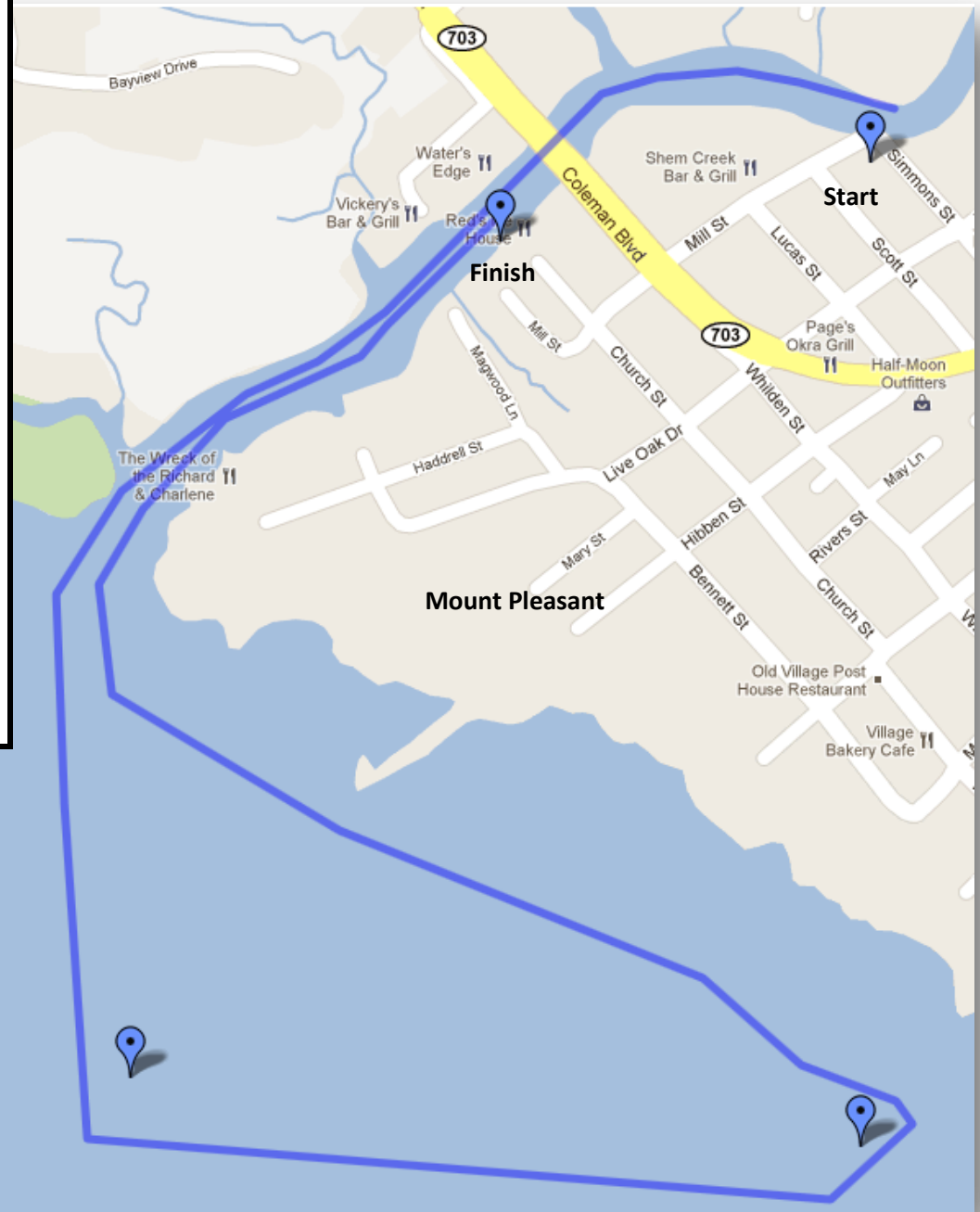


## Golden Nugget Recreation Race

### Rules and Safety for Golden Nugget Races

1. All racers must have a Coast Guard approved PFD on their body or on their board.
2. If you are in distress, wave your paddle over your head to let others know you need assistance.
3. If another paddler is in need, please stop to assist until a safety boat arrives—you will be recognized for your sportsmanship.
4. Use caution in shallow areas marked on map.
5. You must complete the course standing on your board to qualify for prizes.
6. Use only the paddle, waves and wind to propel the board forward during a race--no walking to gain forward momentum and knee paddling is limited to 5 strokes.
7. Use good sportsmanship. Be nice, play fair and have fun!
8. Come to the after party at the Lighthouse.



### Golden Nugget Recreation Race – 3 Mile Course

- Start at Shem Creek Boat Landing (Corner of Simmons and Mill)
- Go out of Shem Creek and pass red channel marker 16 on left
- Go counter-clockwise around blue buoy
- Go counter-clockwise around next marker near Mount Pleasant shore
- Return to Shem Creek and paddle to the finish line at the Lighthouse next to Red's

## Golden Nugget Elite Race – 6 Mile Course

- Start at Shem Creek Boat Landing (Corner of Simmons and Mill)
- Go out of Shem Creek
- Pass Red Channel Marker 16 on left
- Head towards Crab Bank and pass blue buoy near Crab Bank on left (turn counter-clockwise)
- Aim towards Mt Pleasant shore to avoid shallow water and head southeast towards Pitt Street Bridge (look for lighthouse in the distance and row of palm trees on shore)
- Pass Red Striped Channel Marker
- Go clockwise around the White "No Wake Zone" buoy near Pitt Street Bridge
- Go around Crab bank clockwise – again, watch for shallow water near south end
- Re-enter Shem Creek
- Finish at the Lighthouse just past Red's Ice House.

