

VOLUME 60 ISSUE 11

JULY 26, 2016

Coming Up! (Head to wind only, though)

Sunday, July 31: Second Fall Series

Sunday, August 7: Beach Day 2016 - The Acton Olympics!

Sunday, August 14: Third Fall Series

Saturday, August 20: Race Clinic 2

Sunday, August 21: Augusto! Sunfish Regatta

ACTON ACTION



Inside this issue

2-3

We have pictures and faces to go with those pictures and names on the faces! It's Junior Camp all over the place.

4

How's that beat going for you? Struggling with upwind technique? Nick Hayes tells us how to do it better. A continuation of the "Sailing Upwind" article.

5

Camptown Ladies sang their song. If you are wondering how they doo-dahed, it's here.

Beach Day 2016!

In just two short weeks, the beach at Hueston Woods will be explode into activity of a sailing sort as HSA convenes the 4th annual Beach Day extravaganza!

Each year the activity changes. You might remember Pirates of the Carabiner of last year where Rubber Ducks flew, balloons were tossed, Victor Abitabilo wore a panty hose on his head, and Clayton Snider got sunk. (Whatever happened to that toucan floatee, Clayton?) Pirates, booty, milk jugs, 15 boats and 35 pirates. It was a beachtiful day!

This year, Beach Day co-chairs Brett Hart and Mike and Them have some new and somewhat audacious plans for both on and off the water. What is it? Well, let's just say that the Olympics are not just in Rio.

Menu? We got one and it is bursting with flavor. (Rumor has it the food has wings.) We also have prizes for the event "winners" and a special surprise you won't want to miss. Hint: It's one of a kind. Sunday, August 7!



At Junior Camp award banquet, "C" Fleet posed for this photo. Left to right, instructor Pete Peters, Eli Rovito, Will Sargent, instructor Rose Schultz with "Will sail for food" sign, Sam Olenick, Pranav Rastogi, Connor Snider, Morgan Crawford, Charlie Cooper, and Drew Sivon.



A Fleet Accomplishments:

Jack Cooper: Most improved sailor; Boys' Noodle Relay Linchpin;

Victor Abitabilo: Undisputed Sailing Backwards/Rudderless Virtuoso; 2nd in Musical Tennis Balls

Kayla Draper: Rudderless Upwind Queen, Winner of Ironman, 3rd in Overall points for all events

Katie Lockhart: Most Racing Wins (2); Rudderless 720 Inventor

Cosette Gunter: 3rd in Ironman Practice; 3rd in Ironman Final; 4th in Overall points in all events

Ian Mahoney: 1st Synchronized Racing; 2nd in Ironman Final; 3rd in Musical Tennis Ball Pickup; Runner up in total points for all events

Megan DeArmon: Winner Musical Tennis Ball Pickup; 1st in Ironman Practice; 4th in Ironman Final; Overall winner in total points for all events;

Clayton Snider: Dry Capsize King; First on course after Grand Prix start to Ironman; 2nd in Ironman Practice; Sailing Backwards guru;

Junior Camp Comes Off Swimmingly

Camp Week went off as it usually does - a huge success. How huge? Well, good thing the Republican National Convention was this past week rather than during camp week or it would have been wiped off the front page.

Eight kids who have never sailed before left after three days knowing how to master the wind. Fourteen more found out new things about their abilities that will likely change them for life.

Hyperbole? Not a chance. Sailing backwards, sailing rudderless, competing in racing and Ironman on

the Water contests taught them something about themselves and their ability to use creativity and imagination.

The volunteers helping camp coordinators Jerry and JoAnn Callahan were legion. And legendary. Thanks to all who participated and helped. We would list their names but they number in the thousands. Actually there are more people helping than there are in camp. Now that's a good pupil teacher ratio.

Most of all, we had fun.



Instructor Laura Beebe at left introduces B Fleet: from left; instructor Chris Snider, Carmen Fugate, Ben Olenick, Vandita Rastogi, Becky Hater, Grant Hater, and Will Hater.

Rose Schultz's C Fleet, ably assisted by Pete Peters, Bill Molleran, Charlie DeArmon, Roger Henthorn, and Jerry Brewster, along with youth counselors Sarah Lockhart and sometimes, James Rucker, took eight sailing novices and turned them into eight newly christened sailors during their three days at Junior Camp. When all was said and done, Drew Sivon and Connor Snider were presented with awards for Most Improved. In B Fleet, instructors Laura Beebe and Chris Snider took on six charges and turned them into knot-tying-Sunfish-flying-seamen first class. Ben Olenick pulled off a couple of wins in racing and Ironman competition and walked away with a trophy. Carmen Fugate was recognized for Most Improved.

"A" Fleet from left: Megan DeArmon, Katie Lockhart, Kayla Draper, Cosette Gunter, Clayton Snider, Ian Mahoney, Victor Abitablio, and Jack Cooper. Instructors were Rob Hill, James Rucker, and Yours Truly



Sailing Upwind: The Beat and How to Beat It

(continued from last issue)

Shape is the idea that a sail has camber or depth, but not too much or too little to hit target speeds. Camber is the concave, curved shape seen in the sail, and is the reason that lift can be achieved in the first place. Draft is the location of the deepest part of the curve. Together, camber and draft are what cause air to bend and flow attached to the foil. The trimmer adjusts camber and depth to (1) maintain attachment and flow, and (2) increase or decrease power in puffs and lulls. For the latter, the rule of thumb is simple: flatten the sail, perhaps with an outhaul or backstay, when the boat is overpowered, and deepen it when power is required up to the point of inducing drag.

Recalling our driving-a-car metaphor: setting angle of attack is like starting in the right gear. Adjusting angle of attack is like making small steering adjustments. Adjusting shape is like up-shifting or down-shifting through the gears at the right time on a hilly road.

To judge angle of attack, speed stripes or seams at the luff should be parallel to the Windex or shroud telltales. If they're not, you've not presented an ideal foil to the breeze. Adjust the angle of attack, by sheeting out or in, by increasing or decreasing headstay tension, or by easing or tightening outhaul.

An ideal foil carries a draft that is forward of the middle of the sail. Draft can be pulled forward with halyard tension or the cunningham. If it's too far forward, the halyard or cunningham is too tight. If the sail is deep and slow or the leach appears closed and the boat overpowered, the sail should be flattened. Adjust shape, perhaps by easing or trimming outhaul, adding vang, backstay, runners or halyard or cunningham.

Finally, foils carry twist from bottom to top to account for sheer; differences in wind angle and velocity from low to high. Twist can both be induced to shed power, or reduced to increase power with the vang or sheet. Twist is managed and seen by comparing the telltales and speed stripes along the length of the sail.

These techniques suggest another invisible phenomena: the fun physics of sailing with both a jib and a mainsail. You may have had an experience of setting either a main or a jib for a leisurely sail, and feeling as if the boat was a slug. Adding a second sail undoubtedly caused the boat to spring to life and the sailing was more fun. Why? With a jib boosting apparent wind speed and angle for the main, which can be sheeted in tighter, a sailboat not only sails faster, it sails measurably higher and more comfortably.

Of course, sailing with both a jib and a main doubles the trimming work. Trimmers and the driver must talk about the interaction between sails and the impact of the sails on each other. For example, an over-sheeted or too-deep jib will backwind a mainsail, negating the benefits of having two sails up in the first place.

Camptown Races Conquers Weather; Beebe Crowned Again; Ladies Shine

Talk about determination. The wind was determined not to blow. The participants - 19 boats in all - were determined to race. Laura Beebe was determined to defend her Camptown crown.

In the end the wind, weak as it was, could not deter racers from their appointed roundings of the marks. Beebe, who has shown her ability in both light air and heavy air (20+ in June's Founder's Day Sunfish Regatta) this year, leads the Sunfish Series for the season after turning in another bravura performance on the eve of camp week and successfully defending her 2015 win in this event.

Race one almost did us in. After crawling around a modified Olympic course, many were ready to paddle in. In fact, some did. Those who remained actually got in two more races, shortened, thank God, before calling it a regatta.

The junior starters, which numbered seven sailors, finished race one and then rafted up for a swim. Their dim senior counterparts elected to try it again. Ah, the wisdom of youth.

Still, it was enough to declare a champion, and

we must give credit where credit is due. Few have the focus, patience, and temperament to race in light air. Fewer still have the ability to win in light air.

Rose Schultz "flew" to a win in race one. In the only junior start, Katie Lockhart, bested a tough fleet of skilled sailors that included former junior champs Megan and Kevin DeArmon as well as Seattle wiz Ian Mahoney who was in town for the junior camp.

Beebe came back in race two and took that one, making it readily apparent that this was a day that was going to be dominated by the girls. And it was.

The only one, male or female, who sailed consistently well in all three was Beebe.

A small steady breeze carried grateful competitors back to the dock and it was all camp stuff after that.

Here are the full results:

Junior Camper Will Hater gets his "award" at camp from Coach Chris Snider (who did this without looking). B Fleet instructors Laura Beebe and Snider apparently stole all of their awards from the beach area.

Camptown Races Sunfish Regatta July 15

Seniors

1. Laura Beebe 2 1 3 6
2. Mike Stratton 6 2 1 9
3. Rose Schultz 1 4 6 11
4. Pete Peters 4 6 2 12
5. Jerry Brewster 7 3 4 14
6. Ken Wright 3 8 8 19
7. Roger Henthorn 9 5 7 21
8. Charlie DeArmon 13 9 5 27
9. Bill Molleran 5 DNS DNS 33
10. Danielle Marks 12 7 DNS 33
11. Sarah Lockhart 8 DNS DNS 36
12. Julie Molleran 10 DNS DNS 38

Juniors

1. Katie Lockhart
2. Megan DeArmon
3. Kayla Draper
4. Ian Mahoney
5. Jack Cooper



Fall Series Underway as HSA Heads into Second Half



First Fall Series Results

Catamarans

1. Joe and Kelly Buchert
2. Charley Buchert
3. Ryan Servizzi

Y-Flyers

1. Pete Peters/ Rose Schultz/ Laura Beebe
2. Roger Henthorn and Bobbie Bode
3. Charlie DeArmon and a cast of characters including Ian Brooks
4. Mike Stratton and Brett Hart

Handicap Fleet

1. Kayla Draper 2 1
2. Megan DeArmon 1 2
3. Jerry/Michelle 3 3
4. Jack Cooper 4 4
5. Lydia Cox 5 5

Mark Costandi put his GoPro camera on the end of the boom on his Hobie 16 and got this image. You can see Mark's video on HSA's Facebook page. Check it out.

Fall has not yet fallen but the Fall Series has officially begun. This can only mean two things: it is starting to feel chilly out there or HSA has seriously misnamed a program element.

You have chosen the latter. Not surprised.

The first weekend of that series offered a chance for those who sought redemption from their anemic performances in the Spring or Holiday Series. But there was little of that.

Joe and Kelly Buchert took what little wind there was for the catamaran speed machines and parlayed it into what looked like something fast, despite

the wind readings of 3, 5, 2, 8, 6 and other numbers that look really small.

In Y's, it was all Pete and Rose all the time all over the rest of them. It is true that Roger Henthorn and sidekick Bobbie Bode attempted to give them a contest, but the too smooth team of Peters and Schultz showed everyone a stern look without breaking a sweat on an otherwise sweltering day.

In the Handicap fleet, it was cousins Kayla Draper and Megan DeArmon taking turns finding the finish line first while the team of Jerry Brewster and Michelle Elsaesser trailed despite the spinnaker and trolling motor.





At left, "B" Fleeter Carmen Fugate holds her award. At right, fellow Ben Olenick with his.



Middle left: "A" Fleet overall point champion Megan DeArmon and at right, "C" Fleet's Connor Snider with his Most Improved Award.



Lower left: "C" Fleet's Drew Sivon proudly displays his hardware while Charlie Cooper, also in "C" Fleet (lower right) seems to be saying, *"Three days and all I get are a shirt and a greeting card?"* Below, A Fleet runner up Ian Mahoney, master sailor.

