



Shackles and Cringles

Canadian Albacore Association



Here's the BEEF!!!

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Commodore's Corner

Hello Fellow Albacore Sailors

"Believe me, my young friend, there is nothing – absolutely nothing – half so much worth doing as simply messing about in boats."

Welcome to a brand new season of messing about in boats. Snow and ice may be fresh in our minds but it won't be long before the keenest amongst us will be stepping their masts and scrubbing their bottoms.

The CAA Executive is looking forward to a good year. Once again the CAA newsletter, and our web site, will keep you informed of sailing events, regatta news, race results, and a plethora of Albacore information.

Interim Jib Stick Rule

The CAA has adopted the interim rule to permit the use of jib sticks on a trial basis during the 2002 sailing season. See the article in this newsletter or on our web site.

Training clinic

The CAA is again organizing a race training clinic to be run by Michael McNamara in the Toronto Outer Harbour on May 24th, 25th and 26th. This should be a great event and we are pleased to have the many times international champion help the Albacore fleet remain a top notch competitive sailing class.

Race Schedule

The regatta and race schedule have been finalized and you can fill your summer with fun sailing events. Check the schedule to see the regattas that qualify for the Gooderham series trophy. Mark your calendar for the Canadians and the many other sailing events. Pray for wind.

Membership renewal

Once again, membership renewal has been made easy and by now you should have received your personalized membership renewal form. If you haven't already renewed, do it now to stay in touch with your fellow Albacore sailors and to avoid missing any issues of Shackles. This is the last newsletter that will be sent to 2001 members.

Internationals

Canada is hosting the Internationals next year in the summer of 2003. Stay tuned for details on location and dates for this challenging, exciting and very social event.

Happy Sailing in 2002.

– *Ann Savege*
Commodore

2003 INTERNATIONAL ALBACORE CHAMPIONSHIPS

KINGSTON, ONTARIO, CANADA (AT THE CORK SITE)

Sunday July 20 (practice race) to Saturday July 26, 2003

In addition to incomparable sailing conditions, Kingston boasts an impressive concentration of quaint buildings and historic sites which give it an ambiance quite unlike other North American cities. It has a great variety of night spots, pubs and restaurants. Accommodations range from inexpensive university residences, intriguing B&B's and fine hotels.

Mark your 2003 calendars and be there!

For more information on sailing at Cork, check out the Cork web site at

www.Cork.org



Friday, May 3rd – are you ready?

Article written by Christine Short

At the time of writing, the Winter Olympics just finished and it appears that I have become an arm-chair athlete ("ACA"). Warning to all ACAs, there are approximately 10 weeks until the first Friday night Albacore race! YIKES. To me, this is very exciting news, but to my poor old body – it's a little scary. So, this ACA has 10 weeks to better fitness, including flexibility, endurance, strength and agility to make it easier to perform the skills required for our Friday nights like hiking, tacking, gybing, sailing upwind and getting around the course faster. We need to sail to physically train for sailing, but not all of us have been fortunate enough to sail throughout the winter and unless you exercise regularly – your physique may not be ready for May 3rd.

We need appropriate exercises to develop our sailing fitness between weekend events and regattas. Training in other sports and activities are useful if they work the body in similar ways to sailing. Exercises that are highly compatible with the demands of sailing will improve sailing fitness and you don't need to join a gym!

Cycling, hiking benches, rowing, weight training and the simple wall-sit (propping yourself against a wall with legs bent) give the thighs a solid work-out for training the muscles' endurance while hiking. Cycling is a great aerobic exercise for sailors since the thigh muscles are heavily involved. Rowing on a machine will help develop the legs, upper body and arms. Running is ok but involves greater impact than cycling or rowing. Weight training doing squats, leg extensions and presses (extensions & presses require equipment) help to improve thigh muscle strength. Wall-sits are relevant to hiking, stand with your back against a solid wall then slide down moving your feet in front until your legs are bent at around 90° – 130°, if this is too easy, you can hold a weight. Hold this for as long as possible – try 3 minutes.

Abdominal exercises are important for posture and to prevent lower back problems and beneficial for hiking. Crunches use the abdominal muscles to raise the shoulders and upper back off of the ground while leaving lower back on the floor. Reverse sit-ups involve lying down flat and raising the feet up over your head to work the hips and abdominals.

Body pull-ups are good for sheeting and can be done anywhere, lie on your back under the edge of a sturdy table and wrap your fingers around the edge of the table. Your arms should be close to straight and hands – shoulder-width apart. With knees bend about 90°, pull your chest up to touch the underside of the table and lower.

For upper strength basic dumbbells can be used to perform the following:

Shoulders lateral raises bent-over lateral raises Upperback/biceps bicep curls hammer curls Chest push-ups (the above is also helpful for double fisting events)

Three training sessions per week is usually regarded as the minimum to make steady gains in aerobic fitness or your muscle's strength and you need to work over a long enough period (30+ minutes). Try starting off doing 2 sets of 15 reps for the above noted exercises.

Don't forget to warm up and cool down with stretches after an exercise session including sailing, whether its casual or racing, to help the muscles recover.

As with all exercise programs, you should take care when starting and seek medical advice first if you're a real ACA.

There is no substitute for time on the water and if the weather continues to cooperate, we will be out on the water soon and prepping for the Friday night adventures – gee I hope I recognize everyone, after my 10 week lean mean fitness regime, see you on the water!

Suggested reading – *Sail Fitter* – Michael Blackburn

The Laser Campaign Manual – Ben Ainslie

*I recently learned the importance of eating properly before/during and after racing. Apparently, the brain gives out before the body does! So along with getting our bodes in fighting form, we need to feed them properly – future topic to discuss I guess.

2002 Albacore Mid-Winters

Results & Commentary – March 8 – 10, 2002.

March 7, 2002

While most of the group was arriving by plane, train, and automobile, a few intrepid souls beared the cold rain and snow and sleet (just kidding, but it WAS raining).

Only one practice race was sailed because after we finished the wind died (blast it!). Sailing was followed up by dinner at the usual Sarasota standby – Dos Amigos (Spanish for good Mexican food, cheap).

March 8, 2002

The festivities were commenced with three long races in light to moderate breeze, and 75 – 80 Degree (F) sunshine. First race was started without a hitch. The second race started well, until the second beat turned into a run, and the second "run" was a beat. Needless to say, several positions were exchanged among the racers.

Once the dust settled, the team of Harris/Harris eked out a win (well he was actually several boatlengths ahead) over Jordan/Stanek. The third race started with a bit of confusion, as some sound signals were not synchronized with flag signals and the sequence had to be restarted. Once the race really began, things were quiet, until the last beat, when a tacking duel was started amongst four teams near the top of the fleet. When it was over, Barney and Becky Harris finished a convincing first, while Lars and Janice Rathjen claimed a second, with Henry Pedro/Stephanie Strand narrowly missing a second position and finishing third. Closely following were Greg Jordan/Ken Stanek and Chris Gorton/Dave Smith. March 9, 2002 The day started with a one hour postponement. But eventually the winds picked up from somewhere near zero to about 5 knots or so, and racing was underway. The second race saw another 180 degree shift as the prevailing winds were replaced by a nice sea breeze coming the other way. Yep, that's right! That meant that a beat turned into a run. Interesting times. The rest of the day the winds stabilized and we managed to sail five good races in winds from 6 to 8 knots.

Upon returning to shore, a sumptuous feast was laid out by Cassie Gorton, with special grilling skills provided by Dave (call him Bruce – or else) Smith. He hopes no one gets food poisoning.

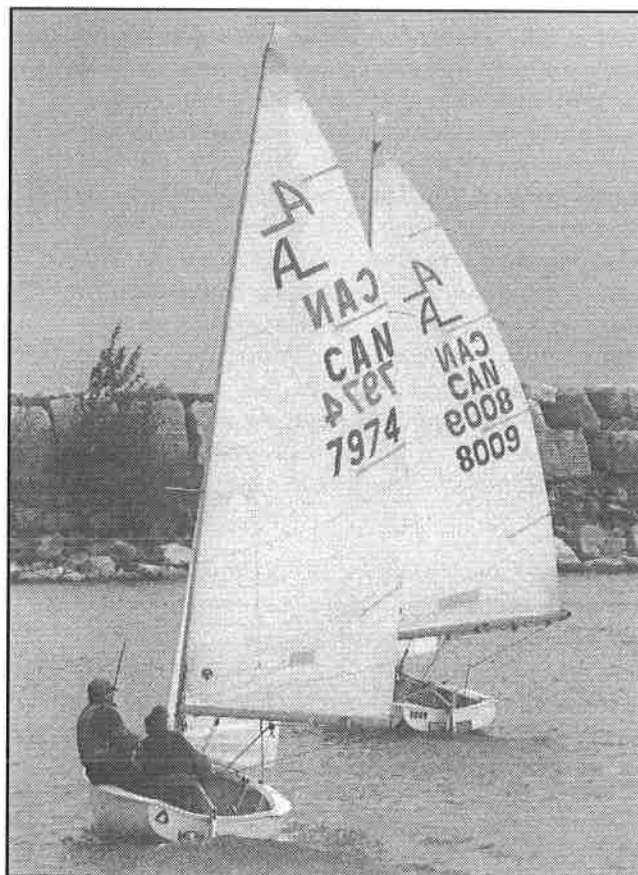
March 10, 2002

Good breeze was the order of the day with winds consistently over 10 knots. Another five good races were sailed. Again, the team of Harris/Harris showed their dominant streak posting three bullets in a row until Harris retired early and did not sail the final two races. That opened the door for Bob Robinson and crew/wife Jill to post two bullets in the final two races. This brought them into third place, and secured them a trophy.

Meanwhile places were being traded further down the ranks. Chris Gorton and Dave Smith held on to their second place with a hardworking turnout in an unfamiliar (and under-rigged) boat.

A good time was had by all, and with nearly perfect weather, no rain throughout the series and warm temperatures, who could hate that??

– By Henry Pedro



2002 Albacore Mid-Winters Number of Entries: 14																	
Position	Sail#	Boat	Skipper/ Crew	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Race 11	Race 12	Race 13	Total Points
1	6701	Exotic Materials	Barney Harris Becky Harris	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	0.75	[DNS]	DNS	23.25
2	7700	Possum Lodge	Chris Gorton Dave Smith	2	[11]	5	2	4	2	2	2	5	4	5	5	2	40.00
3	7966	Coo Coo Ca Choo	Bob Robinson Carol Robinson	[14]	8	7	5	5	4	4	3	6	3	4	0.75	0.75	50.50
4	8083	T-Bone IV	Lloyd Leonard Doug Foord	3	[10]	6	8	2	8	6	5	4	5	3	3	3	56.00
5	342	Never Again	Peter Duncan Joanna Byron	5	[14]	8	4	7	3	5	7	3	8	2	2	4	58.00
6	8050	Bone Machine	Henry Pedro Stephanie Strand	6	4	3	3	3	7	8	8	2	6	8	4	[9]	62.00
7	7492	Chesa-picachu	Greg Jordan Ken Stanek	11	2	4	11	11	9	3	6	9	2	[12]	6	5	79.00
8	7979	Dolphin Safe	Lars Rathjen Janice Rathjen	8	5	2	7	6	6	[11]	9	7	7	11	9	7	84.00
9	7378	Cool Runnings	Rolf Zeisler Sue Zeisler	7	3	9	6	[13]	11	7	4	8	12	13	7	6	93.00
10	5923	Buffalo Wings	Dennis Wetlaufer Diane Goebes	10	6	12	10	10	5	10	10	[13]	10	9	12	11	115.00
11	7456	Audacious	Bob Bear Kelsey Averill	4	9	11	9	[14]	10	13	11	12	13	6	10	8	116.00
12	7380	MarmaLady	Saskia Mooney Daphne Byron	[12]	7	10	12	8	12	9	12	10	11	10	11	10	122.00
13	0	Madfish	Rick Meyer Jack Harding	13	12	13	13	12	[14]	12	13	11	9	7	8	12	135.00
14	7371	Gracie	Dave Dalbec Donald Dalbec	9	13	14	14	9	13	14	[DNS]	DNS	DNS	DNS	DNS	DNS	161.00
Notes: <ul style="list-style-type: none"> • Scoring system is Bonus Point • Finishes in [brackets] denote throwouts 																	

LEEWARD (REACHING) JIB POLES – INTERIM RULE

The existing Albacore Rules shall be interpreted as permitting the use of leeward (reaching) jib poles. More than one pole is permitted but none shall exceed 1830 mm in length.

RATIONALE

The NAA has been experimenting with the use of reduced length jib poles sheeted to leeward when reaching. While those who have tried this have generally been favourably impressed, there has been substantial controversy regarding whether or not they are legal under our existing Albacore Rules. The International Rules Committee (IRC) of the IAA believes that the present Rules are, at best, ambiguous with regard to the legality of reaching poles sheeted to leeward and that a period of experimentation is worthwhile before recommendations for the necessary Rule changes should be put to the national AGMs for final approval. Thus, for a trial period, effective immediately and continuing to

the national AGM in each member country of the IAA, the existing Albacore Rules shall be interpreted in accordance with this **INTERIM RULE**. It is hoped that Albacore sailors will experiment with leeward poles and convey their experiences and opinions to their respective national executive committees. The latter will report to the IRC through their IRC representative so that recommendations for Rule changes can be formulated in time for presentation to the 2002 AGMs. The possible choices are: **a)** to ban them; **b)** to make them legal; and **c)** to make them legal with some restrictions applying. The IRC is interested in hearing the opinions of Albacore sailors on the relative advantages and disadvantages of leeward jib poles with particular attention to safety, cost, and effect on boat performance. The intention of this trial period is to establish recommendations for Rule changes which are based on informed judgement and can be accepted by all national members of IAA.

The issue of “Leeward Reaching Jib Poles (Jib Sticks)”

Updated on February 3, 2002:

Addendum: January 31, 2002: Rule Interpretation and IAA Rationale.

The following is a summary of a presentation held at the Canadian Albacore Association, Annual General Meeting, Nepean Sailing Club, Friday, September 14th, 2001, as part of “new business.” A follow-up as a postscript states the actions planned for the 2002 racing season.

Some Background

Prior to 1997 the International Racing Sailing rules listed an item under “outriggers” that in effect stated that a “whisker pole” may not be sheeted on the same side as a boom. In 1997 the ISAF re-wrote the entire rule book with intention of simplification. In this process, the rule was re-stated to allow such an “outrigger.” Some enterprising English sailors, members of several classes, chose to begin using what may be described as a “Leeward Reaching Jib Pole.” As members of another class and the Albacore class in the UK they have relied upon the current racing rule to validate their intention upon the use while in competitive events.

At the 2000 UK Nationals, several competitors showed up with a far ranging variation in design, using this device in many forms, some even rigging line from the spreaders in order to adjust the angle and the settings while in use. Others used as simple of a device as a broom stick with two nails in order to hook it to both the mast and the jib clew.

There was some discussion at the UK 2000 AGM regarding the introduction and an allowance of a trial on it's use. At this point the National Albacore Association of England has made no final resolution.

AGM Demonstration of the pole in question

Barney Harris, a US sailor, a Canadian Association member, demonstrated a comparison of the regular head pole as well as a proposed simple version of the shorter pole. Barney then made the description statements that those whom sail with a suit of North or maybe Kingston (JC) sails may find with the low aspect, shorter luffed, wider jibs, that a pole near 4 feet, 7 inches would likely be in order. Those sailing with higher aspects sails such as McNamara, Ullman, perhaps Sobstads may need an even shorter pole in the range of 4 feet, 3 inches. Barney's demo simple pole was of the same metal tubing as the

The issue of "Leeward Reaching Jib Poles (Jib Sticks)" – (continued)

current head poles, with the similar RWO clip fittings on both ends.

Barney continued his presentation, as an advocate, that he had in fact used his demo model in a recent USSA event with his wife Becky as crew, "at which he noted... likes it because it relieves her of the pain of holding the jib out to leeward while reaching in light airs. If she likes it, I'll bet that most crews will like it. I like the new tactical dimension and better performance...". This experience led him to conclude that while previously he might have been ambivalent toward acceptance, now he was sold on it's addition to the class.

Canadian 2002 Proposal

At the AGM of the CAA in September 2001, the Chief Measurer proposed to all in attendance that a "trial test" period of six to eight months be instituted. This will allow CAA members to understand the use, the application, the materials required, the costs and any other observations that would allow them to form an opinion on the use or non use of these "new" devices. Some other questions that may be considered by all are that of the complexity that may be allowed within the design; the instructions necessary to those new in the class each year within the community clubs to be able to use it skillfully; and the safety in use of this added equipment that may be needed if a person wants to be among those competitive racing members of the class.

During the proposed trial use, Canadian sailors are encouraged to express their comments and experiences with these additional poles to the Chief Measurer of the class verbally or by written messages. By the end of the trial period, if there is a consensus among the active class members toward general adoption, the CAA will publish the proposed wording of the addition to the class rules.

This wording is expected to be as a result from direction given by the Rules Committee of the International Albacore Association who would outline the rule changes necessary, and prepare a resolution to be proposed at the 2002 AGM of the CAA, tentatively to be held in Muskoka at a site not yet announced.

Next step

The CAA AGM discussion ended with a request that the Chief Measurer of CAA ask for the Rules Committee of the International Albacore Association to frame the wording for a rule or rules which would clarify the existing Albacore Class Rules, and provide an unambiguous definition as to the construction and use of the "Leeward Reaching Jib Pole."

This rule is to be available to all members of the associations of the International Albacore Association (CAA, USAA and NAA) prior to the 2002 sailing season. It will then be published for use in the test phase described above in Canada. The rule(s) would then be available for voting on at the 2002 AGMs of the member associations of the IAA.

The International Rules Committee is to be comprised of, Under article V.5 of the IAA Constitution, the Chair of the IAA Rules and Specifications Committee, Dave Weaver, with the three Chiefs Of Specifications (Chief Measurers). They are representing England's NAA, Michael McNamara; representing USSA, Rolf Zeisler; representing CAA, George Wm. Roth. The committee will consider all observations and comments from all member sailors within the class as input while considering and arriving at a rule wording solution.

Postscript of actions following the AGM

To date several positive discussions between members of the IAA executive and the above named rules committee have transpired.

Hans Gottschling

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Actions taken to be in effect for the 2002 Racing season:

In effect immediately in Canada:

Within the class rules to make it clear that we are within a test period the following amendments have been made to these specific rules in question.

Under Rule 11: The additional statements;

11. Headsail Poles

11.1 One or more headsail poles may be carried while racing.

11.2 The overall length of headsail pole(s) including fittings shall not exceed 1830 mm

Under Rule 12: Temporary Suspension;

12.4 This rule is Suspended for the period January 1, 2002 to the date of the AGM, 2002 only. This is the time period for experimentation by all Canadian sailors within the current rules.

For the 2002 racing season:

For those events sanctioned by the CAA, the Race Chairs of those clubs sponsoring are asked to add to their individual Notice of Race and their Sailing Instructions a clear statement as to whether the event advertised allows the use of the proposed "Leeward Reaching Jib Pole" under the test proposal time period or temporarily bans the use in that event (ie such as the 2001 Canadians listed). This is requested to maintain a sense of fairness within the class events to all competitors, as well as to avoid those opposed attempting unfortunate protest actions.

(Please note that the USAA has approved similar provisions for 2002 USAA racing events. Please check with the individual USSA event for actual instructions.)

IAA Rules committee

The IAA rules committee will be working toward the following objectives:

By December 31, 2001 – International Rules Committee drafts rule changes in deems appropriate. (These are to be 'published' on each national association web site.)

January 1, 2002 to July 31, 2002 – Experimentation of reaching poles in North America (and, of course their continued experimental use in the UK).

Additionally, during this period Albacore sailors will be able to communicate their views on these rules to the Rules Committee until this date.

By July 31, 2002 – International Rules Committee finalizes drafts rule changes in deems appropriate.

By August 15, 2002 – Ratified by a majority of votes of Members of the Association (IAA), in accordance with the Constitution of the IAA.

By November 30, 2002 – Approval at a General Meeting of each of the National Associations.

By December 31, 2002 – submit agreed rule changes to the Royal Yachting Association for incorporation into the International Rules of the Class.

*George Wm. Roth,
Chief Measurer, Canadian Albacore Association
23 October 2001*

georoth@golden.net



CANADIAN ALBACORE ASSOCIATION TORONTO RACE TRAINING 2002 APPLICATION FORM

Open to all community club and other CAA members

Race Training Clinic Applying for:

Mike McNamara and Alan Humphries Training Session: May 24th, 25th & 26th for Experienced Helm (see qualification requirements at bottom of page)¹

Yes _____
 Qualifying finish: Canadians _____, or
 North Americans _____, or
 Friday nights _____

Cheque required \$200.

2) Alan Humphries and Tim Broughton Training Session: June 8th and 9th, for any helm who has raced for at least two years

Yes ____ (If you registered for the event above you will only be considered for this event if there are not enough people registered otherwise)

Cheque required \$100

Registrant's Information:

Name of Helm	Name of Crew (if known)
Address	Address
E-mail	E-mail
Phone	Phone
Club	Club

Return this form and cheque postmarked no later than April 15th to:

Mary Neumann
 135 Ulster Street,
 Toronto M6G 1E7
 416 968-1696 (evgs)
 416 968-9081 (days)

The draw for places, if required, will be held at J-Town on Saturday April 27th at approximately 12 noon.

¹ Helm must have finished in the top twenty in the 2001 Canadians or North Americans or Friday night series, or if they did not race in all or most of 2001 the 2000 results may be used.

Race Training In Toronto: May 24th, 25th & 26th with Mike McNamara and June 8th and 9th with Alan Humphries and Tim Broughton

Mike McNamara, the five-time and current Albacore World Champion and several time Wayfarer World Champion, will be returning to Toronto from the UK to provide a racing clinic for experienced Albacore racers. This is a follow-up to his very successful training session two years ago. The event is organized by the Canadian Albacore Association (CAA) for member of the association and will take place on the weekend of May 24th, 25th and 26th He will be ably assisted by Alan Humphries, who has won the Albacore Canadians three times and the North American Ideal 18 Championship.

On the weekend of June 8th and 9th there will be race training for anyone who has raced as helm for at least two seasons and their crew. This clinic will be led by Alan Humphries, fresh from picking up tips from Mike, assisted by Tim Broughton and others to be arranged. Their emphasis will be to have a lot of time on the water with trainers in your boat. There will be room for up to 20 boats in this clinic.

Mike wants to teach a group of who are at approximately the same level and only sixteen boats can be accommodated in this clinic. The CAA has therefore decided to make the Mike Mac clinic an advanced level clinic open to helms who finished in the top twenty last year (or the year before if they did not sail for most of 2001) in one of the following: the North Americans, the Canadians, or the Friday night series, with their choice of crew. If you don't know if you qualify look at the CAA website race results.

Not only is this article to tell people about the events but it is to flush out anyone who would like to assist in making sure everything goes smoothly – I certainly will need some volunteers on the day out in motor boats. I would like to make it easy for CAA members from out of town to attend so if you could billet someone please let me know.

Because there may be more people who want to participate in each clinic than places, helms who want to be in on either clinic should register by April 15th with a refundable cheque. A draw will then be held to determine who has a place. If all the places are not filled then, later registrations will be accepted on a first come first serve basis.

To register fill out the form attached or on the CAA website and snail mail it to Mary Neumann, 135 Ulster Street, Toronto M6G 1E7 postmarked not later than April 15th. The cost of the clinics will be less than \$200 per boat for the Mike Mac clinic and less than \$100 per boat for the July clinic.

To volunteer to help or if you need further information and you cannot find what you need on the CAA website please contact me at mary_neumann@sympatico.ca or 416-968-9081.

– *Mary Neumann*
Canadian Albacore Association
Third Vice Commodore for Training



Schedule of Events for 2002

May 18/19 Mid Atlantics 2002 at West River SC

May 24/25/26 Race Training – Toronto

May 25/26 PRSA Spring –
Potomac River SA, Washington

June 1/2 Tarts and Balls – Toronto

June 8/9 Race Training – Toronto

June 15/16 RCYC Open/Ontarios – Toronto

June 15/16 Spring Fling/Team Racing –
Monmouth Boat Club

June 22/23 Nepean Sailing Club One Design Regatta

June 29/30 US Nationals – Monmouth BC
(New Jersey)

July 6 OHCC Open – Toronto

July 13 Ladies Helm – St James Town Sailing Club –
Toronto

July 13/14 Admiral Byrd R. – Cambridge YC –
Cambridge MD

July 20 St James Town Regatta – Toronto

July 27 Westwood Regatta – Toronto

Aug 3/4 VA. Gov. Cup – Gloucester, VA

Aug 10 Mooredale Regatta – Toronto

Aug 10/11 Fishing Bay – Fishing Bay YC –
Deltaville VA

Aug 17 PABAR – Point au Barrel

Aug 17 New Skippers Race – Westwood

Aug 17/18 The Don Rantz Memorial – Sail RA Ottawa

Aug 24 Toronto Island Sailing Club Regatta – Toronto

Aug 31/Sept 1 Royal Weekend RCYC

Aug 31/Sept 1 Kanata Sailing Club – Open Regatta –
Ottawa – sjander@rogers.com

Aug 31/Sept 1 Labour Day Regatta – West River SC –
Galesville MD.

Sept 7/8 Pres/Leukemia Cup – Potomac River SA.
Washington DC

Sept 7/8 Nepean Sailing Club Fanfare Regatta

Sept 13/14/15 Canadian Albacore Championships

Sept 21 Round the Island

Sept 28 Not the Canadians – Mooredale

October 12/13/14 North Americans

Harbour Masters Series 2002 – 2:30 Warning Gun

May 12 – All Clubs

May 20 – RCYC

June 23 – Mooredale

July 14 – J.Town

July 28 – OHCC

Aug 18 – Westwood

Sept 8 – TISC

Sep 22 – All Clubs

Aug 5 – Alternate Date

Friday Night Races 2002 Schedule

May 3 – Mooredale

May 10 – OHCC

May 17 – J.Town

May 24 – Westwood

May 31 – TISC

June 7 – Mooredale

June 14 – TISC

June 21 – OHCC

June 28 – J.Town

July 5 – Westwood

July 12 – Mooredale

July 19 – J.Town

July 26 – Westwood

Aug 2 – Mooredale

Aug 9 – J.Town

6:45 Start

Aug 16 – Westwood

Aug 23 – TISC

Aug 30 – OHCC

Sep 6 – All Clubs

Regatta Preparation – What to Bring

Hey Barn, can I borrow your screwdriver again?

Sure, but didn't you bring any tools at all with you?

Well... No.

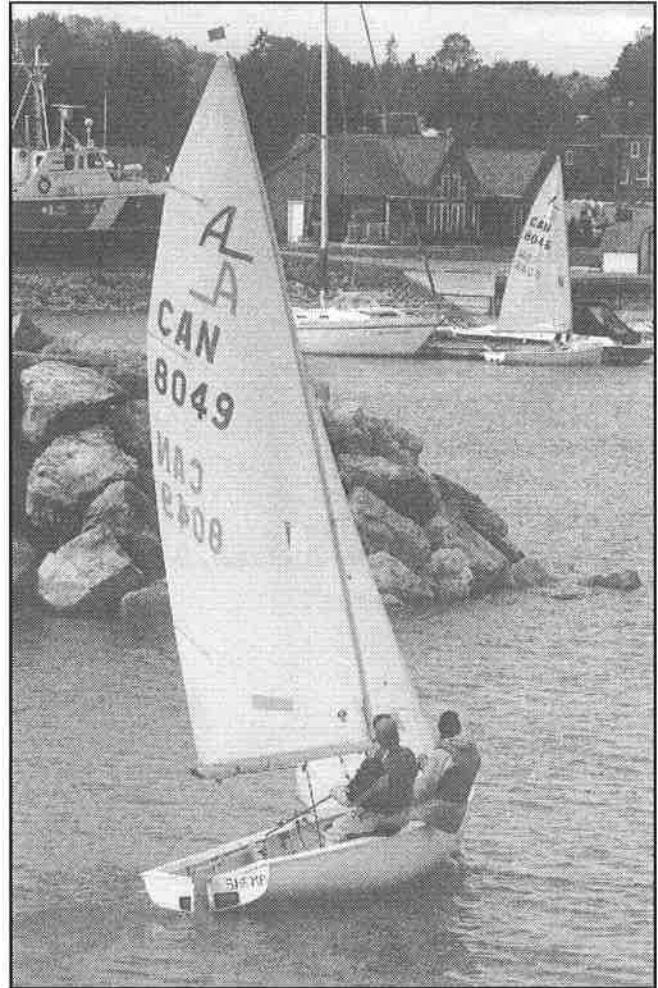
So... what were you thinking? You traveled across the Atlantic ocean to sail a boat you have never seen owned by someone you have never met – and you assumed that your chartered boat would not require any adjustment or work to make sailable? You thought that the owner who could not see fit to get him/herself to the regatta would have been so fastidious with his boat that you would not have to perform any work on it at all to make it function right in some of the heaviest winds we have seen all season?

OF COURSE you can borrow my screwdriver and are more than welcome to anything else I have – but this conversation will haunt you....

What should one bring to an event to ensure that you can make any adjustments or minor repairs quickly and efficiently to not impact your time on the water? I have found that what where I am going has a direct implication to what I pack. I would categorize my preparation into three classes: local events, traveling events, and long distance remote events.

At local event at the home club you may have access to club tools and or supplies, and well known friends who are more than willing to help out. Even for these events, you will need to bring the most rudimentary level of tools and parts with you – if for nothing else than to help out the good friend who inadvertently forgot their stuff – and more importantly to not be the person who chronically has to ask for everyone else's help.

When traveling to away events where there is no or little local support, one must be even more prepared and must bring the next level of tools, supplies, and spares. While it may be possible to rely on local marine or hardware stores, it may not be possible to make a trip and get the repair done in time to make the start. I will therefore make certain that I come ready with a few more things.



Events in foreign countries where differences in electrical power or the remoteness of the location eliminate any possible reliance on external assistance require still more planning and preparation. For these events one must be ready for any eventuality. If the sailing conditions are going to be rough and the water is shallow, it is entirely possible that you may break more fundamental parts of your boat –like a rig or worse. I have personally broken one mast, two booms, one rudder, one centerboard, and have had to deal with ripped sails, holed boats, seized blocks, exploding trailer bearings, melting trailer lights, and worn, chaffed lines, not to mention the occasional muffler and overheating radiator!

I have listed a good starting point for tools, supplies, and spares for different levels of local, traveling, and remote events.



Regatta Preparation – What to Bring – (continued)

Suggested Packing List, Event Type, Tools, Supplies, Spares

Local Events

Do not show up without these.

Channel lock pliers
 small adjustable wrench
 folding knife
 Phillips screwdriver
 slotted screw driver
 duct tape
 tiller extension
 universal shroud pin
 jib tack pin
 spare ring dings
 a couple blocks
 a few bits of line

Traveling Events – You really should have this stuff.

Buy it and keep it with the boat!

Tools above PLUS:

needle nose pliers
 Swedish fid
 marlin spike
 scissors
 sail needles
 blue masking tape
 pocket torch
 round & flat files
 “Felco” wire cutter
 11/32 inch wrench
 3/8 inch wrench
 tape measure

Supplies above PLUS:

#2 whipping twine
 #4 whipping twine
 yarn for telltales
 electrical tape
 Spray can of Mclube

Parts above PLUS:

spare tiller extension
 extra main and jib
 spare goose neck pin
 spare fasteners – note 1
 spare sheets – note 2
 spare line – note 3
 spare fittings – note 4

Remote Location Events – Cheap Vacation Insurance!

Tools above PLUS:

hog ring pliers
 rivet gun
 bucket
 sponge
 marking pen(s)
 hacksaw + blades
 drill index
 extra 3/16 bit
 extra 11/64 bit
 extra 1/8 bit
 portable drill
 charger for drill
 extra drill battery
 power converter
 nico press tool
 scraper

Supplies above PLUS:

3m 5200
 3m 101
 80 grit sandpaper
 220 grit sandpaper
 600 grit sand paper
 1000 grit sand paper
 sail repair tape
 epoxy repair kit
 acetone
 paper towels
 latex gloves
 ? in epoxy brushes
 sanding block

Parts above PLUS:

Rivets
 Hog rings
 Spare battens
 replacement tiller
 Extra boom, rigged
 transom rudder fittings
 Spare rigged mast
 thimbles, sleeves and wire rope – note 5
 spare rudder, complete
 spare centerboard

Regatta Preparation – What to Bring – *(continued)*

Notes:

1. ideally include several of every type of fastener used to construct and rig your boat.
2. replace sheets before they are too far gone – keep the old ones as spares
3. bring enough line to replace any one system on your boat's rigging
4. at least one of every running fitting used to rig your boat
5. include wire to replace any one system on the boat

Instead of simply grabbing a tool chest from your house, which will have some things like 7/8 inch drive socket sets and plumbing tools you will not likely need, and some very critical things you will need, prepare a sailing tool kit. Start by making a list of what tools you will need to fix anything on your boat that you can accomplish in 3 hours time. Then make a list of the hardware and supply items you will likely use. Some supplies like duct tape seem to be important every time the boat hits the water. Others, like sail repair tape are needed only infrequently.

Start with a basic list and then go to events. Every time you find yourself wanting a particular tool or supply, add this item to the list for next time. Also, if you notice that you are not using particular tools, remove them from the box. If you do not miss these items, then you really did not need them to begin with; less stuff to carry around. Eventually your additions / subtractions will become smaller and ultimately there will be not more. At this time, print the list out and laminate it inside your toolbox as a check for every time you go sailing.

Racing an Albacore is relatively inexpensive however, when we attend an event we are committing our most precious resource: our free time. Spend a little attention and money to ensure that the large expenditure towards your enjoyment is not ruined by some random failure. Keeping a few extra parts and some tools with the boat for local events and a more comprehensive selection for traveling events is like a holiday insurance policy – the cheapest one you will ever buy.

– *Barney Harris, USA 6701*



2002 Albacore Regatta Schedule

Date	Event	Club	Location	Contact	Email
May 25/26	Albacore Race Clinic Michael McNamara Guest Instructor	Toronto Community Clubs	Toronto Outer Harbor	Mary Neumann 416-968-1696	Mary_Neumann@sympatico.ca
June 1/2	Tarts and Balls	Toronto Sailing & Canoe Club	Humber Bay Toronto	Derek Griffiths 416-944-0255	voodoo@mail.interlog.com
June 2	Peterborough Examiner	Peterborough Sailing Club	Clear Lake Peterborough	Harold Briggs 705-742-2746	harold.briggs@sympatico.ca
June 15/16	RCYC Open	Royal Canadian Yacht Club	Inner Harbor Toronto	Heather Macnaughton 416-367-9898	hmacnaughton@look.ca
June 22/23	Nepean Open	Nepean Sailing Club	Lake Deschenes on the Ottawa River	Van Sheppard 613-729-8939	vsheppard@neptec.com
June 30	Centennial Regatta	Peterborough Sailing Club	Clear Lake Peterborough	Harold Briggs 705-742-2746	harold.briggs@sympatico.ca
July 6	OHCC Open	Outer Harbor Centerboard Club	On Lake Ontario Toronto	Ross King 416-422-5830	rossking@sympatico.ca
July 13	Ladies Helm Regatta*	St James Town Sailing Club	Outer Harbor Toronto	Marek Balinski 416-214-0437	marekbalinski@hotmail.com
July 20	St. James Town Open	St James Town Sailing Club	Outer Harbor Toronto	Marek Balinski 416-214-0437	marekbalinski@hotmail.com
July 27	Westwood Open	Westwood Sailing Club	Outer Harbor Toronto	Kevin Smith 416-249-3361	ksmith@aercoustics.com
August 10	Mooredale Open	Mooredale Sailing Club	Outer Harbor Toronto	Bob Logue	janbob@trigger.net
August 17	PABAR Regatta	Pointe-au-Baril Sailing Club	Shawanaga Bay off of Georgian Bay	Jeff Wilkins 416-496-1000	jeffw@webcomlink.com
August 17	New Skippers Race**	Westwood Sailing Club	Outer Harbor Toronto	Kevin Smith 416-249-3361	ksmith@aercoustics.com
August 17/18	The Don Rantz Memorial	Sail RA	Lake Deschenes on the Ottawa River	Colin Fyfe 613-723-5792	colinfyfe@sympatico.ca
August 24	Toronto Island Open	Toronto Island Sailing Club	Inner Harbour Toronto	Linda Dresser	LDresser@mtsina.on.ca
Aug 31/Sept 1	RCYC Royal Weekend Open	Royal Canadian Yacht Club	On Lake Ontario Toronto	Heather Macnaughton 416-3679898	hmacnaughton@look.ca
Aug 31/Sept 1	Kanata Open	Kanata Sailing Club	Lake Deschenes on the Ottawa River	Contact Unknown	
September 7/8	Fanfare Area 10 Championships	Nepean Sailing Club	Lake Deschenes on the Ottawa River	Van Sheppard 613-729-8939	vsheppard@neptec.com
Sept 13/14/15	Canadian Albacore Championships	Muskoka	Location to be announced	Myles Wilson 603-382-4696	mcawilson60@hotmail.com
September 21	Round the Island Race	St James Town Sailing Club	Outer Harbor Toronto	Marek Balinski 416-214-0437	marekbalinski@hotmail.com
September 28	Not the Canadians	Mooredale Sailing Club	Outer Harbor Toronto	Bob Logue	janbob@trigger.net
October 12/13/14	North American Championship		Chesapeake Bay Location TBA	Peter Duncan	sailfaster@aol.com

Last Updated on 02/21/02
To have your event Listed here, or for changes, corrections, contact Dave Smith.
Email: dave.smith@candata.com

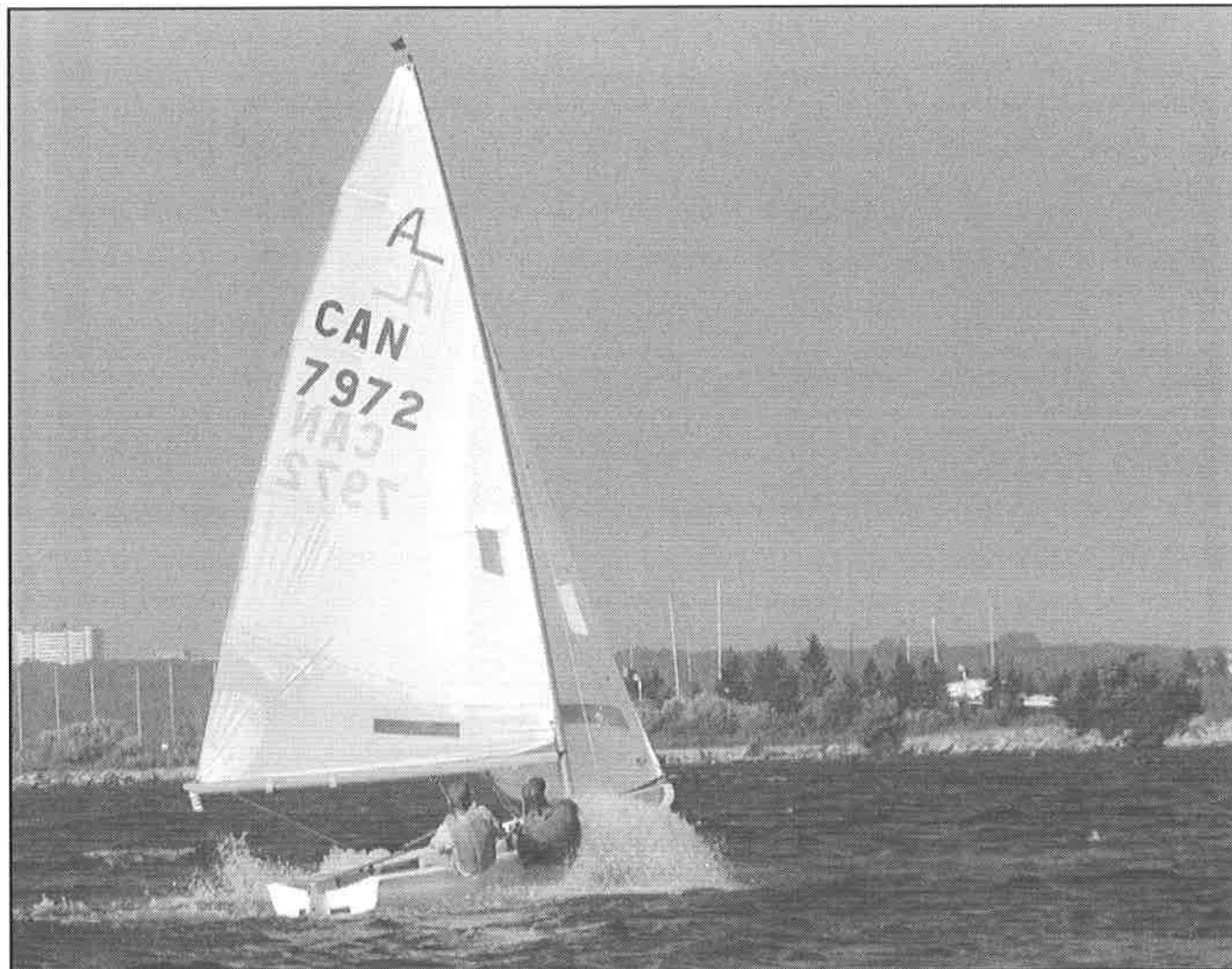
(G) + Races designated for Gooderham Series

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.

* Boats must be helmed by a female skipper.

** New Skippers: Must NOT have helmed in a Friday night race the previous year (2001).





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 Manageable 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 junior 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 throughout Canada, U.S., Great Britain, Ireland and Bermuda
- top notch competitive sailing
- junior programs in some areas



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