. 1879 e. V. Behrend O., Depner H., Ludwig I. (F), Roller S. (F), Sauter Ch.	4x + Mixte	12h 47min 34s
Dernier 2002	RC Zürich	4x + MM	19h 15min 00s



Dresdner Ruder-Club 1902 e. V. (Frauenpower) Record 2004 Elite Féminine

Photo : F. Dorsaz

**33<sup>e</sup> TOUR DU LAC A LA RAME**  
 24-25 septembre 2005/September 24-25, 2005  
**Inscription/Registration**

Nous souhaitons participer au 33<sup>e</sup> Tour du Lac à la rame dans la catégorie ci-après marquée, et nous en acceptons le règlement que nous avons lu et compris et nous engageons à le respecter de même que les statuts, règlements et autres directives de la FISA, FSSA ; la finance d'inscription s'élevant à CHF 200.-/Euro 150.- par équipe vous sera acquittée au plus tard le 23 septembre 2005 à 21 heures et la déclaration de renonciation dûment signée vous sera remise au plus tard simultanément. *We wish to enter the 33<sup>rd</sup> Tour du Lac à la rame in the hereinafter selected class, and we accept and undertake to abide by the Rules of Racing that we have read and understood as well as the FISA's and/or FSSA's Statutes, Rules and/or Regulations; the entry fee amounting to CHF 200.-/Euro 150.- per crew will be paid not later than 9:00 pm on September 23, 2005 and the duly signed waiver will be conveyed to you at the latest simultaneously.*

**Important:** SVP remplir exhaustivement et lisiblement ce formulaire; un formulaire particulier est requis par équipe/**Important:** Please fill out this form completely and legibly; a separate form is required for each crew entered.

**Club(entente)/Club(composite crew):** ..... **Site internet/Web site:**.....  
**Equipe/Crew:** .....

	Nom/Surname	Prénom/First Name	Date de naissance/ Date of Birth (dd/mm/yy)	Sexe/ Gender (M/F)
1				
2				
3				
4				
5				

- Catégories/Classes :**  
 Elite homme/Men Elite   
 Elite féminine/Women Elite   
 Maîtres/Masters   
 Equipe Mixte/Mixed Crew   
 Junior/Juniors

**Classe de bateaux/Category of Boats:** 4 avec barreur/with coxswain **Armement/Rigging:** Couple/Sculling  **Pointe/Sweep**

**Responsable/Team manager:** ..... **Tél/Tel** ..... **Fax**.....  
**Adresse/Address:** ..... **e-mail** .....

**Nous souhaitons un hébergement dans dortoirs/We require accommodation in dormitories.**

**Dernier délai d'inscription/Registration closing:** 31 août 2005/August 31, 2005.

Chaque membre précité de l'équipe remplit les critères de la catégorie pour laquelle il est inscrit/*All named crewmembers are eligible to compete in the class for which they are entered.*

Arrivée à Genève/Arrival in Geneva: 23 septembre 2005/September 23, 2005.

Date ..... Signature du délégué officiel/*Signature of the Captain* .....

**Inscription à retourner à/Please return this form to:** Société Nautique de Genève, Tour du Lac à la Rame, Port-Noir, CH-1223 Cologny, Suisse, ou par télécopieur au numéro/or by facsimile transmission: +41 22 707 05 09 ou par courriel/or by e-mail: [admin@nautique.org](mailto:admin@nautique.org)

Découvrez notre site Internet/Consult our Website: [www.nautique.org](http://www.nautique.org)