

# Acton Action

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## Noodle Races Here!

Noodles? Water cannons? Hobies, Y's and Sunfish on the same team and getting along? What's next? Sack races? World peace?

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Well, if we could find a way to put a sailboat in a burlap bag we would probably try it. See more on page 2 about this Sunday's first summer fun day.



## Too Young to Sail? Too Old? Ha!

Is Landon Donovan really too old for the U.S. soccer national team? Maybe, but sailing and soccer are very different. So do you think you are too old to sail? Too old to compete? Too young to start? Are we really only as old as we feel? We talk about athletes and age on page 3.

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Allison and Reagan Buchert climb around dad Joe's boat before racing Sunday. Reagan crewed with mom and dad, and Allison crewed for Uncle Charlie in his Hobie before both retired to the beach for race 2. You can only tolerate so much trapeze work.



Does Megan know friend Sarah Baker is filling her water cannon? Pre-race artillery was out after this.

## Y-Flyers Brawl

As the summer and the Spring Series heats up, so does the battle in the Y fleet. Sunday, Roger Henthorn held off all challengers, but just barely as The Roger found himself in another tight contest. Henthorn, who has recovered from a narrow loss on Memorial Day, found enough wind and enough

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Most of the Buchert family is on the left in Joe and Kelly's Hobie as Don Fecher makes adjustments before going on to a race one victory.

## Fun and Frolic This Weekend in 3<sup>rd</sup> Noodle Classic

Acton Lake becomes a playground this Sunday as HSA takes a break from the Spring Series for the 3<sup>rd</sup> InterFleet Fun Day. Yes, the noodles are coming.

Organizers will form teams of three boats. The boat that starts each race will have the noodle and hand it off to a teammate at the first mark. That boat will sail to mark 3 and hand it off to the third teammate who will then finish the "race". Race 2 will follow.

If the wind is blowing hard, it will be a noodle "drop" in the vicinity of the mark for the other boat to pick up.

Defending champ Pete Peters will be dethroned as he is in Alaska right now. ☺

Noodles are provided! As is a post race picnic under the BIG TREE. Bring your family and friends. Bring a snack or something to share if you like. Bring a water cannon. But be there!

## Y-Flyers Brawl Cont. from page 1

water to hold on in a close finish in Race 2. In Race 1, it was somewhat of a close fight until Yours Truly lost his crew overboard. Yours Truly had daughter Cosette in the boat with him until he didn't have Cosette in the boat with him. The relatively inexperienced 13 year old (five races so far in the Y) slipped her foot under a loose line instead of the hiking strap and hiked out. And then really hiked out, surprising herself and her dad. Life jackets!

After a quick 360, we were back at it but by then the Henthorn boat was too far gone.

There was no lack of wind as the predicted 5 mph breeze turned into yippee ky-yay with gusts in the double digits.

The Y's took advantage, turned on the travelers and went for it. Likewise in the Hobie fleet where four cats took to the course for a little hull-a-ba-blow, Joe and Kelly Buchert brought daughters Allison and Reagan to crew with them and Uncle Charlie Buchert.

Don Fecher flew to a first in Race 1 while Charlie Buchert took Race 2 with Charlie taking the day with 2-1 finishes. The crews on the Hobies had all abandoned ship for Race 2, so it was four singlehanders in a tight fight.

Jim Mossman ran the Loop Rd. in the morning and got on the course in his Y in the afternoon, singlehandling it on both the road and the water. Here are the results:

### Hobies

Charlie Buchert	2:15:40	3:10:05
Joe Buchert	2:16:55	3:13:07
Don Fecher	2:12:30	3:17:05
Ryan Servizzi	2:17:10	DNF

### Y-Flyers

Roger Henthorn	1	1	1.5
Mike Stratton	2	2	4
Charlie DeArmon	3	3	6

### Sunfish



## Aged Out? Not at Hueston Woods

When HSA recently put ten Sunfish on the line, the age difference between the oldest competitor and the youngest was 66 years.

What's more, the oldest competitor won the day.

That guy is Jerry Callahan, and he does have a long history of winning. But having people at HSA compete well into the age when most are thinking about how to puree food and which assisted living to choose is not unusual. That is just the nature of the sport.

Y-Flyer Bob Schultz began sailing at age 50 and didn't quit until he was 87. John Goldman raced until he was 90! Sail maker Bob Rowland was about 67 when he won his last Y National. He still competes.

Paul White of Indianapolis won the Y Internationals at age 71.

Jerry, nearing the octogenarian phase of life, has been competing at a high level nearly all his life. Most know that he won the Y Nationals three times – at ages 31, 33, and 37 and Y Internationals at age 40. But he also tied for first at ages 39 and 46.

He didn't stop there. Jerry competed in 40 straight Y National Championships and usually finished in the top ten if he didn't win it all.

Winners of the Sunfish Nationals and Internationals range from teenagers to people in their 40's., but many compete at Masters and Senior events where those in their 70's and 80's still get it on. Those events attract 50-90 boats!

## Sailing: For What Ages?

Most sports have an age where you sort of time out in your ability to compete at a high level. The optimal age for athletes seems to be 26-29 years old. For instance, the average age of an NBA player going into the 2011 season was 26.77. Every team in the MLB in 2010 had an average age somewhere between 25.9 (for the Cleveland Indians) and 28.7 (the Philadelphia Phillies). The average age of the top 10 men's tennis players is currently 26.8. And ice hockey players peak at 27, according to statistics. There are, of course, exceptions. There are soccer players in this year's World Cup who are in their late 30's.

Moreover, Gordie Howe played in the NHL until he was 51. Martina Navratilova retired at 49 at her peak in doubles competition. George Blanda quarterbacked and kicked for Oakland well into his 40's. And many "youngsters" enter their pro sports before their optimal time but most need to be in their early twenties, depending on the sport. But what about sailing? What is too young? What is too old?

Of all the sports you can find to compete in, very few offer a lifetime of competitive opportunity. Life long sports like sailing can be started as soon as you are able to grab a tiller and honk in on a mainsheet. What's more, many competitive sailors are still competing at a high level into their 80's.

Donald Cohan is the oldest to win a U.S. National Championship in sailing. He was 72 then and also won a bronze at the Olympics at age 42.

In Ohio, George Fisher won the Interlake National Championship in 2006 at age 79.

What about sailors in our club? Who do we have who defied the old shibboleths about age and sports? See column next door.