



Final Information

April 13, 2024

Welcome to the **Around The World Paddle Classic** presented by **SEAL Family Foundation**! We are excited to have you join us for this inaugural fundraising event. Please take a moment to read through our final instructions to familiarize yourself with important event information and policies. Should you have any questions please reach out to contact@easydaysports.com

RACE DAY AT A GLANCE

PACKET PICK-UP/PARKING

Coronado Tidelands Park

2000 Mullinex Dr

Coronado, CA US 92118

Saturday, April 13

RACE DAY DETAILS *Saturday, April 13*

Start/Finish Line

Tidelands Park Beach

Event Day Schedule

5:30am Race Day Registration and Check-in opens

7:00am Start for "Around The World" 13-Mile Inflatable Boat IBS Division

9:00am Start for "Around The Bay" 3-Mile Course for kayaks, surf-skis, OCs, & SUPs

11:00am - 1:00pm Lunch, Post Race Party & Village Expo

12:00am Awards Presentation

1:00pm Event Concludes

NOTES FOR PACKET PICK-UP

Photo IDs are required. Please ensure one member of each boat team has military ID with them. Walk-up registration will be available at packet pick-up on event day. IBS Boat participants will receive a race bib, race t-shirt and lunch wristband. 3-Mile participants will receive a race bib and race t-shirt with the option to purchase a lunch ticket on site.

IBS BOAT TEAMS:

TEAM GAGE	ATW BOAT 1
Hooyah MD's!	ATW BOAT 2
RDAC	ATW BOAT 3
Team Hawaii	ATW BOAT 4
OSS Crown Town	ATW BOAT 5



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MANDATORY GEAR ITEM LIST

Around The World 11.2 Mile Course:

Participants **MUST** bring:

- 1 Liter of water per PERSON in the boat.
- Energy Bars (2 minimum) per PERSON.

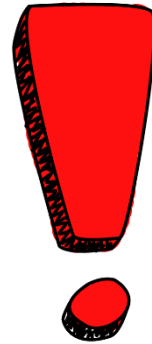
Provided by event for each boat:

- Wearable PFD (Lifejacket w/whistle) for each PERSON
- Paddle for each PERSON
- One dry bag per boat

“Around The Bay” 3-Mile Course:

Participants **MUST** bring:

- Wearable PFD (Lifejacket) for each PERSON
- Paddle
- Their kayak, SUP or other craft



3-Mile BOAT RENTALS:

Want to join the race but need a paddle craft? SEAL Family Foundation has partnered with “SUP & Saddle” in Coronado to make sure everyone has a craft to paddle! Here's how to reserve your rental:

1. Go to: supandsaddle.com
2. Reserve, pay, and sign a waiver on their site.
3. Select the day of the race as the rental day – **April 13**
4. Our team will pick & return your SUP or kayak so those who rent won't have to go to the shop!

We will only deliver boats or SUPS for those who have pre-paid by this Thursday April 11th on the website above.

TRANSPORTATION

PARKING

Participants may park in Tidelands Park parking lot. Parking will also be available on residential streets in Coronado. Please obey all posted parking signs and restrictions and do not block driveways. Please plan accordingly by arriving early. The races will start promptly at 7:00am for IBS Boat Division and 9:00am for 3-mile Division.



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COURSE MAP – AROUND THE WORLD

A paddle around Coronado. Starting in Tidelands Park, paddle counterclockwise in San Diego Harbor around the northern part of Coronado and Naval Air Station North Island (NASNI). Enter the Point Loma Channel, and into the Pacific Ocean before paddling South to the Coronado Shores Condominium Towers. After an exciting surf landing, teams will portage their boats across the Silver Strand to Glorietta Bay Park. The event culminates with a 1-mile paddle back to the Finish Line at Tidelands Park.





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COURSE MAP – AROUND THE BAY 3 MILE

A 3-mile short course paddle from Tidelands Park into Glorietta Bay and back, open to kayaks and SUP paddleboards.





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EMERGENCY CONTACT

Event staff and Coronado Lifeguards will be monitoring the event from safety boats and a command post near the start/finish line. All safety boats will have radio communication. **In the event of an emergency, notify a safety boat ASAP or call the command post at (619) 996 9002.**

CONTINGENCIES

- In the event of high surf advisories or if the water is deemed unsafe by contamination, the event course may be amended to a route that stays in the San Diego Harbor.
- In the event of lightning observed, all boats must proceed onshore in the safest and most expeditious manner. Lifeguards and event personnel will assist participants ashore for a pause of the event. The continuation of the event will be decided by the lifeguards & event staff.

AID STATIONS - LONG COURSE*

Two aid stations will be provided along the course. Aid stations will serve as additional sources of nourishment and assistance. Aid Station products (including, but not limited to):

- Water bottles, self-serve water jugs, etc.
- Prepackaged snack items
- Bananas
- Alternate electrolyte hydration options (such as Gatorade or Liquid IV)
- Staff-provided gear assistance

***Teams should minimize bringing extra personal nutrition and gear. Space is limited in each boat. Extra items brought by teammates should all fit in the one dry bag provided. One nylon carabiners will be provided to each IBS team to secure dry bag to the boat.**

EVENT DAY IMPORTANT INFO

RESULTS & AWARDS

All participants will be timed. Each team member in IBS Boat will receive a medal. Top finishers in each individual boat division (Surfski, OC1, SUP 14', K1, C1, Kayak -sit on top, V1, SUP 12'6 and under, Prone-Stock, Prone 14', Prone Unlimited) and top tandem finishers in tandem boat division (Surf Ski 2, Kayak Sit-on Top 2, OC2, SUP2) will receive an award medal.

Overall Awards will be presented to Top 3 Around the World Teams, and the top winners in each boat category in the 3-Mile Around The Bay category.

SOCIAL MEDIA

Don't forget to have fun! Please be sure to share your favorites on **Facebook** @SEALFamilyFoundation, and **Instagram** @SEALFamilyFoundation



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Frequently Asked Questions (FAQ's)

Every endurance event requires planning, proper equipment, and frequent nutrition. For individual and team events on the water, to include the "Around the World", paying early attention to safety and efficiency yields big dividends....*and faster finishes!* Below are a few of the questions the SEAL Family Foundation & Easy Day Sports organizers are often asked.

What should I wear on my feet?

Whether you are paddling the short course in a kayak or the long course as a part of a 7-person team in an inflatable boat your feet will be getting wet. Beach slippers or "flip flops" or going barefoot are not advised. Better to have water shoes secured to your feet. Think Croc's, Chaco's, Aqua Sox, wet suit booties or an old pair of tennis shoes. Keep in mind that there are stingrays in Coronado's shallow waters and footwear can provide some protection.

I signed up for the short course but I'm a newer kayaker. Any tips?

Paddling is a great way to explore Southern California, but for newer kayakers, stand-up paddlers, and members of an IBS team, moving your craft through the water for any distance beyond a few hundred yards demands efficiency. Keep the following in mind:

- **Smooth is fast.** The less your boat's hull disturbs the water the faster you (or you and your team) will be!
- **Use major muscle groups.** New paddlers with strong arms may rely too heavily on their strength. Once arms are fatigued it's tough to recover. Work to develop a paddle stroke that incorporates large muscle groups including your torso by rotating your trunk rather than bending your arms.
- **In at your feet! Out at your seat!** An efficient paddle stroke begins with a reach far forward and placing the paddle blade roughly even with your heels. As you rotate your trunk to bring the blade back along your boat to generate power, be sure to raise the paddle from the water as soon as it passes your hip. Paddling past your hip may feel like you are **moving** a lot of water, but you are **lifting** water and forcing your hull downward.
- **Sink the blade!** Make sure that most of your paddle's blade is in the water. If you are only placing a small portion in the water you're losing out on power. Don't place the paddle deeper than the blade.

My friends and I are in an IBS for the 11.2-mile course. What should we keep in mind?

The Navy has an acronym for everything and in the case of the inflatable boats that SEALs and Special Warfare Combat Crew (SWCC) use, the acronym is "IBS" which stands for "Inflatable Boat-Small". Here are some tips that Basic Underwater Demolition / SEAL (BUD/S) and Basic Crewmen Training (BTC) students learn early on:



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- **Paddle in unison!** The IBS is crewed by seven paddlers. The two paddlers closest to the bow (front of the boat) are the “Ones”. The paddler on the left side is the “Port One” and the paddler on the right is the “Starboard One”. Behind these two and occupying the middle of the IBS are the “Port Two” and “Starboard Two”. In the stern (back of the boat) are the “Port Three” and “Starboard Three”. In the very back of the boat is the “coxswain” who both commands the boat and steers the craft with an oar. The “Port One” should set the stroke for everyone by example. The “Starboard One” uses peripheral vision to watch his teammate and match his pace. The “Two’s” and “Three’s” can easily observe the paddlers in front of them and they too match the stroke. As mentioned earlier, smooth is fast, and paddling in unison is the best way to paddle smooth.
- **What does the coxswain do in the back?** The coxswain navigates the boat by keeping an eye on an object on the horizon as a point to steer towards. Of course, that point is frequently updated as the team paddles through the course. An IBS team is well-served (**and paddles a much shorter distance**) when the coxswain makes **minor** corrections **frequently** to keep the IBS on course. The coxswain’s commands include:
 - **PREPARE TO UP BOAT** when getting the crew’s attention before lifting the IBS for portage or launching.
 - **UP BOAT** command is called by the coxswain when the IBS needs to be picked up.
 - **ONE’S IN, TWO’S IN, THREE’S IN** when calling the paddlers to enter the boat in pairs when launching.
 - **ALL PADDLE** or **TAKE UP A STROKE** means all six paddlers begin paddling in unison with “Port One”
 - **LEFT HOLD; RIGHT PADDLE** means the paddlers on the port side of the IBS place their paddle blades in the water but don’t move them. The paddlers on the right side of the IBS begin paddling. The boat makes a sharp left turn.
- **Who should be our boat’s coxswain?** Most boats in this year’s SEAL Family Foundation “Around the World” have a SEAL or a SWCC crew member. If you’re fortunate enough to have one of these Naval Special Warfare veterans in your crew, you may want to choose them to be your primary coxswain. Athletes with experience as a river rafting guide also make great coxswains.
- **Should we every change position in our IBS?** Every crew will find it’s groove during the paddle. Many feel that by switching spots in the boat (except for the coxswain) paddlers become less fatigued. If you are going to change positions, it’s recommended that just two paddlers swap at a time and the rest of the crew continue to paddle. Commonly, the “One’s” will swap with each other so that they get time paddling on both sides of the boat.
- **I heard we must go through surf to complete the race. How do we do that?** Coronado Beach surf can range from massive waves to smooth as glass. This year’s race is predicted to be moderate surf. To increase the likelihood of a smooth beach landing, use the following tips:



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- Stay well on the seaward side of the surf zone as you line up your IBS perpendicular to your intended beach landing site.
- The coxswain observes the wave sets and makes a call when to have the crew “take up a stroke”.
- The coxswain carefully creeps the IBS into the back of the surf zone before choosing a passing swell to get **behind** and follow in to the beach.
- Follow the wave in with all paddlers providing maximum effort. Subsequent waves may catch up with your IBS so it’s important to keep up the stroke and for the coxswain to steer into the beach.
- As the IBS enters shallow water, the coxswain will call out “ONE’S OUT!” and the ones will exit the boat, paddle in hand, while the rest of the crew continues to paddle into ever-shallower water. Then the coxswain will call for “TWO’S OUT!” and “THREE’S OUT!”. Finally, all members of the crew are out of the IBS and floating it, then carrying it to shore.
- Be sure to always hold your paddle. Even if you fall out of your boat, keep a grip!
- If you find yourself out of your IBS in the surf zone make sure to not get between the boat and the beach. Stay to the side or seaward of the IBS so that you don’t get trapped with a wave pushing the boat into you.

Any other important things to keep in mind?

YES! ***Congratulate yourself*** on accepting a challenge and enjoying the opportunity to test yourself in the same waters that the Navy’s SEAL Team and Special Warfare Combat Crews prepare for combat.

By taking part in the SEAL Family Foundation’s “Around the World” Paddle Classic you are helping the families of our nation’s Naval Special Warfare operators and the Gold Star families who have lost a SEAL.

THANK YOU!