

Volume 10 No. 1

# The Atlanta Boardsailing Club's Lake Wind Advisory

The  
I Can't Believe I Sailed  
When It Was 30°F  
Edition  
\*\*\*\*\*

"Stories of Windstarved Sailors Braving the Elements"

January 19999999999999999999999999999999999



**L**ook at the smile on this critter! Michael Spreen shows why the Holiday Party is so much fun. Where else could a youngster end up with the Chip-o-matic of his or her dreams?  
More photos and commentary on our Society Pages, A4-5.

## Our Next Meeting

strangers are welcome.

**The Brandy House** is located 4365 Roswell Rd. N. right across from and about 500 yds. down south on Roswell from our old location (tel: 404-252-7784). This is about 2 miles inside the Perimeter on Roswell, just past Wieuca Rd. on the left.

Next month's meeting will be on Tuesday, January 12th at 7:30 pm. As always, friends, guests, kids and total

- Inside:**
- Massive 1999 Events & Race Calendar**
- Mental Windsurfing**
- Ga. State Champs Final Tally**
- Ask Mr. Bill**
- Email Correspondence**
- Sail Test**

**Join us!** See page 8 for details.  
**Attention Current Members:** This is the time of year when a lot of memberships expire. **RENEW** and beat the warm weather rush!  
Look at your **address label** for your membership expiration date.

## More of the ABCSAT Study Guide:

27. Which of the following words do not belong with the others:
- A. Chilly
  - B. Chili
  - C. Chile
  - D. A and C
  - E. B and C

The correct answer is **C**. The Iceberg Regatta will feature both Chilly and Chili. It'll probably be cold and there should be great chili to share and compare. It will, however, not be in Lima but, instead, Flowery Branch, GA.

28. To participate in the Iceberg Regatta I must:
- A. Race
  - B. Bring Chili
  - C. Be Chilly
  - D. All of the above
  - E. None of the above

The correct answer is **E**. All you have to do is come. If you want, bring your gear. If you want, bring a sample of your favorite chili recipe. If you want, don't bring your gear and do bring a PB & J sandwich. The club will provide condiments, utensils, etc.

29. The important thing is:
- A. Be there
  - B. Have Fun
  - C. Smile
  - D. All of the above

**Continued on page 9**

Address: [www.windsurfatlanta.org](http://www.windsurfatlanta.org)

## Club Notes

Club elections were had sort of in November. Again, the presidency went unspoken for despite threats of blackmail, pleading, suggestions of voodoo magic and offers of paid trips to Maui.

Nonetheless, several key roles have been determined: Race Chair for '99: Kevin Osburn, Secretary/Treasurer: Ed Marks, Newsletter/website, William Whats-his-name, Spring Charity Event: Greg and Kelli Baxendale.

Unspoken for are: Learn to Sail Clinic and Fall Charity Event. And if you have the thirst for power, president.

The West Point Picnic was a rainy washout but interest in the warmer water down there has led to some visits by regular Atlanta crew. Mark Smith reports that Eddie Brodeur and Phil Duvic joined John Manseau and him for a frigid Jan 4 session. While it might have seemed nippy there in the upper thirties, it was balmy compared to those who dared venture out at Van Pugh when it was below freezing. Mark Woodman reports he was joined by 4 other hearty souls and enjoyed 5.3-6.0 conditions. Yes, Virginia, some of us really do sail year round.

## Georgia State Championship 1998 Final Standings

Best 3 out of 4 Scores for the Inland Windsurfing Championships (April), Reggae Regatta (June), Atlanta Fall Classic/ Senior Nationals (October), Halloween Open (December- just checking if you are paying attention)

Rank	Name	Total Points
1	Carl Arrigoni	17
2	Kevin Osburn	16
3	Dan Burch	15
4	Scott Spreen	10
5	Gregg Cattanach	9
6	Glenn Tanner	8
7	Patrick Nugent	6.5
8	Arthur Huels	6
8	David Stanger	6
8	Marlin Meitzen	6
11	Edward J. Brodeur	5
11	Dan Olivier	5
11	Robert Zuill	5
17	Phil Duvic	4
17	Chris Voith	4
23	Bwana Dave Weekes	3
23	Steven Schmidt	3
23	Roger Jackson	3
31	Bert Eskridge	2.5

31	Allastair Donaldson	2.5
31	Gareth Edwards	2.5
31	Mike Overton	2.5
39	William Fragakis	2
39	Jerry Zeman	2
39	Kirk Schneider	2
39	Ginny Ferguson	2
39	Ted Overton	2
55	Howie Lyon	1.5
55	Pat Park	1.5
66	Gene Mathis	1
66	Jamie Park	1
66	Pamela Barron	1
66	Phil Davis	1
66	Franz Halaschek	1
79	Simon Ahn	0.5
79	Richard Genet	0.5
79	Donna VanHouse	0.5

87 individual competitors in the 4 race series. Only ABC members listed after the top 10. Same number indicates a tie for that score. Scores are weighted to favor Open Class to encourage sailors to compete in the highest class suitable to their abilities (and prevent sandbagging, ie a good sailor racing sport fleet just to accumulate points).

## IT'S YOUR MONEY

by Gene Mathis, retiring ABC Bean Counter

Where'd it come from, where did it go, and what's left. Here it is:

### Atlanta Boardsailing Club Income Statement & Checking Account 1/1/98 through 12/31/98

#### INCOME:

Dues	\$1,742.00
Spring Regatta	

Income	\$2,662.00
Expenses	(\$1,523.83)
Net	\$1,138.17
Fall (Seniors) Regatta	
Income	\$4,747.00
Expenses	(\$4,298.61)
Net	\$448.39
Learn to Windsurf	\$173.19
<b>Total Income</b>	<b>\$3,501.75</b>

#### EXPENSES:

Newsletters	(\$1,468.59)
Lake Lanier SC	(\$500.00)
Holiday Party	(\$281.89)
Web page	(\$179.95)
Charity Events	(\$143.73)
Videos	(\$95.60)
PO Box	(\$58.00)
USWA - Membership	(\$50.00)
Bank Charges	(\$30.00)
Misc. - Other	(\$55.97)

**Total Expenses** (\$2,863.73)

**NET INCOME \$638.02**

#### CHECKING ACCOUNT:

Beginning Balance (1/1/98)	\$3,595.62
Net Income	\$638.02
Ending Balance 12/31/98	\$4,233.64

These figures are as of 12/31/98. The club has committed to an additional \$500 for the Lake Lanier Sailing Club and the Charity Events have about another \$100 of expenses outstanding (we raised \$760 for Parent to Parent and the National Alliance for the Mentally Ill of Georgia).

# MENTAL SKILLS for Competitive Boardsailing

## How It Can Help You

by Ng Lee Ling

Athletes are increasingly using mental skills training to help them get the best out of themselves in training and competition. Frank Dick, former coach of the Great Britain Track and Field team, once said, "It is mental power that separates the exceptional from the very good." In any competition, if all things are equal, the winner will often be the one with the mental edge.

Whether you are a beginner or an aspiring Olympic sailor, you can tap on the power of your mind to improve your skills and performance- whether to take home a trophy or just nail that elusive jibe.

A lot sailors I've spoken to, do not know how mental skills training can help them to achieve excellence. Mental training has also been neglected by others who do not believe in it. I have been a competitive board sailor for 4 years. During these 4 years, I have strived hard to achieve excellence in my sport, training hard physically and learning all I could about proper sailing skills and techniques. As I improved, I realized how importantly mental skills training has helped me to give consistent, good performances.

Mental training involves a number of steps which include:

**Ideal Performance State:** Research has shown that the mind and body states of athletes before and during competition affect the quality of their performance. Successful athletes have the ability to control their mind and body states and achieve what sport psychologists call "ideal performance state" (IPS). In IPS, everything works out just right for you. You feel good and perform up to your potential. To be in IPS, for example, you need to learn how to relax to reduce the excitement of competition, or psych yourself up when you are mentally or physically lethargic.

**Relaxation:** Before going out to the

start line for races, I regularly find myself anxious and excited. At times, I even feel nauseous from anxiety. To help myself attain the IPS and to relax, I take long, slow, deep breaths and center my attention on this breathing process. At the same time, I consciously let loose and feel the relaxation in all parts of my muscles, loosening them up one by one. This relaxation and centering technique is very useful to reduce the excitement of competition

In a recent local event known as the Quiksilver Challenge '98, I experienced a very bad muscle ache in my major muscle groups just after the first day of racing. Knowing that I needed to rest, relax and recuperate so I could give my best in the following day's races, I made use of these breathing exercises before I went to sleep. At the same time, I also imagined the pain flowing away like a liquid from my muscles out of my body. Surprisingly, my aches were almost gone the next day. And I did well in all my races as I could exert my muscles to the maximum.

**Imagery (visualisation):** I frequently use imagery to improve my board sailing techniques. **I often see myself performing tacks, gybes and mark roundings perfectly in my mind's eyes before, during and after practices, or even during times when I am not able to get onto the water.** This can be done any time and the best thing is that the mind cannot differentiate what is real and unreal. So that means you can practice your carve gybes and duck gybes in 20 knots wind on the bus!

During the 19th South East Asian Games in Jakarta, Indonesia last year, I suffered a very bad back injury just 5 days prior to the competition. For the next 3 days, I was not able to get out on the water to train. Knowing that I would

lose out if I did not do any form of training, I used mental imagery skills taught in the CD entitled "In The Zone" produced by Singapore Sports Council's sport psychologist, Mr Edgar Tham, and practiced my skills in my mind. When I recovered enough to get onto the water, my Australian coach, Nick Sturges, was surprised that I had not lost any form. This was simply because I had been sailing and competing with my team members in my mind while I was recuperating in my hotel bed.

In board sailing competitions, getting a good start is crucial to winning. You always want to be the first few to get out off the line, and into clear wind. However getting good starts can often be difficult and confusing as there are too many variables at play. To help me achieve confidence in my starts, I often use imagery to help me get into a routine for my starts, ie. checking the favoured end, taking transits and then protecting my position on the start line. Using imagery to deal with situations that could go wrong has also helped me to handle distractions. For example, I might imagine another sailor falling in front of me at the start line. I then imagine myself applying "reverse gear" by

**...you can practice your carve gybes and duck gybes in 20 knots wind on the bus!**

sailing backwards to get away from the sailor. So when this actually happens during a start, I know I will be able to handle the situation well.

**Self-talk:** Learning to talk to myself positively during races using cue words and mood words have also helped me to focus my attention and keep my thoughts clear and controlled. "Relax,"

Continued on page 4

# Holiday Party '98



*Left: Cheryl Zeman examines her hi tech G-10 fin (complete with DRAM). Top: Simon Fragakis holds up his prize which to this day goes to school with him daily in his backpackl; Chris Voith, Lindy Carter and Mariah Burch look on.*



*Top: Toni Dey describes how nice it is that Fred travels so much for Mistral. Jackie Greaner and Ed Marks listen while visions of their upcoming trip to Margarita dance in their head. Upper right: Jackie with Lindy Carter put aside their blood feud and smile for the camera. Not really- they shared a house last summer in Hatteras and are telling "How Big the Outer Bank Mosquitoes Are" stories. Right: Greg Cattanach spills the beans about the bearded guy in a red suit to Christopher Voith. Austin Burch stares in disbelief*





*Thanks to all who came and to Chris Voith for arranging the use of the Pentagon Club and Ed Marks who took a lot of these pics, got them developed and went shopping with a sugar-crazed maniac and his 2 yr. old daughter.*

*Top: Glenn Tanner tearfully recounts how the gift of useless vintage stuff reminds him of the O'Henry story "Gift of the Magi". Jerry Zeman (r) and Greg and Paula Cattanach (l) look on wistfully remembering their own childhood White Elephant Gifts. Right: Cheryl when she first opened her gift which was her second. Her heart had been set on the model rocket now in the sweaty palms of Drew Wade (r). The rocket brought out all the closet rocketeers in the club- there are quite a few of us who've sent one of those up.*



## A Big Thanks...

Several officers retired at the end of the year and the club owes both great debts of gratitude.

Chris Voith was the Racing Chair (with major help from Scott Spreen in the fall) for this past year and did a typically excellent job. Chris began the year by making sure we had a good background for the *Atlanta Journal/Constitution* article by arranging the use of the LLSC for our Iceberg last winter. He then followed it up with a nice Inland Championships and finished off with his masterpiece: the Fall Classic/ Senior Nationals. Chris began working on the fall race even in early summer, making sure it was advertised nationally and secured a great supporting lineup including clinics with Kent Marinkovic (former National Team member) and

Tinho Dornellas (nationally acclaimed instructor). Imagine a 2 plus day clinic where they feed you, give you a T-shirt and door prizes. If Chris kept that up, he'd put the touring "clinic" programs out of business. (Hey, I told y'all to come, didn't I?). Finally, Chris was the lead ambassador to the LLSC, and because of his hard work, the ABC continues to be a welcome guest there.

Gene Mathis did that invisible job-Treasurer. Hey Gene, I can't remember the last time you kept the minutes, though. It's okay by me because Gene kept the club's books straight and made sure the newsletter editor could cover his Visa bill for the postage and printing each month. If you don't think that's a big deal, go down to Kinko's and ask for 1500 copies of something, pick up a couple rolls of stamps from the PO and put that on YOUR plastic. Quicker than

you can say Chapter 13, Gene was there with a check. He also was the club's conscience on spending its hard-earned funds. If Congress was as frugal as Gene, we'd get rebates from the IRS every year instead of tax bills.

Ed Marks put on a great Learn to Windsurf clinic but he's succeeding Gene as Treasurer, so I'll write his obit in the future. Likewise with Greg Baxendale.

G.T. (I know what G.T. stands for now. Send me \$20 in a SASE and I'll tell.) Brown took the Fall Charity Event to heart. Like all of our events, this one was for a cause near and dear to club members. Thanks, G.T. for letting us give something back.

And to the rest of you who pitched in a little or a lot. Thanks. Every little bit counts a lot.

"rail hard," "sheet in," "focus," "ride the waves" and "push" are just some of the words I commonly use in races. For example, when I am sailing upwind, I will keep telling myself to "rail hard" when I start to lose focus as someone tries to overtake me. Or when I am exhausted while pumping hard on the downwind leg and I think I am going to give up, I will start saying to myself "ride the waves" and "push." These cue and mood words have helped me to keep my focus **on the process instead of the end result**. They have also helped me to keep my cool, especially when my opponents are hot on my heels.

**Routine:** By developing a routine you can focus your attention and maintain your IPS. It is basically a sequence of thoughts and actions that you go through prior to sailing. When I first get to the race site, my race routine is to watch for the wind and current strength and direction. After rigging up, I go through a fixed warm-up and stretching routine. Thereafter, I never fail to watch the racing course being laid on water as the boats go around laying the buoys. At the same time, **I start planning my tactics and strategies for winning the coming race in my mind before I actually sail it.**

I understand the challenges that beginners face when they first take up competitive boardsailing. Windsurfing is a multi-skilled sport. The sailing techniques to be used under different wind, water and wave conditions are difficult and varied; and take time to refine. But it has been mental skills training that has allowed me to learn the necessary technical and tactical skills to perform to potential in the minimum time.

Mental skills should be developed in tandem with the physical, technical and tactical skills of the sport. Therefore, try out the mental skills during training practices and not just during competitions as it requires time for them to work and become automatic. I hope my personal account of what works for me mentally in my sport will also help you.



# Ask Mr. Bill

by **Bill Hansen, Sail Design/R&D**  
**Windwing Sails.**  
[www.windwing.com](http://www.windwing.com)

*No, the Lake Wind Advisory doesn't have one of windsurfing's best known and innovative sailmakers on its editorial board. There isn't enough money left in the budget, after what they pay me (HA!). But we can pretend, can't we? With Bill's kind permission, we've assembled a few of his posts on the Usenet group rec.windsurfing.*

C. B. writes:

I'm a fairly heavy windsurfer, 220-230 lbs, and I have some trouble getting powered up. I really don't understand sail dynamics but would like to understand what I should look for in a sail for low end punch.

Mr. Bill responds:

Two things, Chris:

1) Size - bigger is better. At your weight, think a square meter bigger than what the average guy is on.

2) Draft (shape) - more is better. Here's how to set it:

- With your sail rigged and laying on the ground, have one sailor hold the mast base down while another flexes the mast tip downward until the sail assumes a 'loaded' shape.

- Lay a straight edge across the sail from the mast to the clew next to the boom.

- Measure the 'chord' length from the front of the mast to the back of the sail at the straight edge.

- Measure the 'depth' of the sail from the straight edge to the sail membrane at the deepest point.

- Adjust the outhaul until the depth is about 12%. On some sails, this may result in 'negative' outhaul when the forces of sailing are NOT present (boom length is actually shorter than the sail). An 8%

draft is better upwind, 15% is better downwind. 10-12% works well for all-around use.

You may also prefer a stiffer mast than sailors weighing less than 170lbs (some sailmakers list a range of mast stiffnesses according to weight.) Also, many sailors tend to run their sails too flat. Old salt's proverb, "If in doubt, let it out."

R.Falkenberg writes:

**Also, many sailors tend to run their sails too flat. Old salt's proverb, "If in doubt, let it out."**

How about a smaller sailor (150 lb pre-holiday gluttony), how would your advice differ?

Mr. Bill responds:

Randy, the opposite: smaller, flatter sail on a softer mast...

Smaller sailors also need better range as they are more easily overpowered. Extra downhaul will help enhance twist and range. Also, most wave sails and many popular production sails (even some expensive ones) have fairly soft battens which severely limit the range. Lighter sailors can also add stiffer battens above the boom to stabilize the shape.

Anonymous writes:

If I can plane with my setup on a 6.5 at 13 knots or my planing threshold is 13 knots, and the wind drops to 10 knots, how big a sail will it take to get me planing on the same setup? How much do you think a 7.5 or 8.0 would lower the planing threshold?

Mr. Bill responds:

The key word here is 'if' as some as-

sumptions have to be made....

Assuming the original postulation of planing with a 6.5 in 13kts, following is wind/sail chart for two boards. One which planes at 10kt boardspeed (A) and another which planes at 5kt boardspeed (B).

Wind	Sail(A)	Sail(B)
13	6.5	6.5
12	7.4	7.5
11	8.4	8.9
10	9.8	10.5
9	11.4	12.7

Food for thought: Does a board with a longer waterline and higher initial planing speed need a smaller sail due to the benefits of apparent wind (*the combination of real wind and the wind generated by the board's speed*) and the velocity squared rule (*the force of wind is proportional to the square of the velocity, ie when the wind doubles, it's force increases 4(2<sup>2</sup>) times*)?

(Ed. Note: Most conventional shortboards fall into the A category; they plane at around 10 knots or so. Please note the big assumption that this individual's planing threshold for a 6.5 is 13 kts (15 mph) windspeed. Your mileage may vary.

Our thanks to Bill. For more fun reading, try [www.windwing.com](http://www.windwing.com). It has great rigging tips as well as details about Windwing sails.

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### **For Sail Continued from page 11**

board. \$950. 282 Ride, 115 ltrs. \$950 97 NP VX2 6.3 \$250. NP Oasis XL men's wetsuit virtually new \$150. 2 womens L shortie wetsuits O'neill \$30, Bare \$50  
Call Garrison Smith @ 404-256-0803 or (h) 404-256-1079

### **911- Editor's Note**

**Ads must be renewed every three months.**  
Please let me know when you buy/sell something.

## *Club & Regional Dates*

### **January 12. ABC Monthly Meeting**

### **January 16. ABC Iceberg Regatta/ Chili Cookoff. ABC/Lake Lanier Sailing Club (LLSC). Jan 17 is makeup date. Chris Voith 404-250-0287**

Feb 26-28, 1999. Mistral North American Masters/Seniors Windsurfing Championship, Patrick Air Force Base (near Cocoa Beach, FL) Open to all sailors 35 and up. Contact: Dick Tillman, Tel 407-773-4711

March 5-6. Calema Midwinters and Windsurfing Festival. 1-800-4CALEMA

### **March 13/14. ABC Long Distance Charity Sail. TBA**

March 20th Wind Ceremony Shell Point, FL (Gulfside near Tallahassee)

### **April 17-18 Inland Windsurfing Championships ABC/LLSC Georgia State Championship Series Race #1**

April 17-18 WET (Norfolk, VA) Spring Regatta, Hampton Virginia, Dave Kashy [(757)877-1978]/(kashy@cebaf.gov, kashyr@juno.com), [www.windvisions.com/wet.html](http://www.windvisions.com/wet.html)

April 24-25 Steven C. Smith Regatta, Shell Point

April 24 TBC Spring Race Ebenezer Pt. Jordan Lake Raleigh NC

Mark Kernodle [(919) 933-6549]/(markwk@sas.com)

May 13-16 Black Dog Windsurfing Pro-Am, Cape Cod, MA lefevre@ultranet.com

May 22/23 WD-40 Downwind Classic, Cape Cod, MA lefevre@ultranet.com

May 27-31 US Open Windsurfing Regatta Corpus Christi TX contact USWindsurfing USWA@aol.com

June 05-06 Lakes Bay NJ Windfest (Novice/Open/Pro) Jim Karabasz Extreme Windsurfing [(609) 641-4445], (karabaszjp@aol.com)

### **June 26-27 Reggae Regatta LLSC Ga Champ #2**

June 11 or 18th Rum & Rootbeer Regatta, Shell Point

June 26-27. Junior Olympic Sailing Festival. Cocoa Beach, Fl. 1-800-4CALEMA

July 19-21 US Windsurfing National Championships, San Francisco CA

Aug 14/15 Marthas Vineyard Crossing, Cape Cod, MA lefevre@ultranet.com

Sep 18/19 Marthas Vineyard Challenge, Cape Cod, MA lefevre@ultranet.com

Sep 25-26 Southern MD.W.A. IV Sat. and Sun (MAS) (4th annual Navy Invitational Regatta) (MAS), Naval Recreation Center, Solomon's Isl. MD, Alan Bernau, [800-281-4151, 410-535-6060], (abus111@crosslink.net)

### **Oct TBA ABC Hatteras Week**

October 9-10 Endless Summer Regatta, Shell Point

Oct 11-16 Hatteras Island Windsurfing Championships, Waves, NC, Barton Decker, Hatteras Island Sail shop (Course/Waves/Freestyle/Long Distance/Vintage)

October 14-24 1999 Olympic Trials. Patrick AFB. Cocoa Beach, Fl. Laura Chambers. 407-783-4964

### **October 16-17 Seniors/ 21st Annual Fall Classic ABC/LLSC Ga Champ #3**

### **October 30-31 Halloween Open LLSC Ga Champ #4**

31 Oct TBC Jordan Lake Double Cross, Ebenezer Pt (long distance) Mark Kernodle [(919) 933-6549]/(markwk@sas.com)

### **Nov 13/14 ABC Fall Charity Event**

Nov 13-14 WET Hampton Roads Sailboard Classic, Hampton Virginia, Dave Kashy [(757)877-1978]/(kashy@cebaf.gov, kashyr@juno.com), [www.windvisions.com/wet.html](http://www.windvisions.com/wet.html)

### **Dec TBA ABC Holiday Party**

## Membership Roll

**Welcome** to our newest members:

Pete Lambert, Danielsville, GA  
Don Goodroe, Atlanta, 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). Application/ Renewal Form below.

**Expired?** Check the address label. Don't miss the fun.

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

Mike & Ann Adair, Merritt Island, FL

We have **100** individual and family memberships. We also send our newsletter out to **14 other clubs and schools.**

## The Atlanta Boardsailing Club

Board of Directors:  
Learn to Sail Chairs: Open  
Charity Event (Spring): Greg and Kelli Baxendale  
Charity Event (Fall): Open  
Racing Chair: Kevin Osburn  
Secretary/Treas.: Ed Marks  
Meeting Chair: Alex Navarrete  
Video Chair: Christian Thompson  
Editor Chair : William Fragakis  
Email Listserv Chair: Josh Hope

Domini principium scientiae sapientiam atque doctrinam stulti despiciunt audi fili mi disciplinam patris tui et ne dimittas legem matris tuae ut addatur gratia Settle a bet with a friend. Does anyone actually read all the newsletter? Capiti tuo et torques collo tuo fili mi si te lactaverint peccatores ne adquiescas si dixerint veni nobiscum insidiamur sanguini abs, Condamus tendiculas contra insontem frustra deglutiamus eum sicut infernus viventem et integrum quasi descendentem in.

## Buddy List

If you missed filling out a form for the Buddy List, it's available on the website via the Bulletin Board Page.

If you don't have access to the web, call Ed Marks at 404-266-3572 and he'll take down the details. Windsurfing is more fun with a friend, sign up today.

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

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## I Want to Join/ Renew!

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.. Send your name, address, phone, email to: US Windsurfing, PO Box 978, Hood River, OR 97031 along with a check for \$30.

*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 this event 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.windsurfatlanta.org>



## ABCSAT Continued from page 1

The correct answer is **D**. Come on out and enjoy the fun and laugh at the idiots on/in the water while you stand by a roaring fire tasting the best chili your buds and buddies can dish up.

30. To get to the Lake Lanier Sailing Club, you:

- A. From Atlanta: North on I-85 then I-985 to Exit #3  
Left on Spout Springs Rd, continue ~1 mile to traffic light
- B. Right on Atlanta Hwy, go 2/10 mile to
- C. First left on Spring St. to end
- D. Right on Gainesville St.,
- E. Continue across McEver Rd. on to Jim Crow Rd. (this becomes Old Federal Rd.) It's 2.3 miles from McEver Rd. to LLSC entrance on left. LLSC phone 770-967-9323.
- F. All of the Above

*The correct answer is F. Unless, you wish to tour southern Hall County at your leisure.*

31. I will miss the Iceberg Regatta/ Chili Cookoff because:

- A. I am a schmuck
- B. I want to stay home and rearrange the linen closet
- C. I want to watch the "I Love Lucy" marathon on Nickleodeon
- D. I will be waxing my jetski

This is a trick question. There is **NO** correct answer to No. 31. **Be there! Saturday, January 16 11 am at the LLSC.**

**If it is brutally cold (high below 40) or no wind, we'll try for Sunday instead.**

**For more information contact Chris Voith 404-250-0287 or [www.windsurfatlanta.org](http://www.windsurfatlanta.org)**

## Race Sail Test: North 'Truncated Head' IQ

**T**he Technical Editors here at the Lake Wind Advisory were able to get hold of prototypes of a new North Sail design through some contacts in the Gorge. This sail (pictured above right) sports the new "truncated" (squared) head that is taking the windsurfing industry by storm. If your sail ends at the mast tip, it's yesterday's news if not last week's fish - stinkola.

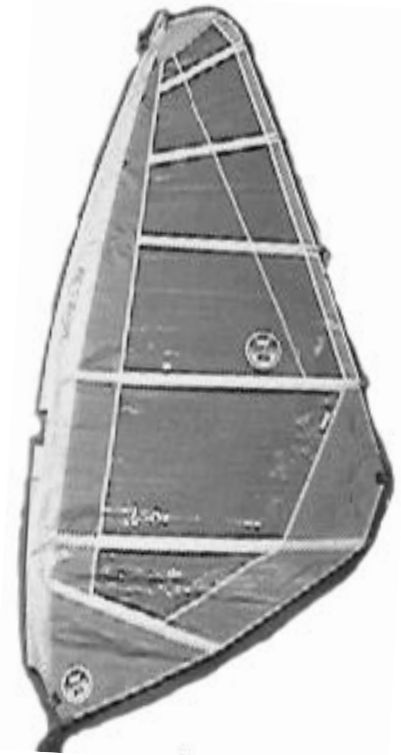
The new sail has the easily recognizable head. While we weren't able to test it head to head with other similar sails, our initial impression is that it has at least a 10% better bottom end, while having a top speed equal or greater than last year's models. It seemed to jump up on a plane in less wind than before but remained rock-solid even in overpowering gusts.

We also noted the new fanned battens that align the airflow with the battens. If you have any sail older than 2 years old, you **MUST** go out and...wait a minute... hold on.

We apologise for any confusion but we now understand that the sail pictured on the above right and which we tested is a 1991 North Prisma.. We indeed procured it in the Gorge but apparently from a second-hand consignment shop.

The 1999 North Race Sail is pictured on the lower left to clear up any confusion. Again our apologies.

*Photos courtesy of Windance and North Sails. Actually, we kinda borrowed them. We hope they don't mind too much. If they do, they can talk to our crack legal staff- who unfortunately are out of the office attending some sort of "bar disciplinary meeting", whatever that is. And no, there are no "Photoshop tricks" here. These are actual unaltered images- otherwise I would have straightened out the older North's foot*



*North Race Sail: 1991 Prisma*



*North Race Sail: 1999 IQ*

*batten and skinnied it up a bit and then, you'd NEVER be able to tell the difference. Except on the water, of course. Of course.*

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## ***From our email Files***

# **Recent (Imagined) Correspondence**

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Aug 18, 1998: Dear Newsletter Editor (NE): I would appreciate you listing the following items for sail as I have recently purchased some new equipment (a Frenetic 277 Flearide and a new 5.6 and 4.7). For Sail- '96 Blic 276 e.c. and '96 Real Pride 5.5 and 4.6 plus slightly used Ampro mast. All for \$1200 or \$700 for board and \$300 per sail.. Prices firm.

Sept 2, 1998: Dear NE: Have you sent out the newsletter out yet? I just received my Visa bill. If you haven't finished it yet, please amend my ad as follows: Prices Negotiable.

Sept 3, 1998: Dear NE: My wife just saw the Visa bill. If you haven't mailed the newsletter please change my ad so the prices read, OBO (or best offer). Thanks a lot.

Sept 27, 1998: Dear NE: Just received a catalogue in the mail and noticed that '97 closeout sails are listed cheaper than my ad. Please lower the sails by \$50. Drop price for the package by \$150. (Apparently Blic has adapted a new shape, and my board is functionally obsolete according to this month's magazine review)

Oct 8, 1998: Dear NE: Am in Hatteras and haven't gotten the new sails or board yet. Thinking about that Visa bill and the doghouse I now sleep in. Could you reduce my prices \$200 for the package? That should be "All for \$950 OBO"

Oct. 9 1998: Dear NE: Got your email about my ad. Yes, 1200 less 200 is 1000 but it didn't blow again today so

950 probably is the right number.

Oct 22, 1998: Dear NE: Cold front expected tomorrow. Should blow 15-25. I'm sure someone will want my stuff. Why don't you raise it back up in the next newsletter, say to \$1100?

Oct 23, 1998: Dear NE: Cold front a big washout. Cancel raising the price. In fact, just saw a nice mountain bike for \$500. I may be lowering the price just to blow the stuff out.

Nov 3, 1998: Dear NE: Did you print the newsletter yet? Getting major grief on the home front. Please amend the ad to read as follows: For Sail- New Frenetic 277 Flearide and '98 South 5.6 and 4.7. All for \$1300.

Nov 12, 1998: Dear NE: Still no wind. Was in Sports Authority getting sneakers and saw a nice set of starter golf clubs. Do you know any decent public courses nearby?

Nov 13, 1998: Dear NE: Have you checked the weather forecast lately? Any chance of anything? Whether Channel appears to show a front coming through next week.

Nov 14, 1998: Dear NE: Went back to Sports Authority today. Please change my ad for the next newsletter to read: Windy Season Special: For Sail- New Frenetic 277 Flearide and '98 South 5.6 and 4.7. All for \$1150 OBO. By the way, do you know how to get golf cleat marks out of a vinyl floor?

Nov 24, 1998: Dear NE: Any chance of wind this weekend? Am thinking of going to the coast. Do you prefer Pensacola or Charleston? I'm thinking of driving somewhere Sunday.

Nov 24, 1998: Dear NE: Yes, I realize it's 5+ hours to the coast. I figure if I wake up at 5 am, I can sail and make it back by midnight. Of course, I'd have to drive back in my wetsuit to make good time- but I've done it before.

Nov 27, 1998: Dear NE: Beautiful weather at the beach. 77 degrees and calm. Shot a 86, well more like a 94 but it could have been an 86 except for a couple of bad putts. Any chance of wind any time soon?

Dec 2, 1998: Dear NE: Probably won't make it to the Christmas party. By the way, could you add the following to my ad? '96 Blic 276 e.c. and '96 Real Pride 5.5 and 4.6 plus slightly used Ampro mast. All for \$600.

Dec 2, 1998: Dear NE: Yes, that was correct. In addition to the other stuff. By the way, reduce the price on the Frenetic to \$999.

Dec 6, 1998: Dear NE: Record warm spell, huh? Went mountain biking today. Great time but hot. Sorry I missed the party, was attending Atlanta Ski Club function.

Dec 11, 1998: Dear NE: Got the new *Windsufferer* magazine today in the mail. Saw the article on hot gear for '99. Frenetic discontinued the 277 Flearide and replaced it with the WideSmile 277.25. Apparently a much better board. Do you think I should lower the price on the 277? It only has a 6 inch ding along the nose that I repaired with duct tape and Bazooka Gum and spraypainted to match. Well it matches if you are blue-green colorblind. Oh, what the heck- make it \$975.

Dec 17, 1998: Dear NE: Great NW session today at Van Pugh. Saw a lot of the buds and budettes. Powered up 5.5 and a nice swell. Where were you? We had a real blast and the parking lot was real full- and on a Thursday. By the way, please revise my ad to read as follows: For Sail- '96 Blic 276 e.c. and '96 Real Pride 5.5 and 4.6 plus slightly used Ampro mast. All for \$1200 or \$700 for board and \$300 per sail... Prices firm.

-w.f.

## 201- Boards & Rigs

Nice **custom built trailer** that will give you style points, holds 2 boards on the inside and stack the rest of your boards on top, plus lots of room for the other stuff inside, also a really cool rear door and an inside light too! (\$500.00) New footpads for those killer jumps without killing your feet or your board (\$20.00) All with the unconditional "Shred Dog guarantee", if you don't like it, bring it back in seven days for a full no hassle refund! Scott Spreen 770.740.0042 770.381.5048

For Sale: Alpha 120 board- **9'9" epoxy board** in very good condition complete with mast base, foot straps, and fin for \$200.00; Rainbow Weedspeed 13" fin for Standard American box-used once for \$75.00 Contact Peter Schmidt at 678-947-4505 or email at p.schmidt@worldnet.att.net

For Sale or Trade: **Fiberspar Carbon Base NEW** (extension 0 inches?) \$25.00 or possibly trade for Bic Mast foot and Universals. Wanted: Bic Mast foot and Universals, Check your junk boxes.

**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

**For Sail:** Neil Pryde World Cup Slalom Mark III, 6.5 and 5.5. Used a lot, but lots of life left and very fast!. Both fit 460 mast. 75\$ each or both for \$120. Call Gregg Cattanach 770-908-0348.

**Hot Race** 8.3 \$125 Featherlite Dynafiber 500cm mast \$225 and fiberspar boom \$525 for all 3. World Sail 6.8 '96 with 4.5 lb Fiberspar mast \$200. Make offer/ will consider trade. Call Chris Pyron 404-784-0287.

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

**Sails, Aerotech** 5.2 \$100, U.P 4.5 \$75, Up 6.6 \$50, Gaastra 5.7 \$125. Call Gareth @770 517 0097 Or Email gktc@aol.com

**1990 IMCO** hull good condition, mast ext., 495 cm aluminum mast, 6.6 m race sail \$495; or complete rig for beginner including 2 sails \$450. Will sell hull alone, or consider trade for a shorter board in good condition. Contact Randy Falkenberg 770-379-0505 or email consultrfi@aol.com"

**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

**Sails:** 11.5 Scrim Mylar \$150, 10.0 Aerotech \$100, 10.00 Sailworks, like new \$250, 8.9 Hot Mach 1.1 \$450, 7.4 Hot Mach 1 \$400 Sailworks 6.9, 6.2, 5.3, 4.6, 3.3 \$200-250 Call John Danovic 770-775-2170

**Sails:** North '97 IQ Race 6.5 \$250 6.2 \$225, Hood River '94 Race 7.0 \$150, World '96 Slalom 6.2 \$175, Up '93 Slalom 5.5 \$90 .Yakima gutter-mount car rack \$75. Call William Fragakis 404-237-1431

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

**1995 Mistral Electron** CGI (later

called Screamer 263, 263 cm, 87 liters, 17 lbs.) with fin, excellent condition, \$350; Contact Andy Keeler, akeeler@agecon.u-ga.edu, 706-613-1758

**96 Pro-Tech Light Wind Wave:** 8'8, 90L w/ fin, \$375. Call Chris Campbell (404) 241-1293

**Perfect Lake Setup.** Bic Rumba 310 (10'4"). 3 sails, 4.4, 5.6, 6.5, 2-piece fiber mast, Chinook boom and base, waist and seat harness, lots of extras all in great shape. \$550 obo. Call Ken @ (770) 552-7414.

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.

Brand new **Neil Pryde Eclipse** (size XL-54) zipperless entry wetsuit. It is equivalent to the O'Neil 5/4/3 Zen which retails for \$299. Asking \$170 for the Eclipse. Please contact Gilson at 404-504-9968 or e-mail gteichholz@speerandassociates.com

1996 **Bic Veloce** 328 185 liters, 10'10" #1 selling board at "the house" A board you can begin with and never outgrow. Includes staps, fin, base, daggerboard \$650.00 Call Greg at 770 578-8417 or email grebax@ufsnet.com

**96' Mistral Explosion 315cm,** 150L I/C Mistral Fin & Fiberspar Mast base \$675.00. Call Andrew @ 770.392.9006 or e-mail vario@mindspring.com

**1994 Mistral Edge CHS** now \$400 95 ART 10.0m2 course race sail now \$375 93 North Prisma 9.0 race sail \$250 (matching carbon mast available) 95 North Prisma Raceboard Class 7.5m2 sail \$275 Gulftech carbon race booms for 8.0-10.0 sails with multiple extensions and full ad-

justable outhaul system installed: \$325 All this gear is on consignment at Beach Sports Hampton Virginia (757)851-3224 -or- {shop@beachsports.net}

**Sail:** 4.7 Simmer On Shore, '97, \$160. Contact Dian Kindoll at (770) 934-1865 or email dian@mindspring.com

## 208- Accessories

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

## 275- Found

Found: **Harness** with Neon Yellow hook at Van Pugh, several months ago. Call GENE MATHIS 770-739-4511

## 311- Local Shops

**WINDSENSE:** 770-888-1584 Mistral: Flow 276 or 284 - Demo - A+ condition w/ new fin - \$900. Chinook: Booms - any size - \$140. Mast base extensions - \$28 - \$42. Neil Pryde: Booms (185-240cm) - \$120. 7.5M V8 - \$380. CK55 - 490/29 - \$215. NP Eclipse XL Shorty - \$85. NP Cup 5/4 - men/medium - \$260. Dakine - XT Seat harness - \$85. Adj harness lines - \$25. Cold H2O mitts - \$20. WindSense Logo - Backpack - \$25. Soft attache - \$20. Rack Pads - \$15/pair. Tie-down Straps (8,12 or 15 ft) - \$12/pair. Uphauls - \$8.50.

## Whitecap Windsurfing:

**All inventory items** on sale for winter clean up. call or email for a list of all goods if you have not already received a flyer. 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 ltrs. super B & J

Continued on page 6

## ***Injured in a Jetski Related Accident?***

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## **THE ATLANTA BOARDSAILING CLUB**

### **Wind Advisory: Caution Advised on Area Lakes**

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*The Atlanta Boardsailing Club*  
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Atlanta, GA 30358



### **Upcoming Events**

**Jan. 12:** *Monthly Meeting*

**Jan. 16/17:** *Iceberg Regatta/*

*Chili Cookoff*

**Check Calendar Inside!**

*Local and National Event*

*Listings. p. 5*

**"By next year's Holiday Party,  
I'll fit into this hat!"**

**(Austin Burch/ Photo: Ed Marks)**