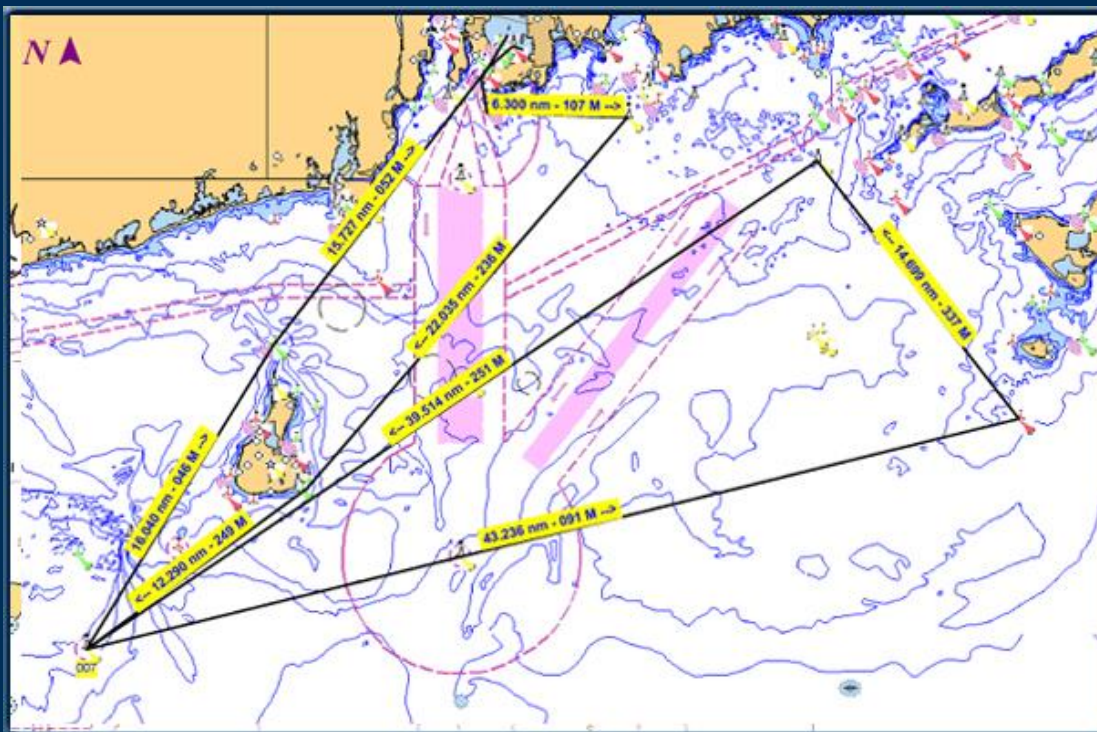


Race Courses

FOR Reference ONLY - COURSE 1-The Montauk Course-

Start	East Passage Narragansett Bay, south of Rose Island	
	R"2" QR Whistle, Brenton Reef	to port
	RW"SR"MoA Whistle, south of Sachuest Point	to starboard
	RW"MP" MoA WHIS, Montauk Point	to port
	R"2" Fl R 4 sec WHIS, No Man's Land	to port
	Buzzards Bay Tower Fl 2.5 sec Horn	to port
	RW"MP" MoA WHIS, Montauk Point	to starboard
Finish	off Ida Lewis Yacht Club	Distance 177nm

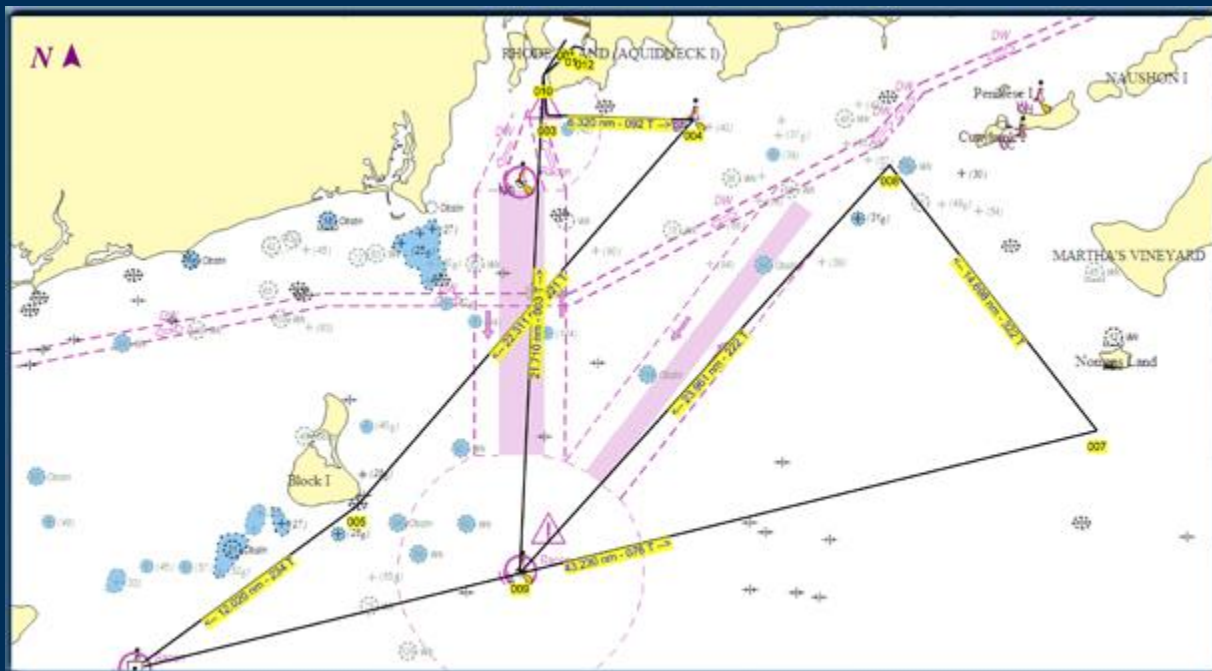


Montauk Course

2010 IDA LEWIS DISTANCE RACE: RACE COURSES

FOR Reference ONLY - COURSE 2-The Block Island Course-

Start	East Passage Narragansett Bay, south of Rose Island	
	R"2" QR Whistle, Brenton Reef	to port
	RW"SR"MoA Whistle, south of Sachuest Point	to starboard
	RW"MP" MoA WHIS, Montauk Point	to port
	R"2" Fl R 4 sec WHIS, No Man's Land	to port
	Buzzards Bay Tower Fl 2.5 sec Horn	to port
	RW"A" MoA WHIS, SE of Block Island	to starboard
Finish	off Ida Lewis Yacht Club	Distance 150nm



Block Island Course

2010 IDA LEWIS DISTANCE RACE: RACE COURSES

For details regarding sponsorship levels please contact:



Dirk Johnson
Event Chair
401-965-9189
RaceChairman@ILDistanceRace.org

Ann C. Souder
Sponsorship Chair
401-439-6377
AnnCSouder@AOL.com