



# The Atlanta Boardsailing Club's Lake Wind Advisory

The  
"I'd like to Teach  
the World to Shred"  
Edition  
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Volume 9-No. 7

"News that will Change Your Life"

July 1998

## Learn to Windsurf !

by Chris Voith

I can't count the number of people who've told me they tried windsurfing and that it was "too hard". Usually they had been at a resort where the only instruction was something like "Yea, the windsurfers are over there". Hours later a boat came to pick them up.

Like many sports, a little bit of qualified instruction goes a long way in learning to sail. Whether you are teaching or learning to windsurf, here is a handy reference to some of the lingo and methods that have proven to work over the years. This is NOT a substitute for a lesson, but I hope it will be a basic introduction for someone learning or teaching a friend.

### The Board and Rig -

The pointy end of the board is called the **bow**. The other end is the **stern**. The right side as you face the bow is the **starboard** side, the left side is called the **port** side. The retractable **centerboard** pivots down into the water and helps to stabilize the board. It also helps the board sail more into the wind.

All the stuff above the board is called the **rig**. This includes the **mast** (the long pole), the **boom** (the curved thing that you put your hands on), the

**sail**, and the **mast foot** that attaches the rig to the board. The rope attached to the boom is called the **uphaul line**.

### The Wind -

Once you learn to windsurf you will find that the wind is a real pal. You will quickly learn the hourly schedule on *The Weather Channel* and come to realize that if it doesn't blow, it sucks.

A more immediate need, is to know some terms about the wind. The **windward** or **upwind** side of the board is the side the wind is coming from. The other side is the **leeward** or **downwind** side. You can gauge the wind strength by looking at the water; If it is glassy smooth, there's not enough wind for sailing. If there are whitecaps on the water, it is way too windy for beginners. Wind in the 5-10 mph range is ideal for mastering the basic skills.

### Getting Started -

Go through this sequence on dry land first. It is a lot easier there, than it will be on the water.

Stand with your feet shoulder-width apart centered on the mast foot and **on the center line of the board**. It is really important to stand **on the centerline of the board**. If you don't, things get really wacky, really fast and you'll prob-

ably fall more than you have to.

With your **feet on the centerline of the board**, hold the uphaul line near its lower end. (Keep in mind that the sail should be at a right angle to the board as you pull it up). With your head up and back and arms straight, use your legs to very slowly lift the sail the first few inches out of the water. As water drains from the sail it will become much lighter. Then, with your back still straight, simply pull the sail up by walking your hands up the uphaul line to the mast.

Grasp the mast with both hands below the boom. The sail should be clear of the water and the board at a right angle to sail. This is the **Basic Position**. It is a big deal. You will return to it often.

### Turning -

Before you go anywhere, you'll need to learn how to steer the board (and get back home). **You steer a windsurfer by tilting the sail toward the bow or stern**. If you lean the sail back (toward the stern), the board turns into the wind. If you lean it toward the bow, the board turns downwind. Practice steering both ways and returning to the basic position.

To reverse direction you need to master the 180-degree turn. This is called **tacking** the board. Here's how you do it: Lean the sail back and keep it there. As the board turns beneath you,

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Ginny Ferguson demonstrates how to get to the basic position.

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walk with very small steps around the front of the mast. Keep your feet very close to the mast (and the centerline). Your body stays in the same position, back and arms straight as you continue stepping around the mast. Turn the board until you are in the basic position on the other side. If When you fall, try to make the sail fall on the leeward side of the board. Life will be much simpler that way.

**Getting Started -**

To start sailing, first assume the basic position. Look over the bow for a point straight ahead to steer towards. Let go of the mast with your back hand and maintain your heading by leaning the sail to the bow or stern as needed. Bring the sail across the board to windward so that you are looking at your orientation point through the sail. At the same time you should step back on the board so that you front foot is just behind the mast. Place your back hand on the boom, then your front hand. This is the Starting Position.

Power the sail by pulling in with your back hand. Think of your back hand as the throttle; Pull in for more power or let out to slow down. You will also find that adjusting the power in the sail will help you balance- if you are pulled over the board to leeward, ease out with your back hand to recover.

Practice sailing out and returning to your starting point. If you need to stop quickly to avoid a collision, simply drop the sail in the water.

**Safety -**

Windsurfing is an



exhilarating sport and it is easy to get caught up in the enthusiasm of more advanced sailors on windy days. Know your limitations and don't be shy to ask the advice of more experienced sailors if you have doubts. Learn the technique for self rescue. In the case of an equipment failure or an untenable atmospheric surprise, the universal gesture for distress on the water is waving one or both hands overhead. In case of a breakdown



*The universal distress signal.*

or weather problem, remember, **always stay with your board** and in cold weather, always stay **on** your board not in the water (even if the water feels warmer). Your body's heat loss in the water is much greater.

The use of life jackets for windsurfers is optional in Georgia (they can actually be a danger to a windsurfer in some situations). But **if you are not a strong swimmer you should always wear a life jacket while windsurfing.**

**Rules of the Road -**

Commercial vessels have the right of way over all boats. Manually powered boats (rowboats, canoes, etc) have the right of way over all other boats. Sailboats (and boards)

Boats (& boards) under sail have some special rules that govern them. A sailboat on a port tack (wind coming from her port side) must stay clear of one on a starboard tack. A sailboat to

windward must stay clear of one to leeward. And a boat overtaking other should stay clear of that boat.

Of course the overriding (albeit unofficial) rule of all boats is the "Tonnage Rule". (Get out of the way of a bigger

boat). This especially applies to sailboards. Never assume the other guy sees you, knows the rules of the road or cares about them.

**What's Next? -**

Once you master these basics of windsurfing you may start on what, for most of us, is the most enjoyable part of windsurfing. Every session for a long time, will mark a big leap on the learning curve. Whether it's learning to sail in more wind (& going faster!) jumping, jibing, waterstarting or mastering some other new skill, every time out on the water will be another milestone. Many people continue with

a few lessons at a school where equipment is provided. Some people know right away they want to own a board and continue sailing with friends to hone their skills.

Whitecap Windsurfing near Augusta teaches lots of students. Call Renee or Patrick at Jenkins at 706-868-7792 or whitecap@mindspring.com. In Atlanta Brian Waco is a certified instructor and gives individual lessons. Reach him at 770-420-8806. Chris Pyron also teaches in the Atlanta area, call him at 404-378-9465.

Have fun! See you on the water!

# Buying Your First Board

by Chris Voith & Gregg Cattanach

The most important consideration in buying a first board is to get one that is big enough. It is easy to be seduced by the magazines and sales brochures into thinking that smaller boards are faster and more fun. For beginning and intermediate sailors this is emphatically not the case. In light to medium winds (up to 15mph) a long, high volume board will always be faster and much more fun.

**Shortboards** include wave, slalom and so called 'convertible' boards. They are used by advanced and expert sailors in high wind conditions. Shortboards are 10 feet or shorter in length and 150 liters or less in volume. A shortboard would be a poor choice for a first board.

Boards in the 10-11 foot range are

called transitional boards or funboards. Their ads promise these boards do everything a short board or a longboard does... "the best of both worlds". In fact they really don't do either very well. They're too big in high winds, perform poorly in light winds and really aren't good for learning on.

Beginner boards are about 12 feet long and 220 liters or larger. They are stable, easy to sail, generally very durable but pretty heavy—around 40 lbs. The O'Brien *Sensation*, Bic *Melody*, the Mistral *Competition* and *Superlight*, and the HiFly *Widestyle* are examples of beginner boards. These make an excellent first board. Many people find that as their skills advance they want a better performing board.

Raceboards are generally the same size as beginner boards, so they are also easy to learn on. In addition they have sophisticated shapes, high quality fittings (large centerboard, sliding mast-

track, footstraps, fiberglass fin) and light, rigid construction. With their movable-on-the-fly mast track and retractable centerboard, you can also use a raceboard to master the techniques needed to sail shortboards. These are the fastest boards available in winds up to 20 mph. If you are enthusiastic about the sport and think you will enjoy better performance, you will never regret investing in a high quality raceboard. Mistral has dominated this market for some years. Their raceboards include the *Equipe*, *Equipe II*, *Superlight II* and the *IMCO* (the Olympic Class board). The Fanatic *UltraCat*,



The O'Brien *Sensation* is durable and easy to learn on.

*MegaCat*, and the F2 *Lightning* are also high quality raceboards.

Selecting your first sail is relatively simple. For lightweights or people with a little less strength, your first sail should be around 5.5 square meters. For everyone else a 6.5 square meter sail is the right choice. Later you will probably want a larger or smaller sail for different wind conditions.

**Camber-induced** sails are a little tricky to rig and don't give as good a feel for the wind as a semi-soft or "RAF" (with battens) design.

Particularly for beginner boards, used equipment is a very good value. You can usually find a "complete" (including a rig) beginner board in reasonable condition for about \$200-300, and you can probably sell the same gear in a year or so, for just a little less.

"Semi-complete" means the hull, centerboard, skeg and footstraps but no rig. Raceboards are usually sold semi-complete on the used market.

No matter what the price, you should probably avoid older or oddball board designs since parts will usually be a nightmare to find.

For new and used equipment, *Windsense* is the local shop and represents the major brands. Call Tim Carter at 770-889-3410. Tim loves the challenge of finding small parts for old boards.



The Mistral *IMCO* is a Raceboard.



# The Atlanta Boardsailing Club

## Passport to Windsurfing Friendship and Fun

The Atlanta Boardsailing Club invites you to join us in getting the most out of windsurfing in the Southeast. We are over 130 members from Atlanta and the Southeast who enjoy the company and companionship of each other as we sail, learn, race and travel together.

### Who We Are:

We are kids to retirees, beginners to expert racers and high wind fanatics. Even if you've never windsurfed before, we welcome you. Our most experienced sailors also get the greatest joy in teaching and helping beginners.

The club was established in 1978 and is one of the oldest in the country. We are a member of **US Windsurfing**, our sport's national organization.

### What We Do:

We have **monthly meetings** for friendship, club business, and the occasional video or slide show. We also have cookouts and a year end holiday party.

A **monthly newsletter** that keeps you up to date on club and regional events plus shows the lighter side of our sport.

We host two major **regattas** (races) each year, spring and fall. We are proud to announce that our fall regatta also includes the Senior Nationals for windsurfers. We also have several "fun" races each year, including the January Iceberg Regatta. Races are open to windsurfers of all abilities from beginner to potential Olympian. We have novice clinics for those not familiar with racing. Racing is one of the quickest ways of learning new skills and making friends.

We host two **charity events** a year where we combine windsurfing with our involvement with our community. Last year, we held a long distance sail for Parent-to-Parent and a Speedcheck/

Lotto Race for the Initiative for Affordable Housing, DeKalb, Inc.

We hold a **Learn to Windsurf Clinic** every summer. We also hold occasional seminars for club members who are interested in learning skills for higher wind conditions. And, of course, the most valuable resource are the more experienced sailors who are happy to answer any question.

We act as a local **advocate for windsurfing** to ensure appropriate water safety laws and water access. In the recent past, the club has successfully worked to eliminate the mandatory PFD law in Georgia and gain access to Lake Lanier during temporary park closings.

The club hosts a **trips** to Cape Hatteras and other windsurfing destinations.

### Why Should You Join? Because:

Windsurfing really is a communal sport. Sharing it with friends makes it more enjoyable. Join today and discover a world of friendship and fun

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## Welcome to the Atlanta Boardsailing Club

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

e-mail address \_\_\_\_\_ Phone \_\_\_\_\_

**Individual Membership..... \$20.00/ 38.00 (1 yr/ 2yr.)**

**Family Membership .....\$30.00/ 57.00**

**Junior (Under 17) Membership.... \$15.00/ 28.50**

**Total enclosed \$ \_\_\_\_\_**

While your checkbook is open, consider joining **US Windsurfing**, windsurfing's national advocacy group and enjoy group benefits including travel discounts, insurance eligibility, a newsletter and more. As an ABC member you can join for only \$30). Send your name, address, phone, email to: US Windsurfing, PO Box 978, Hood River, OR 97031

*Being fully knowledgeable of the risks of boardsailing as a sport, I agree voluntarily to assume all risks of participation in the Atlanta Boardsailing Club's activities and hold harmless those sponsoring or aiding in any events from any liability of any nature whatsoever for accident or injury to myself or my property. I agree to be bound by all rules that govern events and general boating safety. I certify that I can swim.*

Signature (or Parent/Guardian) \_\_\_\_\_

I am/ We are interested in:

- Shortboard Sailing
- Course Racing
- Freestyle
- Sailing Clinics and Demos
- Trips to other Areas
- Parties, Cookouts, etc.
- Helping with Club Functions
- Writing articles for the News letter
- Other \_\_\_\_\_

Do you have access to a windsurfer (sailboard)?

Yes  No

What Kind? \_\_\_\_\_

Please complete this form and return with check or money order payable to:

**Atlanta Boardsailing Club**  
**P.O. Box 28376**  
**Atlanta, GA 30358**

Have a question? Call 404-237-1431 or <http://www.commandcorp.com/atlanta.windsurf/>

# For Sail

## 201- Boards & Rigs

**Explosion XR** (original shape- easy to sail, light and fast) **Neil Pryde 5.8m** Race sail NP 2 pc. carbon mast, Chinook Boom all for \$600 Call Ole Tanderup at 770-427-6199 or email kstoc@aol.com

**North "97 IQ 6.5** Race Sail. \$325 OBO. Quality affordable litewind rig: Hot Race 8.3, Featherlite Dynafiber 500cm mast and fiberspar boom \$525 for all 3. World Sail 6.8 with 4.5 lb Fiberspar mast \$225. Protech 9'5" 120 liter slalom board \$150 Call Chris Pyron 404-784-0287

**Mistral Ecstasy** 8'4" great shape \$300w/fin/sraps. **Hyper Tech** 8'8" new deck super fast \$300/fin/straps. 4.4 Gaastra Speed Slalom single removable cam \$50 obo **NP V8 97** 6.5 \$325 Call Mark Woodman 770-338-1903

**Fiberspar** Carbon Booms 180-226 cm & 210-256 cm @\$150, Gaastra '95 MC2X 5.7 \$200. Call Robert Blazer 404-321-5365

**IMCO hull** only for sale \$450 OBO. With complete rig for beginner \$675. Contact Randy Falkenberg at 770-379-0505

FOR SALE: Trailer - 10' enclosed / racks for 3 boards / 5 sails / booms, masts, etc. - \$600. Angulo slalom board. 8'-10" / ~90L / True Ames fin (Tuttle box) / Straps Plus Neil Pryde 5.2 Race sail (VGC) - faster than whatever you're riding now! / \$100 for the board / \$250 for the package. Mistral Electron (88L) w/ straps & fin - \$275. Tim Carter / 770-889-4203.

1996 **F2 AXXIS 258** with new fin. Very fast board for the 4.0 to 5.5 days \$700. 1992 **Bic Rap** 266cm, 90L Very good condition, \$260. 1995 4.5 Hot AWOL (one cam) Used 4 times, \$180. Call Mark Skupien 770-935-5265 **Sail:** Sailworks Syncro Pro, 6.9.7 battens/6 cams. Cost close to \$700 new (96 or 95 model, I think); used less than 10 times and EC fast, stable, etc.---will trade even for a sail of similar size and quality but

with fewer cams and more ease in rigging or sell for \$399 obo. **Board:** Old Hi-Fly polypropylene 500 CS excellent beginner board, 200 liters-plus; with mast and rig \$199 Call Mark Smith 706-663-2335

'98 **Hot Mach 1.1** 8.9 @ Call for px, 95-97 Sailworks 6.9, 5.3 @\$300 'Latest **Island Comp Lightwind** C-S Race. 14lb. 5-25 mph wind range. \$1450 w/ fin, straps, pads, **Island Comp 8'8" Slalom 10lbs** chop-hoppable, planes early. fin/straps/bag \$1450 Call John Danovic 770-775-2170

Sails: North '97 IQ Race 6.2 \$275, Neil Pryde '96 MPR Slalom 5.7 \$225, Hood

**River '94 Race 7.0 \$150, World '96 Slalom 6.2 \$175, UP '93 Slalom 5.5 \$100. Call William Fragakis 404-237-1431**

Yakima gutter-mount rack \$75. 480-30 (MCS) 2 piece **Carbon Mast** - \$100 will throw in well-used 94 Aerotech 7.5 IYRU sail. **91 Bic Astro Rock** (120 liter short board) - \$200 Call Gene Mathis 770 739-4511

**93 Sailworks Race: 8.0** \$250 Call G.T. Brown 770-432-8553

**97 Peter Thommen F2 295**, 134 ltrs. complete with bag and Northshore fin. Mint condition (basically new) \$900.

**Chinook Wave** booms \$50. '95 **Neil Pryde Combat Wave** 4.0 and 4.5, a little hazing but in G.C. \$125 each or \$200 for both. '96 **NP Wave NR 5.6** \$150. Call Garrison Smith 404-256-1079

Alpha 215RS board (good condition)-11'9", 2 masts, 2 booms, Great beginner's board; will throw in 6m Hi-Fly sail; all for \$375.00; new foot straps for \$60.00. Contact Peter Schmidt at 678-947-4505

1995 **Mistral Energizer** CHS (110 liters, 278 cm, 17 lbs.) with 2 fins, excellent condition, \$325; 1995

**Mistral Electron** CGI (later called Screamer 263, 263 cm, 87 liters, 17 lbs.) with fin, excellent condition, \$350; both boards for \$600. contact Andy Keeler, akeeler@agecon.uga.edu, 706-613-1758

**96 Pro-Tech Light-Wind** wave 8'8, 90L (with padded bag and excellent fin) \$550. **97 F2 Xantos 285** with fin \$750. Call Chris Campbell (706) 729-9756

**96 Explosion II XR** \$625 (sailed once). Call David Wade 770-978-7660.

**Boards:** Protech slalom (130 l, 9-4) \$175, 1996 Mistral Energizer (110 l, 9-2) EC \$350, Protech (95 l, 9-0) \$50, 1996 Fanatic Ultra Shark (125 l, 9-6) \$275, 1991 Fanatic Ultra Cat \$350, Mistral Superlight \$200 **Sails:** 1995 Hot AWOL (1 cam) 4.0 (used only once), \$185, 5.0 \$150, 1995 NP Race 6.0 (5 cam) \$200, 1993 NP Raceboard &.5 \$185 **Booms:** Dakine 4'6"-5'6" \$50, Fiberspar 6'6"-8" \$125, F'spar 5'6"-7' \$125, W'surf HA 5'6"-6'6", \$40 **Masts:** F'spar WC 480/30 \$150, WC 460/25 \$150, Racespeed 440/23 \$150, North epoxy 453 \$25, Tyroplast 13'6" \$25, Ampro glass 15'7" \$25 Contact Eddie Brodeur 770-928-9872

**Beginner Board: O'Brien Sensation with 5.5 rig. \$200. Call Linda Maynard 404-373-8767**

1997 **Mistral Equipe II**, all white carbon sandwich 28 lbs. New '98 daggerboard and fin. VGC with customizing by Dave Stanger: nonskid, nostick gasket and additional footstrap inserts. \$1100. Call Mike Adair 407-543-5616, leave message.

## 208- Accessories

Old sailboat **trailer**, great base for windsufing trailer. Only \$50.00. Call Alex Navarrete (770) 455 6815

**Thule** #300 Gutter mount feet and one set of Thule sailboard mounts. @\$25.00 or \$40 for both. Call Josh Hope 770-531-1056

## 311- Local Shops

### WINDSENSE SPECIALS:

Mistral **Windgliders** - \$375. Adjustable harness lines - \$26. Epic padded board bag (275CM) - \$75. Oke Gorge (8-8.5 M / 11-12M / 4-5W) - \$35. **Chinook** 1-1/8" slalom boom (5'-7') - \$140. **Carbon Mast** - Fiberspar R3000 / 430/25/21 - \$185. Mistral **Explosion** 288 (demo) - \$850. 770-888-1584.

### Whitecap Windsurfing:

**North University of Speed** t-shirts \$10 sweatshirts \$20

**Hawaiian Pro Line** snap lock boom sale: 5'4" -7'4" \$129; 6'-8' \$139.

**North Ergo** race seat harness closeout s and m @\$49

Renee Jenkins 706-868-7792 whitecap@mindspring.com

Windstar (Authorized Dealer for F2 and other major brands)

1998 F2 Demos w/ full warranty 264 Wave: 96 liters, super bump and jump board. \$950

282 Ride: 115 liters. \$950 Call Garrison Smith at 404-256-0803 or (h) 404-256-1079

## 411- Found

**Watch** at Spring Regatta. Call Chris Voith at 404-255-6469

**Harness** at Van Pugh Call Gene Mathis 770-739-4511

## 605- Employment

Atlanta-based windsurfing club seeks outgoing people-person to head phone tree. Minimal time commitment. Great benefits. Call 404-237-1431 Equal Opp. Club

## 911- Editor's Note

**Ads must be renewed every three months.** Please let me know when you buy/sell something. We want to keep these as fresh as possible.

Ads free to ABC members, found items and beginner boards under \$500 complete.

## Membership Roll

**Welcome** to our newest member:

**Pete Schmidt, Gainesville, GA**

**Join Us!** Membership is still only \$20/yr. for individuals and \$30/yr for families. Join for **2 years** and get a 10% discount on the second year (\$38 and \$57 total). Mail a check to ABC, PO Box 28376, Atlanta, GA 30358. Please include name, address, phone no., and an email address (if you have one).

**Thanks for Renewing!** Remembering those who remembered to renew...

**Debbie O'Donnell, Kennesaw, GA**  
**Josh Hope, Flowery Branch, GA**  
**Ted Overton, Annapolis, MD**  
**Phil Davis, Sharpsburg, GA**  
**Tim Cook, Gainesville, GA**

## July Meeting

This month's "meeting" will be Tuesday, July 14th at 7:30 pm. at the volleyball courts on Virginia Ave. in midtown. As always, friends, guests, kids and total strangers are welcome.

**Attention Current Members:** A lot of memberships expire soon or have already expired. Don't let the dog days of summer cause you to miss any fun.

Look at your **address label** for your membership expiration date!

## The Atlanta Boardsailing Club

Board of Directors:

Learn to Sail Chairs: Ed Marks, Brian Lojko  
Charity Event (Spring): Eddie Brodeur, Phil Duvic, Greg and Kelli Baxendale  
Charity Event (Fall): G.T. Brown  
Racing Chair (Spring): Chris Voith  
Racing Chair (Fall): Scott Spreen and Chris Voith

Secretary/Treas.: Gene Mathis  
Membership Chair: Lisa Kloepfer  
Meeting Chair: Alex Navarrete  
Video Chair: Christian Thompson  
Editor Chair : William Fragakis  
Email Listserv Chair: Josh Hope  
Webnerd: William Fragakis

**Need to reach us?** Try the new Hotline (770-908-0348), email (fragakis@mindspring.com), the Website (<http://www.command-corp.com/atlanta.windsurf/>) or snailmail (PO Box 28376, Atlanta, GA 30358)

## *The Atlanta Boardsailing Club*

**P.O. Box 28376**

**Atlanta, GA 30358**

## Upcoming Events

**July 14th: Volleyball !**

Virginia Ave V'ball courts  
contact Willam @ 404-237-1431

**July 18: Learn to Windsurf Clinic**

Sunrise Cove Day Use area  
Contact Ed Marks @ 404-266-3572

**August 8th: Learn to Windsurf**

Lake Lanier Sailing Club  
Contact Glenn Tanner 404-607-9559