

High Performance Sailing Faster Racing Techniques

Be Your Own Sailing Coach Jon Emmett.2008-03-07 If you want to win races you need to get organised! This unique guide shows you how to set your overall sailing goals, and breaks them down into manageable - yet stretching - mini-goals. Jon Emmett breaks racing down into 20 key skills (such as speed to windward and tactics) and, with detailed analysis of key techniques, uses a step-by-step guide to explain how to highlight your own strengths and weaknesses, and how you can improve each skill. This book will help you get to the front of the fleet, whether your goal is to win at club, open, national or international level. You will get tips from Olympic racers, and learn their approaches to each key skill; improve your sailing technique in manageable stages; and discover how to set goals and create the action plans to achieve them. Along the way you will find advice from Olympic sailors and exercises to turn you into a winner, with contributions from Paul Goodison, Simon Hiscocks and Joe Glanfield.

Fast Handling Technique Frank Bethwaite.2013-05-12 From the author of the bestselling *High Performance Sailing* and *Higher Performance Sailing* comes the first scientific analysis of what makes fast sailors fast. Eschewing the idea that luck or innate talent are the keys to success, Frank Bethwaite shows how knowledge truly is power. Making use of video cameras aligned to GPS read-outs to track the fastest racers, he meticulously analyses what winners do and how they do it, to show the rest of us how to get the best out of a racing craft. Frank Bethwaite's previous books were groundbreaking bibles that applied scientific theories to how sails and hulls interact with wind and water to influence boat speed. But whilst they applied scientific theories to boat construction, they didn't apply science to practical boat handling. This book fills that gap, and then goes further. Budding racers of all levels will welcome this unique book as a godsend. It will inform, instruct and enable them to employ the techniques (and timing) of the most successful racers, and make racing more competitive for participants, and more exciting for those of us watching.

Colgate's Basic Sailing Stephen Colgate.1991 The textbook for the Offshore Sailing School's Learn to Sail course, taking you from beginner to intermediate level.

North U Match Racing Playbook Dave Perry.2011-07

The Boys in the Boat Daniel James Brown.2013-06-04 Now a Major Motion Picture Directed by George Clooney The #1 New York Times-best-selling story about the American Olympic rowing triumph in Nazi Germany—from the author of *Facing the Mountain*. For readers of *Unbroken*, out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times—the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant. It was an unlikely quest from the start. With a team composed of the sons of loggers, shipyard workers, and farmers, the University of Washington's eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. The emotional heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard but also to find a real place for himself in the world. Drawing on the boys' own journals and vivid memories of a once-in-a-lifetime shared dream, Brown has created an unforgettable portrait of an era, a celebration of a remarkable achievement, and a chronicle of one extraordinary young man's personal quest.

Coach Yourself to Win Jon Emmett.2015-02-24 The twelve fundamental elements of successful sailing from a gold medal winning coach and sailor with detailed analysis, challenging exercises and useful top tips throughout.

A Manual of Sail Trim Stuart H. Walker.1985 A guide for racing covers the principles of sail trim, crew movement techniques, maneuvers, and control systems, and gives advice on adjusting to special conditions.

High Performance Sailing Frank Bethwaite.1993 Based on 25 years of research and Olympic coaching, *High Performance Sailing* reinvents the strategies of sailboat racing. It presents revolutionary explanations of wind prediction and boat design, a fundamental rethinking of how to sail a boat fast—literally faster than the wind. Bethwaite's theories boosted the average speed of the highest-performance sailboats from two-thirds the windspeed to windspeed or faster. Bethwaite is Australia's most successful Olympic coach, and his family includes three Olympic sailing champions and three world champions. This book will have a revolutionary impact on racing sailboats and the way they are sailed. Essential for any serious racing sailor.--Gary Jobson It represents a breakthrough in the way that it relates the theoretical aspects of wind, seastate and rig shape to the way a crew would sail and handle a boat during a race. It has the potential to be a standard reference work on the subject and will not quickly date. It is a book that my Olympic squad will benefit from.--Rod Carr, British Olympic Sailing Team Manager Frank's book is a treasure chest, full of brilliant insights into the ways of air and water as they flow around our sailing boats. Best of all, he tells us what to do when we go sailing.--Alan Payne, Designer of America's Cup challengers Greta I and II Allowed only one 'if only' in yacht racing . . . it would have been to have read Frank Bethwaite's *High Performance Sailing* years ago and to have it available for constant reference. Taking all the advice which he offers from his wide experience would have made championship winning a great deal easier.--Bob Fisher, Journalist, broadcaster and winner of many national and international sailing championships The most significant scientific thinking about sailboat racing to come along in three decades. A brilliant and important book for serious racing sailors.--Ed Adams, US Sailing Team Coach; national, North American, and world champion sailor Bethwaite's grasp of the entire spectrum of sailing speed is unique and formidable.--Gerry Hoyt, Yacht designer, sailing speed innovator

Rya Laser Handbook Paul Goodison.2008 The most up-to-date book on this very popular class. Lots of colour photographs and illustrations make this book a 'must' for anyone interested in Lasers. Detailed chapters on manoeuvring, upwind and downwind technique, care and maintenance, body weight and nutrition and sailing theory..

Will It Make The Boat Go Faster? Harriet Beveridge, Ben Hunt-Davis.2020-03-28 With its winning mix of gripping narrative and easy-to-implement performance-raising tips, this book has become a best-selling classic. It's garnered 5-star reviews and wide-ranging endorsements - from Sebastian Coe and Dame Kelly Holmes to Lord Digby Jones

Offshore High Herb McCormick.2021-09-07 In the realms of both the marine industry and competitive sailboat racing at its highest levels, few if any couples have matched the accomplishments of Steve and Doris Colgate, the longtime proprietors of the world-renowned Offshore Sailing School: With over 150,000 graduates, no one has taught more willing novices how to sail than Offshore. A scion of the Colgate family of Colgate-Palmolive fame, and the daughter of a famed, award-winning scientist, respectively, at first glance the Colgates seemed an unlikely match. The founder of the National Women's Sailing Association, among other yachting-industry initiatives, on countless fronts Doris was a pioneer in a world usually dominated by men. Their shared tale is fascinating on several levels: as an insider's take on yacht racing at its top ranks; as a case study in a remarkably unique and successful business; and, finally, as a good old-fashioned love story.

Wind Strategy David Houghton, Fiona Campbell.2016-09-13 The wind powers everything a sailor does and this book will help you to understand it. As a result you will be more prepared for your race, able to anticipate changes in the wind better and know what to do when they come. The first edition of this book was published in 1986, and it has been the go-to wind book for dinghy champions ever since. This new-look fourth edition is fully updated for modern forecasting and analyses a revised set of popular racing venues around the world: unveiling what to expect from the weather at over 25 regatta locations, it will get you ahead of the competition and powering up the leaderboard.

High Performance Sailing Frank Bethwaite.2011-03-15 The groundbreaking reference on high speed racing techniques--the bible for racing sailors of all levels and abilities from dinghies to the America's Cup. *High Performance Sailing* has become the standard reference work on high speed racing techniques. Groundbreaking in its thinking on boat speed, strategy and tactics, and timeless in its application, this second edition has been brought right up to date with new information, the discoveries from new boat testing and new developments. Some people like to sail. Some people like to sail fast. This is a book about sailing faster. During the past few decades there has been a revolution in the way some boat designers and sailors have thought about, designed, built and sailed their boats. This book is about the new ideas which have led to these greater speeds and the

faster sailing techniques which have been developed to achieve them. It is the cheapest bit of go-faster gear you can buy...--Robert Lloyd, Island Sailing Club One of the most readable books on the complex subject of sailing faster, and without doubt, a must for every racing sailor--Yachts and Yachting

Singlehanded Sailing Andrew Evans.2014-09-05 It takes thousands of hours of sailing to get the kind of knowledge contained in this book. -- from the Foreword by Bruce Schwab The ONLY bible for how to sail your boat fast, safe, and alone Solo sailing is within any sailor's grasp with a little forethought--and this essential guide. Got a 35-foot sailboat? No problem. Is the wind blowing 20 knots? No problem. Are you racing offshore overnight? Even better. Singlehander Andrew Evans learned the hard way how to sail and race alone--with lots of mishaps, including broaches and a near tumbling over a waterfall--and in Singlehanded Sailing he shares the techniques, tips, and tactics he has developed to make his solo sailing adventures safe and enriching. Learn everything you need to know to meet any solo challenge, including: Managing the power consumption aboard a boat to feed the electric autopilot Setting and gybing a spinnaker Finding time to sleep Dealing with heavy weather

Sailing Made Simple Shirley H. M. Reekie.1986-01-01 Certified sailing instructor Shirley Reekie presents the essentials of boat parts, sailing dynamics, and safety precautions.

Catamarans Gregor Tarjan.2007-10-08 The modern cruising catamaran has arrived The arguments are over and the verdict is in--cruising catamarans comprise a rapidly growing percentage of the cruising fleet worldwide. Their advantages of space, stability, speed, and handling under power are truly compelling, and modern cats are every bit as reliable as monohulls. This long overdue, in-depth guide will help you choose and cruise the right catamaran for your needs. "An authoritative guide for novices and experienced sailors; the best book written on the subjects since the early 1990s."--"Trimaran" Jim Brown, renowned multihull designer "In Catamarans, Gregor Tarjan shares his enthusiasm for yachts with two hulls, based on years of sailing all types. An excellent introduction."--Dick Newick, legendary catamaran and trimaran designer "If you are contemplating spending hundreds of thousands of dollars on a cruising catamaran, the small price of this book is probably the best investment you could possibly start with."--from the Foreword by Charles K. Chiodi, publisher of Multihulls Magazine

Sail Performance C. A. Marchaj.2003 Sail Performance, based on C A Marchaj's classic Sailing Theory & Practice, has established itself as the standard work on the subject and is now acclaimed as a milestone in sailing literature. From wind tunnel tests which he has conducted, Tony Marchaj describes how the factors of wind speed, sail area, sail shape, sail setting, the hull, angle of heel, wind gradient and steadiness of the wind all affect sail power, and why certain rigs are superior in power and efficiency to others. Sail Performance is a major work which is acclaimed for its analysis of the factors that contribute to an efficient sailing rig. 'Should be on the bookshelf of every serious amateur and professional sailor' Nautical Magazine

The Catamaran Book Tom Phipps,Brian Phipps.2017-03-07 A well-rounded guide covering the techniques and skills needed to succeed in catamaran sailing, for those starting out through to those striving for championship wins. Whether you are a youngster choosing your first cat, a club sailor looking to improve your results, or a seasoned racer embarking on a higher performance model, expert advice from Tom & Brian Phipps will take your catamaran sailing to the next level. Beginning with key theory and seamanship skills, the Phipps take you through your early sailing experiences and caring for your catamaran. Developing your skills on all points of sailing, you will be introduced to trapezing, race tuning and racing itself. As your confidence grows you move onto advanced techniques and high performance catamarans. The final section gives you a glimpse of the cutting edge of catamaran sailing with foiling platforms and solid wings. 30 focussed chapters are packed with over 350 photographs showing you exactly how it's done, with diagrams illustrating key boat parts, the various points of sailing and complex on-the-water scenarios with clarity. Whatever your background, your current level or the extent of your ambition, this book gives you all the tools you need to get out on the water and improve your catamaran sailing.

Sail, Race and Win Eric Twiname.1993 There are many things to get right in a race-boat preparation, the racing rules, meteorology, tactics, travel logistics and so on. All this makes it easy to forget that winning comes from within and that the most elaborate preparations will fail unless your attitude is right.

Higher Performance Sailing Frank Bethwaite.2013-08-04 'Monumental!' - Bob Ross, Australian Sailing High Performance Sailing is now regarded as the bible of racing sailors and carries a string of endorsements from high achievers. Since its publication in 1984, racing yachts and dinghies have developed out of all recognition - a new high-tech breed of 'apparent wind' fast racers has claimed the water and so far no-one has applied themselves seriously to analysing what makes these boats sail fast (and what will make them faster). This is Frank Bethwaite's ground-breaking achievement in Higher Performance Sailing. By means of extensive research, and working with sailors of different racing calibre, Bethwaite analyses how to harness the apparent wind for increased speed and better position on your rivals. Higher Performance Sailing will provide the key to racing sailors' dreams. Praise for Bethwaite's High Performance Sailing: 'It represents a breakthrough...It is a book that my Olympic squad will benefit from.' Rod Carr, former British Olympic Sailing Team Manager 'Allowed only one if only in yacht racing, it would have been to have read Higher Performance Sailing years ago.' Bob Fisher, journalist, broadcaster and international championship winner

Maximum Sail Power Brian Hancock.2003-10-15 The art, science, history, and mystery of sails and sailmaking. Written in concise, layperson's language and full of photographs and personal anecdotes, this book goes step-by-step through the process of creating and using sails. Provided is a definitive look at the latest developments in sails, sailcloth, engineering, hardware, and sail trim. Also offered are case studies that illustrate which fibers, fabrics, and sails are suitable for a variety of different sailing applications, from simple dinghies and day sailors to offshore racing and cruising yachts. Sailors of all levels of interest and ability will find information they can apply to their own boats and sail choices.

Catamaran Sailing Revised Edition Phil Berman.1999-04-06 The classic guide to catamarans, updated to bring readers the latest for everyman's sailboat. Fast, inexpensive, versatile, and exciting, catamarans are one of America's most popular pleasure crafts. Here is a complete course in catamaran sailing for the beginner and the semi-experienced sailor who wants to become more skilled in the arts of tuning, handling, and racing cats. Included are sections on buying a cat, learning the basics, heavy weather sailing, racing tactics, surfing, and more. Includes a new chapter on how to use high-performance sails.

Single-handed Racing Derrick Fries.1986

Performance Sailing and Racing Steve Colgate.2012-04-20 From a racing master, all the knowledge you need to make your boat go faster and safer in any condition In Performance Sailing and Racing, Steve Colgate explains how to improve your sailing and push your boat to higher but safer speeds. He shows you how get your boat to perform as it was designed--with grace and an ease of motion--and to sail at a fast speed that can get you out of situations more quickly and arrive at your destination sooner. Used as one of the text books at the many branches of the Colgate Sailing School, Performance Sailing and Racing will help you get started in racing and improve as you learn. Even veteran sailors will pick up some new tips and tricks to becoming a successful racer. End-of-chapter quizzes reinforce what you learn so you can use your knowledge confidently on the water. Sail faster and smarter: Get the picture with clear, colorful photos and graphics Master vital topics relating to boat speed--sail trim, sheet lead angles, steering differences in light and heavy air Learn even those daunting topics, including using a spinnaker and understanding polar diagrams With this master teacher's wisdom on all the factors that make your boat sail better, you'll win the next race or just blow past the other boats in the outer harbor.

The Sailing Bible Jeremy Evans.2009-03-01 An ideal companion to enjoyable sailing whether in a dinghy or a yacht.

Fast Track to Cruising Steve Colgate,Doris Colgate.2004-12-10 Learn how to handle a cruising sailboat in as little as seven days—even if you've never sailed before! Who says you have to be an experienced daysailor before you can think about cruising? Steve and Doris Colgate know that most of us don't have that kind of time. At the Offshore Sailing School, the Colgates have helped more than 100,000 adults—three-quarters of whom started as beginning sailors or complete newcomers--take the helm of a midsize cruising sailboat. Now Fast Track to Cruising offers these proven instructional methods to all aspiring sailors with big dreams and little time. This is the very first guide that teaches sailing and cruising together, taking you from your first sail to independent cruising in one leap. You can make that leap in as little as seven days—as in the Colgates' "Fast Track to Cruising"

course—or you can get there at a more leisurely pace. Either way, no other book will take you from your first tacking or docking maneuver to a mastery of navigation and diesel engines as efficiently as this one. America's most experienced sailing instructors present a thorough and easy to understand look at cruising. Leisure time is precious. Safety is paramount. The Colgates will help you maximize your time on the water.--Gary Jobson, ESPN's lead sailing analyst and editor at large for Cruising World and Sailing World "Doris and Steve Colgate understand that people want to reach their sailing goals as quickly as possible and they've built the excellent Fast Track program to accomplish it."--Bernadette Bernon, former editorial director of Cruising World magazine Together Steve and Doris Colgate have been teaching beginners to sail for over half a century. In Fast Track to Cruising they have included every concept and procedure you need to get yourself from a want-to-be sailor to one who is knowledgeable and competent to take the helm--with confidence and a smile.--Charles Mason, Executive Editor, SAIL magazine

Championship Tactics Gary Jobson, Tom Whidden, Adam Loory. 1990-07-15 Championship Tactics gives expert advice in a collection of stories from the greatest sailing races of recent decades, and includes profusely diagrammed professional secrets that even the Wednesday-night club racer can use. All boat racers will benefit from this professional collection of tips!

Fast Handling Technique Frank Bethwaite. 2013-05-12 From the author of the bestselling High Performance Sailing and Higher Performance Sailing comes the first scientific analysis of what makes fast sailors fast. Eschewing the idea that luck or innate talent are the keys to success, Frank Bethwaite shows how knowledge truly is power. Making use of video cameras aligned to GPS read-outs to track the fastest racers, he meticulously analyses what winners do and how they do it, to show the rest of us how to get the best out of a racing craft. Frank Bethwaite's previous books were groundbreaking bibles that applied scientific theories to how sails and hulls interact with wind and water to influence boat speed. But whilst they applied scientific theories to boat construction, they didn't apply science to practical boat handling. This book fills that gap, and then goes further. Budding racers of all levels will welcome this unique book as a godsend. It will inform, instruct and enable them to employ the techniques (and timing) of the most successful racers, and make racing more competitive for participants, and more exciting for those of us watching.

Porsche High-Performance Driving Handbook Vic Elford. 2008

RYA Tactics (G-G40) Royal Yachting Association, Mark Rushall. 2020-05-05 RYA Tactics is the go-to handbook for all sailors and coaches interested in improving their performance on the race course. Written by sailing tactics specialist Mark Rushall, it is based on his many years of successful dinghy and keelboat racing, and his career as an Olympic sailing coach. Packed with easy-to-digest advice and information, it has clear diagrams and explanations and features excellent photography throughout to demonstrate racing in action. RYA Tactics breaks down the myths around racing tactics and provides you with winning strategies for a wide range of race courses and weather conditions. Written from the perspective of both coach and sailor, RYA Tactics takes you logically and holistically through each aspect of a sailing race. Shedding a new light on mastering race tactics, it has three easy-to-follow sections: Setting the scene Before the start The race The third edition features new chapters that include cutting-edge advice on analysing weather conditions, club racing, positioning as a strategy, and tactics in fast boats. It also discusses strategy building and looks at all parts of the race in detail, recommending specific tactics for each stage. Whether you're looking to understand wind shifts better, start fast, use a race compass, or get round the marks first, this book will get you there. Accessibility Screen Reader Friendly: Yes Accessibility Summary: This publication conforms to WCAG 2.0 Level AA. Long descriptions are present. Accessibility Features: Images have alternate text Images have long descriptions Book has table of contents Accessibility Hazards: None Accessibility Conformance: WCAG 2.0 AA Self-Certified by: Royal Yachting Association

Higher Performance Sailing Frank Bethwaite. 2013-08-04 'Monumental!' - Bob Ross, Australian Sailing High Performance Sailing is now regarded as the bible of racing sailors and carries a string of endorsements from high achievers. Since its publication in 1984, racing yachts and dinghies have developed out of all recognition - a new high-tech breed of 'apparent wind' fast racers has claimed the water and so far no-one has applied themselves seriously to analysing what makes these boats sail fast (and what will make them faster). This is Frank Bethwaite's ground-breaking achievement in Higher Performance Sailing. By means of extensive research, and working with sailors of different racing calibre, Bethwaite analyses how to harness the apparent wind for increased speed and better position on your rivals. Higher Performance Sailing will provide the key to racing sailors' dreams. Praise for Bethwaite's High Performance Sailing: 'It represents a breakthrough...It is a book that my Olympic squad will benefit from.' Rod Carr, former British Olympic Sailing Team Manager 'Allowed only one if only in yacht racing, it would have been to have read Higher Performance Sailing years ago.' Bob Fisher, journalist, broadcaster and international championship winner

The Complete Sailing Manual Steve Sleight. 2021-06-01 A new and updated edition of the only sailing manual that you will ever need. Whether you're a seasoned seafarer or just starting out, this fully revised and updated sailing manual is perfect for all levels of experience. Learn how to handle any sailing situation with thorough coverage of all aspects of sailing and boat ownership Inside the pages of this new edition of the go-to guide about sailing and boat maintenance, you'll discover:

- Comprehensive coverage of all aspects of sailing practice written by an expert sailor
- Fully updated contents with the latest information and advice, and technological developments
- A chapter by chapter approach that functions as a complete tuition course on seamanship
- Authoritative text, clear, annotated diagrams, and action photographs
- A reliable, instant, and user-friendly handbook for any sailing situation
- Foreword by quadruple Olympic gold medalist, Sir Ben Ainslie Former British national champion Steve Sleight offers a wealth of expert advice and guidance in the form of a complete tuition course on seamanship.

The Complete Sailing Manual is the ultimate sailing handbook that is packed with engaging essential information and breathtaking action photography. Handy diagrams, step-by-step artwork, and instructions will teach you all the latest sailing techniques. This updated edition features all of the latest developments in sailing including foiling, long-distance cruising, and high-speed apparent-wind sailing and navigation. Explore new developments in sailing equipment such as modern performance systems, electronic navigation, and ways to use alternative energy on board. Explore the latest rules, regulations, and best practices from collision regulations to safety equipment. This essential sailing book is necessary for every keen sailor, from beginner to expert!

Tactics Made Simple Jon Emmett. 2019-03-05 Olympic gold medallist and multiple world champion, Paul Goodison, explains why this book is important if you want to win races. He says: To win sailboat races you need to sail the boat fast. This comes down to hours on the water training and tuning - there are few shortcuts to hours of practising on the water. To consistently win races you need to sail fast and smart - making the right decisions to sail the best course. If you are not the fastest boat, you are still able to win races and regattas by managing risk and sailing smart. This is where good tactics come in. But, unlike boatspeed, tactics may be learnt by thinking about each leg of the course and different situations from the comfort of your own home. Jon Emmett's new book, Tactics Made Simple, is a great tool to help fast track this learning. This book explains simply, through hundreds of diagrams, what tactics can be applied around the race track. Individual boats in each scenario are given names so that you can easily understand what they are doing. Individual chapters take you around the race course, from before you get on the water, through the pre-start, start, different legs and manoeuvres. Each section contains detailed advice for the beginner, intermediate and advanced sailor so you can just look at the level of tactics relevant to you. Ideal for dinghy sailors, there is also a wealth of advice that will benefit yachtsmen. This is a practical way to improve your racing results, whether starting out, moving up the club circuit or competing at national level and beyond. Originally published by Wiley Nautical as Be Your Own Tactics Coach.

Principles of Yacht Design Lars Larsson, Rolf Eliasson, Michal Orych. 2022-03-17 Principles of Yacht Design has established itself as the standard book on the subject for practising designers, naval architecture students, discerning boat owners as well as the boatbuilding industry as a whole. The fifth edition is completely revised and expanded. It examines every aspect of the process of yacht and powerboat design. The new edition includes new findings from recent research in aero and hydrodynamics, as well as covering the most recent changes to building standards. The authors have used a newly built 41-foot performance cruiser to demonstrate the practical application of yacht design theory. This new edition includes photos of the building process and detailed explanations.

Fast Track to Sailing Steve Colgate, Doris Colgate. 2009-02-06 The learn-to-sail book for when you are in a hurry to gain your sea legs At the Offshore Sailing School, the Colgates have taught more than 100,000 adults how to sail. Now they are making their proven instructional methods

available to you so you can fulfill your sailing dreams in little time. Though designed around three days of intensive instruction, the book adapts easily to any learning pace. You can master the fundamentals in three days--or over a summer of leisurely sailing.

Gary Jobson's Championship Sailing Gary Jobson.2004-08-17 Gary Jobson shares his expertise for a winning performance in sailboat racing. In the pages of Gary Jobson's Championship Sailing, the author shares more than 30 years of racing and sailing expertise at the highest levels of competition, covering every aspect of racing in one-design or handicap fleets from high-performance dinghies to big keelboats.

A Race for Real Sailors Keith McLaren.2006 Exhaustively researched in archives in both the U. S. and Canada, A Race for Real Sailors is a vibrant history of the Fishermen's Cup series, which dominated sporting headlines between the two world wars. Here are the incidents and drama of each race and the almost living personalities of the schooners that contested them: the Delawana and the Esperanto, the Columbia and the Gertrude L. Thebaud, and dominating them all the Bluenose, the big brute from Lunenburg whose image shines on the Canadian dime to this day.

Getting Started in Sailboat Racing, 2nd Edition Adam Cort,Richard Stearns.2013-06-14 Everything you need to race your way up through the fleet If you sail--even a little--you've probably thought about trying your hand at racing. Now you can stop thinking and do it. Getting Started in Sailboat Racing makes this endlessly fascinating lifetime sport accessible to anyone who wants to give it a try, whether you own a sailboat, are hoping to crew, or spectating from a nearby perch. This complete course in racing fundamentals breaks the racing experience down into bite-size pieces, making the process easier to understand and reflecting the leg-by-leg nature of a typical race. With scores of helpful illustrations, this user-friendly manual takes you around the buoys, explaining new rule changes and tactics that apply to each part of the race. You'll learn how to: Execute quick, competitive starts Maximize speed and efficiency on the windward leg Maneuver for position around the windward mark Take full advantage of downwind and reaching legs Handle the spinnaker (even when asymmetrical), and beat the crowd at the jibe and leeward marks Eke out every last bit of speed as you sprint to the finish There are few things in this world more satisfying than racing a sailboat. Get in on the action and find out what you've been missing. All you need is a competitive spirit and a little help from Getting Started in Sailboat Racing. Cort and Stearns deftly break down racing, from start to finish, into basic elements, making the sport more accessible by giving the novice a strong understanding of the fundamentals . . . this book should be required reading for anyone wanting to get out on the course. The book goes into enough detail on tactics and sail trim to make the average sailor not only comfortable on the racecourse, but competitive, as well. -- SAILING With Cort and Stearns' enthusiasm for the topic and straightforward advice, it's hard not to read this book without picturing yourself rounding the buoys just ahead of the rest of the fleet. -- Soundings *The Art and Science of Sails* Tom Whidden,Michael Levitt.1990 Guide for both cruisers and racers that takes a look at the latest materials and rigging methods and simplifies the purchase and upkeep of a proper sail inventory.

World Cruising Routes Jimmy Cornell.2014-01-01 A guide to nearly 1,000 sailing routes covering all the oceans of the world, geared specifically to the needs of cruising sailors. It advises on the winds, currents, regional and seasonal weather, and optimum times for individual routes, plus over 6,000 waypoints.

Fuel your quest for knowledge with Learn from Jianjun Gao is thought-provoking masterpiece, **High Performance Sailing Faster Racing Techniques** . This educational ebook, conveniently sized in PDF (*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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High Performance Sailing Faster Racing Techniques Introduction

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