

May 1998

Cringles

Canadian Albacore Association

Volume XXXVIII; Number 2
**Shackles and
Sprockles**



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New Season - New Sailors



Canadian Albacore Association

P.O. Box, 16 660 Eglinton Ave., East, Toronto, Ont. M4G 4G1

The Albacore Advantage

A One-Design Boat

- no unnecessary expense of constant upgrades in design.

A safe Boat

- large air-filled tanks give excellent buoyancy
- hull shape gives stability on the water
- self-rescue after an unexpected puff is easy

A light and manegeable Boat

- tongue load of less than 100 lbs gives ready trailerability
- launching and retrieving are a breeze

A comfortable Boat

- large, open cockpit
- benches on port and starboard sides

A Performance Boat

- seriously campaigned by major sailmakers
- planes in moderate winds
- buoyant heavy-air hull shape

Ideal for Junior Clubs

- 4 to 5 juniors will fit easily
- will stand up to heavy use

A vibrant Class Association

- well organized and vital
- recognized by the International Sailing Federation
- strong fleets through Ontario, Canada, US, Great Britain, Ireland and Bermuda
- top notch competitive sailing
- junior programs in some areas

The Canadian Albacore Association

The Canadian Albacore Association is responsible for encouraging participation in and maintaining the integrity of the Albacore class in Canada.

1997/1998 Executive

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*Shackles and Cringles is a quarterly publication of the Canadian Albacore Association.
Deadlines for publication are January 15, April 15, July 15 and October 15.*

Commodore's Corner



As I write this on a balmy April evening I look forward to the first Friday evening race of the year which is coming up at the end of this week. The clubs in the Toronto area have been busy the past few weeks putting the docks in and getting their boats ready for the new season. I notice too that there have been many physical improvements at many of the clubs.

The associations web site has been up for several months now. Hope you had a chance to check it out at www.albacore.ca. If you have any comments or suggestions, we would love to hear from you. There are some email links set up at the site to make it easy for you to communicate to us.

The Albacore classifieds are now set up at the web site. If you are looking for things to buy, or if you have something to sell, contact the classified editor to request an ad. I understand that there has been a good market for used boats this spring.

There will be a North American championship this year. You may recall that there was no event last year. The NA's were last hosted by the CAA in 1996 at the Buffalo Canoe Club on Lake Erie. It was the US' turn this time, but they have asked if we would organise it again since they did not feel that they had the resources and necessary contacts to do it this year. This executive attempted to find a venue and a time, but we found that we were probably a bit too late in this re-

spect. However, we did not want to let the NA's slip another year. We then thought about piggybacking the NA's onto an existing regatta.

Therefore we approached Westwood Sailing Club in Toronto to see if they would be willing to combine their regatta with the NA's on July 4-5, and we are very happy that they have agreed. So here's the deal: you can register for the Westwood Open only, which will be its traditional 1-day event on Saturday. Or for a few more bucks, you register for both the Westwood and the North American's. The NA's will count the races from both Saturday and Sunday. This means that you could win 2 separate events for the price of a single 2-day regatta! Talk about value. See the Notice of Race in this issue for more details.

The Canadian Albacore Championship will be held as usual in the last half of September. As you may know, this event has traditionally been held alternately in Toronto and elsewhere in the province. So Toronto was due this year and we were happy to accept an offer from RCYC to host the Canadian's. The races will be held out in Lake Ontario.

I know that I am looking forward to another great year of sailing and racing, and I hope you are to. I look forward to seeing you out on the water.

Gordon Chu

Web Sites of Interest

Canadian Albacore association: www.albacore.ca

Ontario Sailing Association: www.sailon.org

■ **The first regatta for all Uffa Fox-designed boats** will be hosted by the Cowes (England) Corinthian YC in Cowes from Aug. 14 to 16 in celebration of Fox's centenary birthdate. For info: Cowes Corinthian YC, Birmingham Rd., Cowes, Isle of Wight, PO31 7BH, England. Phone: 011-44-1-983-296-333.

Letters to the Editor

Dear Sir:

In a previous issue of this newsletter, which I had always associated with truth and reliability, it was reported that I was "at the guns" for the final Friday night race of the 1997 season and that "everyone", therefore, expected a large number of general recalls. This maligns me in two respects. Firstly it places me where I was not on that occasion and secondly, it implies that it is the race committee that is responsible for general recalls and not the competitors who cross the line prematurely.

Peter Vasoff, J-Town SC, Toronto

Dear Peter:

Abject apologies. We swear there was somebody out there in the J-Town committee boat who was imitating your style and, thereby, committing a copyright infringement. Did they have your permission? Point taken with respect to your second comment. When we were young, race committees simply fired the gun along the line. But then the war of 1812 changed everything. Ed.

Dear Sir:

A few years ago the CAA sponsored a week of race training and coaching in the Toronto Outer Harbour area. It was a great success and I encourage the CAA Executive to organize a similar event for this year and/or next. With another Worlds' on the horizon many of us could benefit from a focus on high level competition.

Derek Shenstone, Mooredale SC, Toronto

Any response from the Executive? Ed.

And tomorrow?....The Worlds'

The USAA is well along in their plans to bring us a wonderful Worlds 99. While the final decision about location is still under negotiation the leading candidate site appears to be Rehoboth, Delaware, site of the successful 93 Worlds. Dates will be one week mid-October 1999 likely around our Thanksgiving Week-end.

To be supportive of the USAA and to get Team Canada focussed and practising the following CAA Qualifier Events have been established for the 1998 season. These are the initial 10 spots. (See the "W" opposite the Qualifying Regattas on the 1998 Schedule.) We have held the balance in reserve for 1999 competition. The ten 1998 qualifiers have been spread over a large number of regattas to encourage competition and turnout in support of our regatta organizers.

Our goal is to encourage you to get out sail, practice, have fun, encourage others to sail, meet new friends and earn one of those Qualifying spots. Rosemary Helmer, Canada's IAA representative, will be keeping track of helms who have qualified and publish an updated list of Team Canada members as they are known.

The rules to qualify are simple.

1. Show up and sail.
2. The top helm not already qualified wins the spot on the Team.
3. To qualify a helm must sail in the top 50% of the Regatta finishers.
4. Watch Shackles & Cringles and the Web to see who is on Team Canada.
5. Support our Regatta organizers. Their efforts bring us a wonderful season of sailing and social activities.
6. Regatta Chairs for Qualifier Regattas are requested to send their final Regatta Results to Rosemary Helmer by Fax: 416-961-4644 or Email; rhelmer@hmg.com. or give them to her in person when she attends your regatta.

See you on the Water!

THE Official HUNT FOR TEAM CANADA QUALIFYING SPOTS IS NOW ON!

The MidWinters'

Sue and Rolf Zeisler write:

My memories of the 1998 Albacore Mid-Winters were both of the racing and of impressions of Florida and places I had not seen before. After our long rainy drive en route, the week in Sarasota was full of beautiful, bright sunshine, though the week started off a little cooler than I expected! On the racing side, the race committee was extremely well-organized and gave us good, long races. Despite their efforts, most of us did manage to go to a wrong mark at least once, even rounding an extra mark, which added to the confusion. The races were very competitive, despite the relatively long courses; except for the first day, where there were some late starters, most of the finishes seemed to be within five minutes of each other. The winds were, on the whole, very cooperative, though on Thursday, they threatened to be too strong, and we took a majority vote not to try racing that day. This was fine with me, since we had already had some wild racing at the end on Wednesday (planing under the whisker pole was quite exciting!) The nightly winds at the campsite were also interesting; at times, it sounded like we were in the middle of dozens of wind chimes (the sounds of the riggings of the sailboats musically chiming at the masts). On top of the wonderful sailing, we were able to get in some beach time,



around Sarasota. There were some beautiful sunsets to remember! We were also able to get in some sight-seeing during our driving to and from Sarasota - we visited the Kennedy Space Center (on the opposite coast from Sarasota, but a fascinating place) on the way in, and on the way back made a detour to the Okefenokee Swamp in Georgia and spent a few hours in a motorboat (small) experiencing the swamp and looking for alligators (we saw three posing for picture taking). For sampling Florida cuisine, we had everything from Stone Crabs (which were wonderful, somewhere between a crab and a lobster), grilled salmon steaks to BBQ chicken, from our now-Florida resident Albacore sailor Chris and Cassie. Rolf was disappointed that the breakfast cafe in St. Armands he knew from the year before was no longer in business, but he made up for this by fixing

Greek omelets the next day on a propane camp stove. There was so much more than just the sailing, which was great, to the Mid Winters. The beautiful setting at the Sarasota Sailing Squadron and the relaxation it brought about (except for racing of course), made it very difficult to get in the car and leave on Saturday. I certainly recommend this experience to other Albacore sailors, and hope that my spring break next year can again coincide with the Mid-Winters so I

can go again!

Sue and Rolf Zeisler

Joanna Byron writes:

I came back from Sarasota realizing that everyone needs to take more vacations! This week was much more than a sailing regatta for me but the sailing was an added bonus! Sarasota is a great place to take a family vacation with lots of things for every-

one to do on and off the water and Cassie and Chris make great hosts and chefs! For those looking for an inexpensive vacation with great food, friends, and sailing, put this on your schedule for next year! —

Joanna C. Byron

More MidWinters'

George Roth writes:

Thoughts on my first ever visit to Florida! Arriving after driving some 30 plus hours. . . and it's 7am. . . . aaaaaaaah right, then the big man in= the sky turned on the heat lamp! . . . aaaaaaaah that's better! After gettin= g things together, we all went sailing, then we ate, then we partied, and roll= ed into sleep mode. . . . All week just sailed, chatted, partied, toured, slept. . . . you get the drift! I never watched any TV, read the bad news in a newspaper, ha= d to take telephone calls from clients that dump on you, nor listened to any radio broadcasts of weathermen telling me how

deep the snow was at home. The racing was competitive, intense and highly enjoyable. . . . the people were friendly and nice. . . . Who ARE those guys anyway? They keep getting ahead = of us? OK, Gorton, you've had your day in the sun! You've won twice! NEXT year it's OUR turn! All good stuff. Things memories are made of. A way better than sitting on the shrink's couch at home in the dead of winter complaining about endless cold weather. . . . Would I do it again? You bet, in a flash!

George Roth

Rosemary Helmer writes:

El NINO effect shortened the regatta from 4 to 3 days. Closely matched teams in the 7 boat fleet jockeyed for the coveted Bennett Memorial Trophy. Leaders and positions changed at each mark but in the end Chris Gorton and Gary Bain from Canada won the Mid-Winter Albacore Championship, a repeat performance for Gorton who claimed the trophy in 1997 with Canadian crew, John Struthers.

Racing in south Sarasota Bay on a compass rose course of fixed marks with starts at the pivotal "I" center mark, courses varied daily in response to the unusual weather patterns. Racers were challenged with modified Gold cup (T,W, L, W), simple Windward Leeward and double triangles. Albacores, famous for their planing capability, had the opportunity to sell themselves to onlookers. Finding the low slung marks (all painted yellow) on the perimeter of the circle proved a significant challenge to racers and were the cause of daily upsets in the fleet finishing order.

Race 1 got off promptly at 11 am on Tuesday, March 24th as Race Committee Chair Bill Brandenburg brooks no tardiness. "You are here to race so let's do it on time!" quipped the former WW2 flyer evidencing a lifetimes' commitment to disciplined time management. Some started late, having to sail the long route around the sandbar North of the Squadron (because of fixed rudders). While others with flip up rudders (including Gorton narrowly made the race) as they virtually portaged the sandbar which loomed 2-3' below the surface. Another reminder of the dif-

ferent racing conditions in Florida versus our northern climates. One needed to acclimatize quickly or pay the price. Those who made the start set sail eastward in 6-8 knot winds staying in close proximity while searching out the windward mark. Gorton won the first race having found the marks and favouring the left side of the course with a margin of 34 seconds ahead of 2nd place finishers Denis Wettlaufer of Buffalo, NY crewed by Diane Goebes of Arlington, VA. The rest of the fleet finished 1-2 seconds apart. Gorton's success appeared to come from consistent boat speed and smooth gear shifts in changing conditions.

Punctual as ever Brandenburg timed the last finishers of Race 1 with a gliding start into Race 2. The light breezes of Race 2 required patience and vigilance for shifts. Crawling up the first short windward leg in search of a bobbing mark at NE 45=BA, 1/2 a mile away on a horizon backdropped by Sarasota skyscrapers and the Ringling Brothers Museum was a case for eye strain. Those lacking compasses stayed tight to one another choking the air. The pack rounded the windward glued to each others transoms. The run downward featured wind blocking tactics. Throughout the race two different winds systems operated. The mid afternoon convergence of thermals off the city from the East and the western sea breeze coming in off the Gulf created some abrupt localized shifts and left vacuums which all fell prey to sooner or later. Race 2 was won by Joanna Byron of Washington, DC crewed by Heather MacNaughton of To-

and writes and writes:

ronto, Canada. Light on weight, but heavy on smarts they mustered the requisite momentum to distance themselves from the Fleet. Gorton and Bain finished 2nd closing out Day 1 .

Day 2 (Wed March 25) was a brisk two race day. Having found the marks racers sought to jockey for the favoured right end line start. Gorton won this assertively with Helmer & Roth close by using Cricket's speed strength to keep pace to leeward with little separation between all starters. The winds a breezy 12 knots with sparking water were exhilarating. Gorton favoured the left side of the course while the balance of the fleet hugged the center of the course mindful of the previous days wrong mark misadventures. Gorton's local knowledge (he now lives in Sarasota) paid off as he went up the left side of a course due East to Mark D (90=BA). There a direct wind path from the breezes coming up the Bay operated compared to the middle to right side of the course where deflected wind bent round the Squadrons shorelands

creating a significant knock at the top end of the course. Gorton decisively won both Race 3 & 4 with Lars Rathjen crewed by Janice Stapulonis of Arlington and Annandale, VA respectively finishing a very close 2nd in each race.

Day 3 El NINO came calling early with 18 - 22 knots on the wind meter at 10 am well before the daily 1 pm peak. Safety discussions favoured cancelled racing and the fleet splintered off to the beach, shopping or to the TITANIC artifact exhibit in St. Petersburg. All well worth doing/seeing.

Day 4 in the aftermath of a high pressure zone yielded 10-14 knot breezes. Three brisk races in planing conditions rounded out the event. Gorton and Bain won Race 4 & 5 with the Canadian team of Helmer & Roth 2nd in Race 5 showing their strength in the faster air and Rathjen/Stapulonis sailing consistently claimed 2nd in Race 6. Byron/MacNaughton took the final Race with Rathjen/Stapulonis finishing a close 2nd.

Rosemary Helmer

Heather MacNaughton writes:

"The midwitners are a great way to get prepared for the sailing season while having a midwinter vacation in sunny Fla. This year was my first time down and I will definitely try to go again. Joanna Byron from the DC area was my skipper and it was a good way to get to know her and many of the Americans better. It was fun being an "International" team - the only one.

The weather was just about perfect - between 75 and 85 everyday without a cloud in the sky. The wind also cooperated - so much so that we did not race on Thursday due to high winds. But that didn't stop us from going to the beach and visiting the outlet malls in the afternoon. Gary Bain and I also went on a nice bike ride and discovered a wildlife area at the end of Lido beach. We also went to the stores in St.

Aramands circle where Gary wanted me to buy a US\$70 t-shirt! (I didn't)

The Sarasota Sailing Squadron is very close to St Armand's Circle which is a circle of extremely trendy and expensive stores. The cars were amazing in the circle - almost all brand new convertibles ! We had to pass through every day to get to the club. We had some great dinners, one hosted by Chris Gorton at his new home in Sarasota, another at a beach bar on Longboat Key from which we saw the most amazing sunset ever. The group also went to an out of the way outdoor seafood cafe one evening which was a BYOB and had excellent king crab legs and was very inexpensive. Overall it was a great trip. Hope to see more of you out next year.

Heather Macnaughton

		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Total	Drop	Final-Drop
Gorton/Bain	7982	0.75	2	0.75	0.75	0.75	0.75	3	8.75	3	5.75
Rathjen/Stapilonis	7492	3	5	2	2	3	2	2	19	5	14
Byron/MacNaughton	7499	5	1	4	4	6	3	0.75	23.75	6	17.75
Wetlauffer/Goebes	5923	2	3	5	5	5	4	6	30	6	24
Zeisler/Zeisler	6883	4	4	7	3	4	5	4	31	7	24
Helmer/Roth	7384	DNS	6	3	6	2	6	5	34	6	28
Heiss/Mooney	7457	DNS	DNF	6	6	8	DNS	DNS	49	8	41

NOTICE OF RACE:

NORTH AMERICAN ALBACORE CHAMPIONSHIPS IN CONJUNCTION WITH THE ANNUAL WESTWOOD REGATTA

Location: Westwood Sailing Club, Toronto Outer Harbour/Lake Ontario, Toronto, Ontario, Canada

North Americans: Saturday, July 4, 1998 and Sunday July 5, 1998

Westwood: Saturday July 4, 1998

Combined Registration: Friday June 26 and Friday July 3 at C'est What (following the Friday Night Race) and 8:30 am on Saturday July 4

Westwood Regatta includes:

- racing on Saturday
- opportunity for awards in Westwood Regatta
- coffee/muffins in the morning on Saturday
- lunch on Saturday
- Dinner with dance following under the stars at Westwood on Saturday night

North American Regatta includes:

- Westwood Regatta
- T-shirt for skipper and crew
- racing on Sunday
- opportunity for awards in North American Championships
- coffee, muffins etc in the morning
lunch on Sunday

Cost: \$ 50 Canadian

Cost: \$ 85 Canadian

Schedule:	Saturday July 4 (Westwood and NA's)
	0830 hrs Registration at Westwood Sailing Club
	0900 hrs Coffee and Muffins
	1000 hrs Skippers' Meeting
	1100 hrs First Gun, 2 races back to back
	1330 hrs (approx) Lunch at Westwood
	1430 hrs (approx) 2 races, back -to-back, weather permitting
	1700 hrs Cocktails with dinner and dance to follow

Sunday July 5 (NA's only)	
1000 hrs	First Gun, 2 races back to back
1200 hrs	Lunch
1300 hrs	Prize Giving

Eligibility: This regatta is open to all Albacore sailors who are 1998 members in good standing of their National Albacore Association.

Measurement: All boats must be accompanied by a valid measurement certificate and current buoyancy endorsement. All equipment is subject to measurement by the Chief Measurer or their designee.

Rules: This regatta will be governed by The Racing Rules of Sailing, the rules of the Albacore Class and the sailing instructions available upon registration.

PLEASE JOIN US FOR OUR FRIDAY NIGHT RACE IN THE OUTER HARBOUR ON FRI. JULY 3 - FIRST GUN 7 PM

**FOR OUR OUT-OF-TOWN FRIENDS, WE WILL FIND TORONTO SAILORS TO BILLET YOU.
WE EXPECT A LARGE TURNOUT FOR THIS FIRST TIME COMBINED EVENT - JOIN US FOR A GREAT TIME !**

Organized by The Canadian Albacore Association and Westwood Sailing Club
For further information please contact: Heather Macnaughton
at wroldh@tdbank.ca or (416) 982-2120 or (416) 481-8503.

1998 Toronto Harbour Master's Series

The Harbour Master's Series for Albacores began in 1973 to promote weekend racing. It was organized by three clubs located on the Toronto Islands, The Royal Canadian Yacht Club, North Toronto Sailing Club and Westwood Sailing Club. The perpetual trophy is maintained by RCYC and was originally donated by Captain John Mann, the Harbour Master of Toronto, hence the name of the series. The series consists of 16 races (2 races back-to-back on 8 Sundays).

1998 Organizing Clubs and Representatives

Mooredale Sailing Club	Todd Johnstone	H: 416 - 937-3572	todd@tobor.com
Outer Harbour Centreboard Club	Zsolt Kecskemeti	H: 905-201-9796	F: N/A
St. Jamestown Sailing Club	Marek Balinski	H: 416-214-0437	balinski@chass.utoronto.ca
The Royal Canadian Yacht Club	Rosemary Helmer	H: 416-964-8427	rhelmer@hmg.com
Toronto Island Sailing Club	Wendy Dirisio	H: 416-	wmdirisi@hewitt.com Westwood Sail-
ing Club	Nancy Forsyth	H: 416-485-6426	nancy.forsyth@fidelity.com

Scorekeeper (Ian Aukema- St. Jamestown Sailing Club)

SCHEDULE OF RACES

<u>Race No.</u>	<u>Date</u>	<u>Host Club</u>	<u>Location</u>
1&2	Sun. May 31	RCYC	Inner Harbour
3&4	Sun. June 14	TISC	Inner Harbour
5&6	Sun. July 5 ???	OHCC	Outer Harbour
	Replace by Aug 2 or Sept 20		
7&8	Sun. July 12	MSC	Outer Harbour
9&10	Sun. July 26 or 19	TISC	Inner Harbour
11&12	Sun. Aug. 9	WSC	Outer Harbour
13&14	Sun. Aug. 23	OHCC	Outer Harbour
15&16	Sun. Sept. 6	StJSC	Outer Harbour

Awards & Prizes

- Weekly Prizes to Top Three Skippers and Crews for Individual Races
 - Overall Series Champion- Harbour Master Trophy
 - Participation Award -David Treissman Memorial Trophy
- 1998 Prize Giving at Canadian Championships - Royal Canadian YC - Sept 12, 1998.

ENTRIES

- Any yacht which is a member of one of the organizing clubs or their National Albacore Association is eligible to participate in the Series.
- Only registered Boats are eligible to participate in the racing, awards and prizes.
- Members of MSC, St.JSC, TISC and WSC, will have their fees paid by their clubs.
- Members of OHCC, RCYC or any other Club must register their boats and pay their \$16.00 per boat series fees to "Rosemary Helmer - Harbour Master Treasurer".

Completed registraton forms with cheques are to be mailed to:

264 St. Clair Avenue West, Toronto, Ontario, M4V 1R7.

Registration Form

Name: _____ Boat Number: _____
 Address: _____
 Contact Numbers: H: _____ B: _____ F: _____

Waiver of Liability:

By participating in this Series of Races, I understand that I voluntarily assume and am knowledgeable of the risks of sailing and I assume sole responsibility for myself, my crew and the boat in which I sail. I agree to hold harmless and free of liability the organizing Clubs, their members, employees, officers and individuals appointed as volunteers for this Race Series and the Canadian or US Albacore Associations for any damage, material or personal suffered by me and my crew during the racing or otherwise.

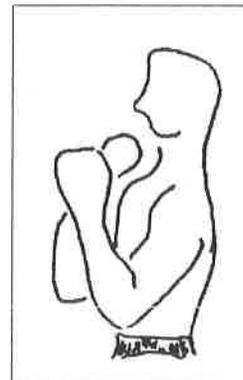
Helm's Signature: _____

Dated: _____

Fitness

A basic Program for Sailors

Originally prepared for the OSA at the Geneva Park Sailing Centre.
First published in Shackles and Cringles in the spring of 1980.



Most sports involve the basic physical abilities of one person being matched against those of another. Even sailing, which involve less direct one on one competition and more extraneous variables such as the vagaries of wind and current, the quality of the physical "ammunition" in the participant's arsenal can greatly affect the final outcome.

There is no doubt that physical attributes such as muscle strength, muscle endurance, aerobic (heart-lung) power, anaerobic capacity (the ability to work exceptionally hard and fast) and balance have a marked bearing on the pleasure and competitive outcome of dinghy sailing, particularly when the wind velocity is high. Since the practice of a sport, by itself, is not sufficient to develop the proper degree of strength and all-round physical condition, nor the extra reserves which are so important to success in sports, it is necessary to follow a well-planned program of conditioning drills to provide that all-important extra edge.

Even for those who are not going to be participating in top-level competition but participating only for fitness, fun and recreation, following a suitable exercise program will develop a degree of fitness that will enable you to participate for longer periods of time without fatigue and, therefore, with greater enjoyment.

Many different approaches can be used to develop the physical requisites for successful sailing. Many of Canada's Olympic Sailing Team members have used specific conditioning programs with good success. Such programs usually involve weight training or circuit training or a combination of the two, but it is also possible to achieve great overall improvement without using specialized equipment. The following program for ex-

ample, has been designed to produce a high level of strength and all-round physical fitness without the use of special equipment. It stresses the most important areas for the sailor to develop and yet, because it does not require a gym or exercise equipment, it can be performed almost anywhere, even right at home.

As with any exercise program, it is wise to start easy and work up gradually as you feel able to handle more effort.

THE PROGRAM

This basic program consists of a warm-up section, a "Special" segment of strength development exercises, a circuit for the development of stamina, heart-lung efficiency, quickness and agility and a cool-off section. The program should be done in its entirety, and in the sequence indicated, at least 3-4 times per week. If you have a medical condition or have any reason to doubt your ability to undertake vigorous exercise, you are advised to arrange for a thorough medical examination before embarking on the program.

WARM-UP:

Warm-Up Jog:

Purpose: To stimulate the circulation moderately, increasing blood flow to the muscles and stepping up the heart rate and respiration.

- Simply run in place. Begin at a very slow, easy pace, keeping the arms and shoulders as loose and relaxed as possible. A slow comfortable pace should be used because the purpose of the drill is simply to moderately stimulate the body and prepare it for the more vigorous exercise to follow. Continue the jogging for at least 2-3 minutes, gradually working up to 5 minutes.

Roll Up and Tuck:

Purpose: This exercise continues the warm-up procedure and brings the abdominal muscles more directly into play. It is done lying down and, if possible should be done on a soft, padded

surface.

- Lie on your back, arms and legs fully extended. Begin by swinging your arms forward and sitting up while, at the same time, bending your knees and bringing your feet close to

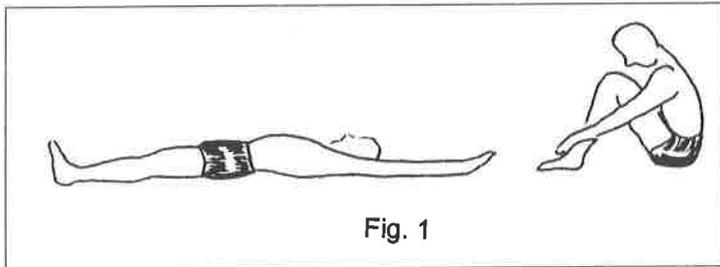


Fig. 1

your hips (Fig.1). Touch your feet with your hands then immediately return to the starting position and repeat. This should be continued at a brisk tempo for at least 10 repetitions, preferably for 15 to 20. Younger, more fit individuals should build up to at least 25 repetitions. Avoid holding your breath during this exercise - breathe in rhythm with the movement (OUT on sitting up.).

Willow Stretch:

Purpose: This movement stretches and conditions the muscles along each side of the torso and helps to improve torso flexibility.

- Stand with feet comfortably spaced but no more than 12" apart, hands joined, arms stretched high overhead. Keeping your arms straight, slowly bend directly to one side as far as you can comfortably go (Fig. 2), then reverse the action and bend to the oppo-

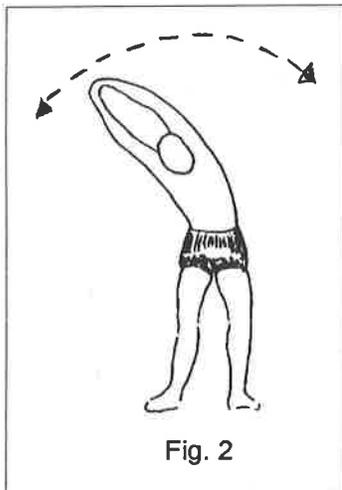


Fig. 2

site side. Do this slowly and gradually coax the muscles to stretch more and more. Do a total of 12 stretches, 6 to each side.

Back Thigh Stretch:

Purpose: This drill stretches the low back and hamstring muscles, warming them up and improving the flex in these areas.

- From a standing position, squat down and place both hands on the ground about 18" in front of the toes (Fig.3). From this position, and keeping the palms of the hands perfectly flat on the ground, slowly raise your hips and try to get both legs as straight as possible while

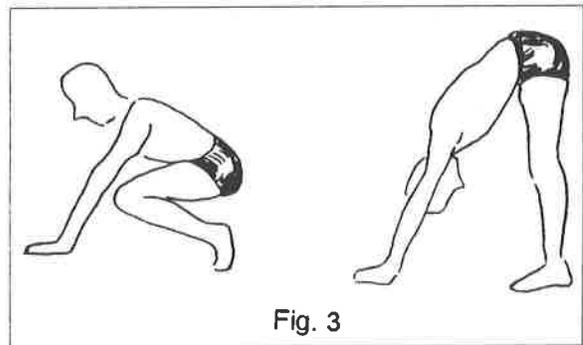


Fig. 3

keeping the heels flat on the ground (Fig. 3). Hold the maximum position for 2-3 seconds then return to the crouch position and repeat for a total of 6 repetitions.

- If no "stretch" is felt in the above position then move the hands closer to the toes until a position is reached in which a slight degree of discomfort is felt behind the knees when the legs are being moved to the stretch position. The ultimate is to be doing this exercise with the heels of the hands placed right up against the toes.

Remember to do all stretching exercises slowly and without undue forcing or "bouncing".

SPECIAL PURPOSE EXERCISES:

Static Leg Extension

Purpose: To strengthen the quadriceps muscles in the front of the upper leg, an area which can come under considerable stress in sailing.

The exercise is done sitting on the floor and requires either

a very heavy fixed object under which to anchor the feet, or a partner to provide the necessary resistance.

- While sitting on the floor place the right foot under the “anchor” (or have someone hold it down for you), keeping your right knee bent to nearly a right angle. From this position push against the “anchor” with the right foot, contracting the thigh muscles of the right leg as you try to straighten your leg (Fig. 4). Continue this

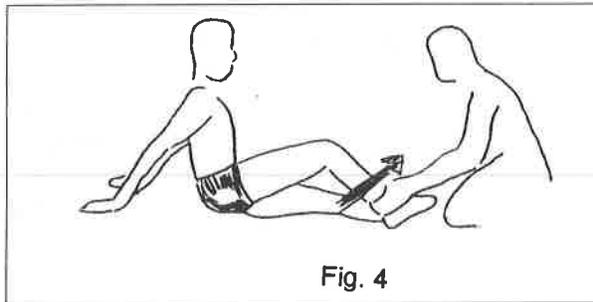


Fig. 4

“all-out” effort for 6-10 seconds then change feet and repeat with the opposite leg. Maximum force must be used in order to gain greatest benefits.

Fist Push and Pull:

Purpose: This exercise strengthens all the muscles of the upper arm in addition to some of the major muscles of the forearms. Strength in these areas makes tugging, pushing and pulling actions easier to perform, and less taxing.

- Place your right fist against your left, holding both hands in front of your chin, elbows well bent and near your sides (Fig. 5). With strong pressure from fist nearer your chin, push against firm resistance from the other fist until both arms are extended out straight. Then reverse the action, pulling back with the bottom fist against pressure from the other.

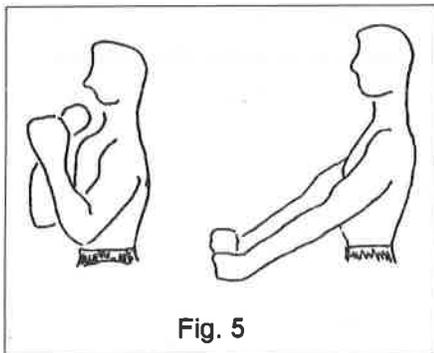


Fig. 5

Then reverse the positions of your hands and repeat. Continue until you have done 6 pushes with each hand.

- Continue to use maximum force in order to achieve maximum results.
- Remember to breathe!

Bent Knees Sit Back Hold:

Purpose: This exercise helps to strengthen the upper legs and especially the abdominal muscles. Both areas are strongly involved in the hiking position.

- Sit on the floor with the knees well bent, hands clasped behind your head, feet anchored or held down by a partner (Fig. 6). From the sitting position lower the upper body back and down until you reach the “half-way” position. Stop at this point, holding the position for at least 3-5 seconds for a start, then lower all the way down. After a 5 second pause, sit back up to the starting position and repeat until you have done 6 repetitions. As your strength improves, increase the length of the “hold” until you are doing at least 15 seconds each time but work up very gradually .

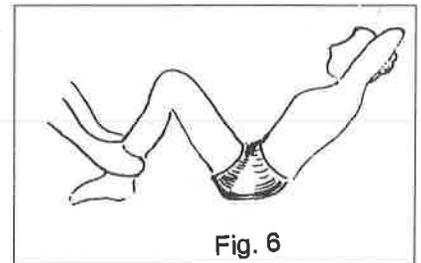


Fig. 6

Resistance Pulls:

Purpose: This exercise strengthens the pulling muscles of the arms, shoulders and upper back, areas strongly involved when pulling lines.

- Stand with both arms extended in front at shoulder level. Place your right hand on the back of your left, grasping it firmly (fig. 7). From this starting position, pull your left hand in towards your right shoulder while strongly resisting the action with your left arm. After pulling it as far as possi-

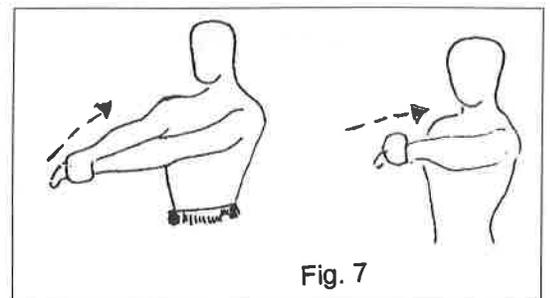


Fig. 7

ble, relax the effort, return to the starting position and repeat, doing 3 more pulls in all. Then switch positions and do three more repetitions pulling your right in towards your left shoulder. Repeat on both sides once more for a total of 6 pulls on each side.

Remember:

- strong effort produces strong muscles
- avoid holding your breath during this exercise.

THE CIRCUIT

The following six exercises are to be done one after the other as quickly as can be handled. One time through all six exercises, for the required number of repetitions for each exercise, represents one "trip". The circuit is continued for 15 minutes with the goal being to complete as many "trips" as possible in the time limit. Rests may be taken at any point during the circuit as required, either between exercises or at any point during an exercise. The goal is eventually to be able to work at a good pace "non-stop" for the entire 15 minutes.

Go slowly at first and settle for just one or two "trips" for the first couple of work-outs until you have become somewhat accustomed to the routine. Then you can start pushing yourself to avoid rests and work more quickly in order to complete as many "trips" and extra repetitions as possible. These performances should be noted so you can keep track of your progress.

Each exercise should be continued for 10 repetitions initially, making 60 repetitions per "trip". After a week or so, the number should be gradually increased until you are doing 20 repetitions of each exercise. A convenient way to score your performance in the circuit is to use a code such as 2:20 which would mean two full trips completed plus 20 additional repetitions; 4:36 would mean four complete trips plus 36 additional repetitions into the fifth trip.

The exercises are performed in the following sequence and as follows:

Half Squat:

- Stand with feet comfortably spaced, arms extended at shoulder level in front. Keeping your

heels flat on the floor, sit down until your upper legs are parallel with the floor then quickly rise to the starting position and repeat (Fig. 8).

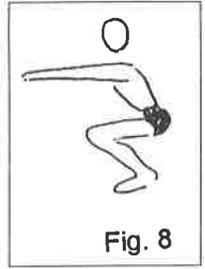


Fig. 8

Single Leg Jack-knife:

- Lie on your back, arms and legs fully outstretched. Swing your arms forward as you raise one leg, sitting up

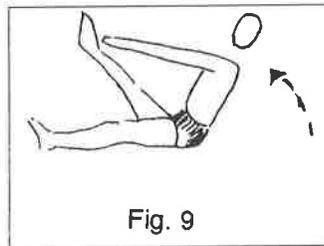


Fig. 9

and touching your hands to your foot (Fig. 9). Keep the legs straight at the knee. Return to the starting position and repeat, this time raising the opposite leg. Ten repetitions consist of touching each foot five times.

Sprinter's Drill:

- Take the position shown in Fig. 10), both hands flat on the floor, one leg in under your body, the other leg extended fully behind you. Keeping the majority of your body weight supported on your hands, quickly reverse the positions of your legs in a "running" type of action. Do this at a fairly brisk pace and make sure the rear leg is fully extended each time. Ten repetitions consist of reversing the positions of the legs ten times; in other words, each reversal of your position counts as one repetition.

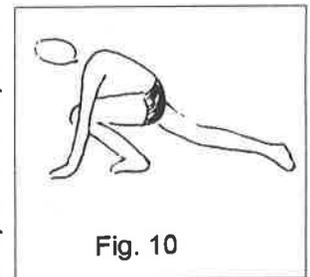


Fig. 10

Push-Up:

- Remaining in basically the same position as you were in for the preceding exercise, extend both legs straight out behind you, assuming a completed push-up position (Fig. 11). You may wish

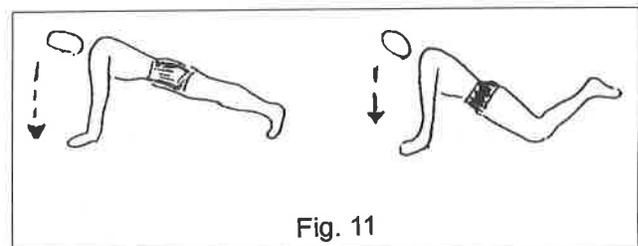


Fig. 11

to start in the kneeling position Fig 11) until you

have built up sufficient upper arm strength. Keeping the entire body in a straight line from head to feet (or from head to knees), bend the elbows and lower the upper body until the chest touches the floor. Immediately push right back up to full arm's length and repeat. If the full number of repetitions is too much for you at first, take brief rest periods after each two or three repetitions until you have completed the full number.

Leg Exchange:

- Take the position shown in Figure 12, front knee well bent, rear leg extended fully behind you. Keep your body weight over the front leg. With a very low hop, and a quick movement, reverse the positions of your legs and continue the action, at a brisk pace, for the required number of repetitions. As you complete each reverse the front knee should always be well bent, rear leg well extended. Ten repetitions consist of reversing the positions of the legs ten times.



Fig. 12

Bent Knee Sit Up - Toe Touch:

- Take a position lying on your back, knees well bent, arms extended back beyond your head without having your feet anchored, and keeping them flat on the floor throughout, swing your arms forward and sit up, touching your hands to your toes (Fig 13). Immediately return to the starting position and continue for the required number of repetitions.

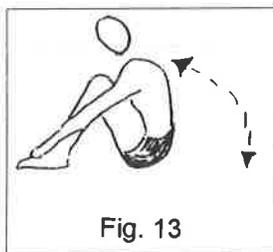


Fig. 13

This concludes the Circuit exercises. After completing exercise #6 (Bent Knee Sit Up - Toe Touch) you immediately start back at #1 again and continue through the Circuit as before, completing as many "trips as you can within the 15 minute time limit. Upon completion of the Circuit proceed immediately with the Cool-off exercises. This is important and it will speed your recovery from the hard effort

involved in the circuit.

COOL-OFF.

Cool-Off Jog:

- Jog at a very easy, relaxed pace, either in place or moving about, if space permits. Keep very loose and relaxed and jog at a slow, easy pace. This is a "slowing down" activity which should involve only mild movement. Continue to jog for 2-3 minutes.

Willow Stretch:

- This is done exactly as it was done in the warm-up (Fig. 2) and for the same number of repetitions.

Torso Twist:

- Stand with your feet comfortably spaced, arms hanging loosely at your sides, hands relaxed. Twist to the left as far as you can, turning your head in the same direction so that you finish looking behind you (Fig. 14). Then reverse the action and swing the upper body around to the opposite side being sure to turn your head at the same time. Continue at a moderate pace in a very loose, relaxed fashion until you have completed at least 10 turns to each side.

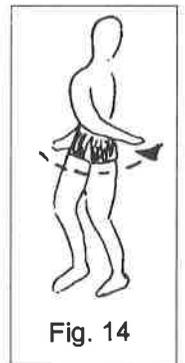


Fig. 14

Tight and Loose:

- Standing with your feet comfortably spaced lightly close your fists and place them high on your upper chest (Fig. 15). In this position, take a full, deep breath, moderately tighten all the muscles throughout your body (legs, torso, arms, hands, etc.) then exhale in a long easy sigh. As you exhale, allow all the muscles to go as loose as possible. Let the shoulders sag the head drop forward, the arms drop to your sides and let your knees "give" a little (Fig. 16). After 5 seconds of relaxation in this position return to the starting position and repeat the action, doing a total of 5 repetitions. Remember: breathe in, hold it in for 3-5 seconds while you moderately tighten all your muscles then exhale and slowly-release all muscle tension - "melt like a

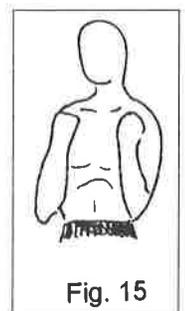


Fig. 15

snowman in the warm sun". Don't rush this one - take it slow and easy because this is a relaxation drill designed to ease muscle tension, slow your system and bring you back to a normal pre-exercise state.

This concludes the work-out.

IN CONCLUSION

Remember to start out easy and build up gradually. Improvement will come about, though, only if you progressively increase the effort you expend, gradually increase the intensity of your work-outs as your state of fitness improves. Regularity of work-outs is also extremely important. Try to complete the full program at least three times per week, and even more often, if possible. Occasionally, if time is limited, you may do only the Warm-up, Circuit and Cool-off sections and do the "Specials" at a more convenient time.

Remember, fitness is the key to maximum success and the fullest possible enjoyment of any sport. Proper physical preparation pays off.

Happy sailing.

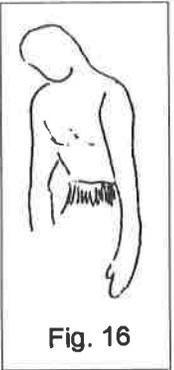
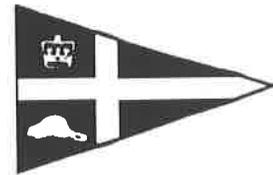


Fig. 16

Canadians, eh?



In September 1999 RCYC will for the first time (we believe) in Albacore history host the Canadian Championships. The RCYC Albacore Fleet plans to make this an interesting and unusual event.

The race courses will be South of the Islands to take advantage of the wide open space and good winds available in the Fall in this area. Separate starts will be run for the Championships Fleet (a Worlds 99 Qualifier event) and for the Challenger (B Fleet). Masters will be part of one of these starts and designated by penant. So see the schedule elsewhere in this issue and put RCYC on your calendar.

Activities are in the planning for ; * a Past Commodores Race on Friday in the (TO Harbour). Come bet on your Past Commodore to raise money for the CAA.

- * a great Attitude adjustment hour on Friday and Saturday
- * a fun filled dinner and dance Saturday evening in the Ballroom overlooking the magnificent Toronto skyline,
- * lots of surprises in your registration package.
- * photographers lurking on shore and on water. Beware, don't scowl!

We extend a warm welcome to all Albacore sailors!

For more information contact.

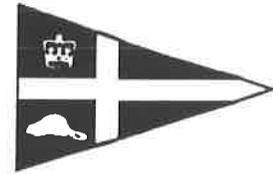
Rosemary Helmer , Regatta Chair (re: locations, boat charters, directions etc.)

H: 416-964-8427, B: 416-410-4644 Fax: 416-961-4644 Email: rhelmer@hmg.com

Lynn & Keith MacInnes re: Billets (We will billet anyone who asks. Please call early.)

H: 416-922-6440 Email: macinnes@idigital.net.

We look forward to seeing you in September!



NOTICE of RACE

The Royal Canadian Yacht Club - Open Albacore Regatta

Date: Saturday, June 20 & Sunday, June 21, 1998

Place: The Royal Canadian Yacht Club & Toronto Inner Harbour

Access: • City side launching ramp available. Enter the RCYC Parking Lot off Queen's Quay East, South Side. (See Map below.) Follow route through parking lot round to crane and ramp will be visible. Room to park trailers. We will provide dollies on the land side. Boats may be stored on north lawn of Club on both Fri. and Sat. nights.

- Ferries To Island - Quarter to and past the Hour
- To City - On the Hour and Half hour.

Please note we have a revised dress code requirement on the ferry.

Men: Shirt with collar and sleeves; long trousers (no jeans) or Bermuda shorts worn with knee length hose. Ladies: Dress; or a skirt, slacks (no jeans) or Bermuda shorts with blouse, sweater or tunic.

Program of Events & Times:

Fri. 6/19/98	9:30 - 10:30 pm	• Registration @ Friday night Community Club selected Pub.
Sat. 6/20/98	9:00 - 10:00 am	• Registration and Coffee/Juice & Donuts/Muffins
	10:00 am	• Skipper's Meeting
	11:00 am	• First Gun 3 Races (2 Races Back to Back, Lunch, Last Race.)
		• Fun Prizes - "Candid Camera Sleuths" will be watching!
	After Racing	• Beer on shore or Swimming in the Pool
		This year due to a conflict with the RCYC Summer Ball and the StJSc Lobster Feast the RCYC Albacore Fleet will not be hosting a dinner after racing.
Sun. 6/21/98	9:00-10:00 am	• Coffee/Juice & Donuts/Muffins
	11:00-completed	• 2 Races Lunch between races.
		• Fun Prizes
	After racing	• Beer on shore or Swimming in the Pool
	4:00 pm + 1 hour	• Prize Giving

Entry Fees Include: \$35.00 per boat

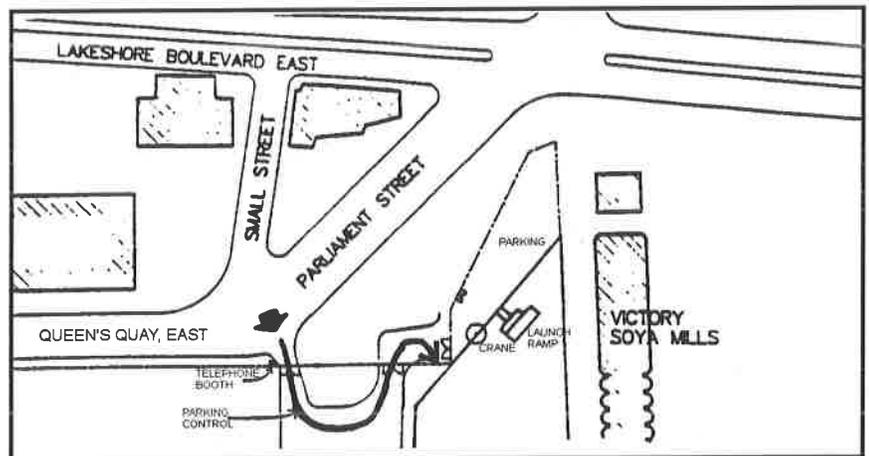
- 5 races, 3 Saturday, 2 Sunday, 1 drop race, (if fewer than 5 races sailed all races count).
- Ferry Pass to Island Saturday and Sunday,
- Coffee/Juice & Donuts/Muffins each morning,
- Beer/Soft Drinks or swim after racing.
- Flags and Prizes to Top 3 Crews.
- Please bring your own lunch!

The RCYC Fleet extends a particularly warm welcome to all new Albacore sailors. Travelling from out of town please call Rosemary Helmer at least 1 week in advance and we will attempt to arrange a billet for you to minimize travel costs.

Regatta Eligibility:

- **Regatta is open to all Albacore sailors who are 1998 members in good standing of your National Albacore Association.**
- **Be prepared to provide valid Albacore Association membership card & proof of a completed 1998 buoyancy test an RCYC and CAA insurance requirement. We ask for your cooperation.**

Questions? call: Rosemary Helmer H: 416-964-8427 or Janice Peck R.C.Y.C. 416-967-7245



RCYC Open Albacore Regatta

June 20 & 21, 1998

Registration Form

Albacore Hull & Sail Number:

Skipper:

Crew:

Club:

Club:

Address:

Address:

Phone

Phone:

Waiver of Liability:

By participating in this Regatta, I understand that I voluntarily assume and am knowledgeable of the risks of sailing and I assume sole responsibility for myself, and the boat in which I sail. I agree to hold harmless and free of liability The Royal Canadian Yacht Club, its members, employees, officers and individuals appointed as volunteers for this Regatta and the Canadian Albacore Association for any damage, material or personal, suffered by me during the racing or otherwise.

Signatures:

Skipper:

Crew:

Dated:

Eligibility: (To be completed by RCYC Registration Desk)

Valid 1998 CAA or USAA Membership Card
(If applicable CAA membership purchased Cheque Cash)

Valid 1998 Buoyancy

Registration Fees: Cheque Cash Club Chit
(Cheques to be made payable to
"The Royal Canadian Yacht Club - Albacore Fleet".)

1998 ALBACORE REGATTA SCHEDULE

Schedule as at April 30/98

DATE	EVENT	HOST CLUB	LOCATION	CONTACT (Telephone/Internet)
Mar 23-27 (G)	Mid Winters	Sarasota S S	Sarasota, FA	Rosemary Helmer 416.964.8427 rhelmer@hmg.com
May 31	Harbour Master 1-2	RCYC	Inner Harbour	Rosemary Helmer 416.964.8427 rhelmer@hmg.com
Jun 7	Peterborough Examiner	Peterb S.C.	Clear Lake	Harold Briggs 705.742.2746
June 6-7 (G)	TARTS & BALLS	TS&CC	Humber Bay	Derrek Griffiths 416.944.1353
Jun 14	Harbour Master 3-4	TISC	Inner Harbour	Wendy DiRisio 416.943.0426
Jun 20-21	RCYC Open	RCYC	Inner Harbour	Rosemary Helmer 416.964.8427 rhelmer@hmg.com
Jun 20-21	Midland Walwyn	Nepean S.C.	Nepean	Ed Nicholas 613.738.7050
Jun 27-28	LSSA	Port Credit Y.C.	Port Credit	Debbie Thomas 416.422.5084
Jul 4	Westwood Open	Westwood SC	Outer Harbour	Nancy Forsyth 416.485.6426
Jul 4-5	North Americans	Westwood SC	Outer Harbour	
Jul 5	Centennial Regatta	Peterbor. SC	Clear Lake	Harold Briggs 705.742.2746
Jul 11 (G)	OHCC Open	OHCC	Lake/Outer Harb	Zsolt Kecskemeti 905.201.9796
Jul 12	Harbour Master 5-6	Mooredale SC	Outer Harbour	Todd Johnstone 416.937.3572 todd@tobor.com
Jul 18	No Race Scheduled			
Jul 19	Harb Master 7-8	TISC	Inner Harbour	Wendy DiRisio 416.943.0426
Jul 25-26	St. Jamest Open	St. JTSC	Outer Harbour	Marek Balinski 416.214.0437 balinski@chass.utoronto.ca
Aug 8	Mooredale Open	Mooredale SC	Outer Harbour	Todd Johnstone 416.937.3572 todd@tobor.com
Aug 9	Harb Master 9-10	Westwood SC	Outer Harbour	Nancy Forsyth 416.485.6426
Aug 15 (G)	PABAR	Pointe au B SC	Georgian Bay	Jeff Wilkins 416.496.1000
Aug 15	New Skipper's Race	Westwood SC	Outer Harbour	Nancy Forsyth 416.485.6426
Aug 22	Toronto Island Open	TISC	Inner Harbour	Wendy DiRisio 416.943.0426
Aug 23	Harb Master 11-12	OHCC	Outer Harbour	Zsolt Kecskemeti 905.201.9796
Aug 29	Women's Helm	St. JT S.C.	Outer Harbour	Marek Balinski 416.214.0437 balinski@chass.utoronto.ca
Aug 30	Harb Master 13-14	OHCC	Outer Harbour	Zsolt Kecskemeti 905.201.9796
Sep 5-6 (G)	Fanfare'97 (Area 10)	Nepean SC	Nepean	Ed Nicholas 613.738.7050
Sep 5	Round the Island	St. JTSC	Toronto	Marek Balinski 416.214.0437 balinski@chass.utoronto.ca
Sep 6	Harb Master 15-16	St. JTSC	Outer Harbour	Marek Balinski 416.214.0437 balinski@chass.utoronto.ca
Sep 11-13	Canadian Champ	RCYC	Lake/Outer Harb	Rosemary Helmer 416.964.8427 rhelmer@hmg.com Mike Leishman 416.699.8100 leish2@interlog.com

G = Races designated for Gooderham Series

The Gooderham Trophy was established in the memory of Bill Gooderham to encourage Albacore sailors to attend Regattas across Ontario and is awarded annually to the helmsperson who achieves the best result in the series of annually designated races
Harbour Master Scoring: Ian Aukema (Ph) 416 225-3108 (Fax) 905 851-6460

1998 Qualifiers for the 1999 Worlds'

TARTS - 1	NAs (WSC) - 1
RCYC - 1	StJSc. - 1
Peterborough - 1	MSC - 1
Ottawa - 1	TISC - 1
	Canadians (A Fleet only) - 2

Mr. Peter Nurse,
Canadian Albacore Association,
76 Normandy Boulevard,
Toronto, Ontario, M4L 3K3

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ADDRESS

Canadian Albacore Association

The Canadian Albacore Association (CAA) is responsible for encouraging participation in and maintaining the integrity of the Albacore class in Canada. In order to fulfill these responsibilities we need your support.

Visit us at the CAA Website: www.albacore.ca

As a **Full Member** of the CAA you will be entitled to benefits, such as:

- ⇒ A subscription to our quarterly newsletter, "Shackles and Cringles"
- ⇒ Participation in all CAA-sponsored events and regattas.
- ⇒ A say in the management of the Association by eligibility to vote at all General Meetings of the Association

Associate Members receive the same benefits as Full Members, but have no voting rights.

New 1998 Full and Associate Members will also receive a free copy of the Canadian Albacore Handbook, a 160-page paperback detailing all aspects of Albacore sailing, including Albacore class and membership rules, sailing and racing tips, a listing of all Albacore members and a bibliography of recommended resource materials. The Handbook is an excellent resource for all Albacore sailors.

Please complete the following and submit it with a cheque payable to the Canadian Albacore Association to:

Canadian Albacore Association
c/o Peter Nurse
76 Normandy Boulevard
Toronto, ON, M4L 3K3

1998 Membership Application

Note: If you are a renewing member, please enter your name and only the information that has changed since your last membership application was sent in.

Check One	<input type="checkbox"/> FULL MEMBERSHIP (if you own a boat)	<input type="checkbox"/> ASSOCIATE MEMBERSHIP (non-voting)
	<input type="checkbox"/> \$ 40	<input type="checkbox"/> \$ 20
	<input type="checkbox"/> NEW	<input type="checkbox"/> RENEWAL
	<input type="checkbox"/> RENEWAL	<input type="checkbox"/> NEW
		<input type="checkbox"/> RENEWAL

Name _____

Address _____

City/Province _____

Postal Code _____

Home Phone () _____ Business Phone () _____ Fax: () _____

Club _____ Boat Number _____

Boat Builder _____ Year Built _____

Are you accessible through an E-mail address? _____

Do you mind having your name included in the CAA Membership Directory? _____