

HSA

Acton Action



Shortly after the start of race 5 at the Founders' Day Sunfish Regatta, Kevin DeArmon took an early lead. Did it hold? Bullets were flying in the DeArmon family. At this point, two of the races had already been won by his sister Megan. More on page 3.

Speed Problem?

Want to get to the windward mark in better shape? The key is to go the right way but how you point going upwind will determine speed.

Founders' Day

So, you teach these young people how to race and what do you get in return? A first class whuppin'. page 3

Memorial Mishaps

There were a few problems on the holiday weekend. It involves mud on some masts. And a little rescue of a runaway boat. Page 4

Women in Sailing Rivaling Number of Men; And They're More Committed

"You sail like a girl," is a compliment; not a put down as more women enter the sport

You have likely heard that there are thousands of women running for public office. Whether Hillary Clinton's loss or Donald Trump's win motivated that surge is debatable but the phenomenon is real.

Sailing is likewise seeing a surge of the feminine sort. Sailing, according to Nick Hayes, author of Saving Sailing, is becoming the activity of adult women. Facebook analytics, he says, reports that among 1.1 million Americans who express an

interest in sailing, women account for 51% and most of them, 88%, are over 25 years old. Of the 32 people who have taken or will take HSA's Intro to Sailing by the end of this month, 13 are female. HSA's first three certifications this year? All women.

Twenty years ago, men outnumbered women in sailing 7-1. In Florida recently, we heard of Sunfish regattas and local racing days for women only. One was an event in St. Pete that competed at the same time as the Sunfish Midwinters and had the



Last year's junior champ Megan DeArmon is starting to challenge the Boys Club at HSA

same number of participants - 44 - as the national event! All women.

Hayes says that women have the deeper commitment, train harder, and can be the most motivated and motivational skippers. This issue and the next features our women in sail.

If you want to improve your race results, you must be patient and willing to learn. Improvement takes time and hard work, and this won't be easy unless you are having fun. Dr. Stuart Walker once said, *"Winning may be the object of the game, but it is not the object of playing the game."*

The reason we play the game is for fun and challenge. Make sure you are having fun.



Laura Beebe heads upwind last Sunday in a strong breeze. Beebe is one of several strong women racers at HSA who regularly strike fear in male hearts.

Sailing Fast Upwind

Pointing upwind is key to getting to the windward mark as quickly as possible.

Definitions:

Pointing: sailing as close to the wind as you can get without luffing

Pinching: sailing too close to the wind and causing your luff to begin to collapse – slower

Footing: sailing a few degrees away from the wind - faster

When I was racing against the big guys in Florida this past Spring, I was reminded once again about how critical it is to get off the line in good shape. Once that is accomplished (and I didn't do it often enough), you can focus on the task of getting to the windward mark with the leaders. (Something else I didn't do enough.)

Upwind, I often found myself being pinched off by other boats beneath me to leeward. Even more frustrating was to see the boats around me pointing higher. That means I am going to take the longer route to the windward mark.

It doesn't just happen to me at regattas. It happened this past weekend at our own club racing. How many times have you wondered why someone sailing right by you can point higher? Many of us try to solve this problem by simply turning closer to

the wind. But pointing closer to the wind isn't going to work in most cases. In fact, it may only make things worse. Here's why according to David Dellenbaugh, champion sailor.

By pointing closer to the wind, pinching in other words, you will slow down. With less speed, you are not going to be able to point higher, at least not for very long.

You get lift from the flow of water and air over your foils (centerboard, rudder, and sails). The faster the water and air flows, the higher you can point. More speed is the answer, so how do you get it? Pointing too high, pinching, will slow you down. Footing off, that is, sailing a little off the wind, will speed you up. More speed will translate into higher pointing. Speed first, point later.

It isn't just footing off that

builds speed. You also need to look at your hull (clean? smooth?) your tuning (rake? running rigging?) and sails (blown out? wrong shape?).

If those are OK, then you should choose a lower angle to the wind (footing) as opposed to a higher angle (pointing). A lower angle means more speed. So go fast first. Once you have speed, then you can start playing a balancing game between speed and height (pointing higher). A pointing problem is a speed problem. Speed converts to height.



Miami U's sailing team member Callie Miller jumps into a Sunfish and joins the fleet racing last Sunday. Welcome!



DeArmon Sibs Take Over Founders' Day Sunfish Racing, Blast Rest of Fleet

by line
Big Loser

You could call it a youth movement. The youths were a movin'. Megan DeArmon led wire to wire in race one of the Founders' Day Sunfish Regatta on June 4th. In race 2 she did it again. In race 3 she was once again out in front, leading at the jibe mark. That's when things started to fall apart. In a frenzied rounding with brother Kevin and Mike Stratton, she hooked her mainsheet on the mark and ended up 6th. Next race, her mainsheet came out of the boom downwind. Somehow she was able to sail to the leeward mark that way and, after rounding, got it threaded back in quickly enough to hold her 4th place position.

Megan would get a 5th in the last race to finish 4th on the day. Not bad. However the real story here is brother Kevin. The older sibling had his sister's day in reverse, starting with a 3rd and 5th before getting two bullets in races 3 and 5. The strong finish was

enough to gain a tie with the elder Stratton and win the tiebreaker.

Kevin, a recent Oakwood (Dayton) graduate, had done something he had not accomplished before - win a Sunfish regatta - but he had to snatch it away from his little sister and the veteran.

The older DeArmon sibling wasn't the only one enjoying a strong finish. HSA Commodore Jerry Brewster began with three very ordinary finishes before coming on strong in the end with a bullet in race 4 and a 2nd in race 5 to take 3rd overall. The race he won was a wire to wire performance.

After taking the lead in race 3 Brewster taunted the opposition on the final leg to the finish with some trash talk. "Eat my dusty shorts!", he reportedly shouted to those astern.

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DeArmon Sibs (continued from previous page)

(He isn't well versed on trash talk.) He later attributed his win to the Rose Schultz school of starting - stay away from the crowd and start at the starboard end.

The top four finishers were pretty close on a windy day that left most feeling as though it was a genuine workout. Speeds ranged from brief moments of pure zero to blasts of ten plus but mostly boats were moving quickly all day.

The committee managed five races by three o'clock and, sensing enough was enough, wisely called it a day. Jerry and JoAnn Callahan, assisted by Pete/Rose, stepped in to takeover committee duty in a pinch. Thank you.

1. Kevin DeArmon	5 3 1 3 1	13
2. Mike Stratton	2 3 2 2 4	13
3. Jerry Brewster	5 4 4 1 2	16
4. Megan DeArmon	1 1 6 4 5	17
5. Rose Schultz	8 2 3 5 3	21
6. Pete Peters	4 6 5 7 7	29
7. Kayla Draper	6 8 7 8 6	35
8. Charlie DeArmon	7 7 8 6 8	36
9. Jack Cooper	9 10 9 10 11	49
10. Brett Hart	10 11 11 9 9	50
11. Dominic Everaet	11 9 10 11 10	51

That's Laura Beebe hanging on the righting line for Mike Weir's capsized Hobie 16 on Memorial Day Weekend Series. Mike is in the water. Don Fecher joined them and the three were able to get the craft back up and sailing again.



Memorial Day Series Provides Spills and Thrills

Hobie racer Don Fecher came in after day 2 of the Memorial Day Series and suggested a headline for this story: Carnage at the Lake.

That might be a slight bit of hyperbole but the Series was, shall we say, eventful. On day one, Brett Hart, skippering his Y-Flyer for the first time, managed two races in strong winds with crew Ryan Servizzi without incident. Then a wicked gust on a jibe near the docks as they came in, unceremoniously dumped them both in the water.

On Monday, Hobie veteran Mike Wier got taken above the jibe mark by Don Fecher, jibed once successfully after Fecher jibed, and then on the second jibe to round the mark he got blasted by one of the many blasts that day and soon found himself up against the east shore of the lake.

Rescue boat crew Brian Callahan got to him quickly but he was called away for a different kind of mishap: Y-Flyer Roger Henthorn had broken his rudder completely off near the cheeks and was sailing fast downwind toward Butler County and Four Mile Creek. Meanwhile back in shallow water, Mike Weir, Don Fecher, and Sunfisher Laura Beebe were able to right Weir's craft before Rescue 1 returned.

(continued next page)



Ken Wright crosses the line Sunday and waves us off. Ken is looking to add the Capri 14 to his sailing repertoire.

HSA on Facebook

"Did you know we are on Facebook? HSA's Facebook page has photos, comments, wisecracks and drama each week. Mostly due to our very personal relationship with Mark Zuckerberg. Caution: there might be some fake news there on occasion.
<https://www.facebook.com/groups/134414763295823/>

HSA continues to teach people to sail all summer long. This coming June 24-25 is the last group class but individual lessons and certification classes are available right up through September.

Qualified for the HSA Capri Club Championship yet? Still have a chance. All you need to do is sail in the upcoming events to qualify. There is still a Sunfish event coming and the Fourth of July Series.

It's gonna be fun.

Memorial Day Series (continued from previous page)

In the end, all was well, despite the inconveniences of capsizing and rudderless adventure. In Brett Hart's case, it was a mixed blessing. When cleaning mud from the mast afterwards, he discovered a broken halyard wire that might have otherwise gone unnoticed.

Racing went on in amended fashion after that. Joe and Kelly Buchert swept all four cat races in their Nacra F-16 with Don "Harbordude" Fecher in close pursuit. Don fought off close competition from fellow Hobie Charlie Buchert, despite a DNF in race 3.

In the Handicap fleet, five Sunfish fought it out in the two days of moderately strong winds that often sent the needle to 15+, especially on Monday, but the indomitable Laura Beebe also won all four races. Gentleman Jerry Brewster claimed the runner up spot.

In the Y's on day one it was all Roger all the time. The crafty skipper ran away with both races on Sunday and was leading by a wide margin in race 1 on Monday when the rudder decided to part company with its upper body. The result for Henthorn was a tumble from a near certain sweep to fourth place.

Pete Peters picked up the pace and turned Roger's misfortune into series gold but not without a few gasps of effort from Yours Truly and super crew Cosette. The duo won the final race but only by three seconds over the Peters/Schultz team.

The Henthorn/Bode boat was perhaps jinxed when on Sunday one skipper was overheard telling his crew that Henthorn "could not be caught on Monday barring some kind of disaster". The wistful musing turned into reality when the unlikely rudder bust occurred. All in a day. Er, two days. (Results on next page)



At left, Darrilynn Brewster joined hubby Jerry on their Capri 14 for last Sunday's racing. Daughter Brianna was also out on her Sunfish and competed against the parents in the Handicap start. Dad and Mom almost blew it.



Guess Who? Do you know the lady on the left in this photo? Hint: That's her brother next to her and dad is in the background. More? OK, they are on an O'Day Mariner 19. Still no idea? That's OK. It might be a Catalina 22 or a 25, all boats that this lady has sailed on with her family.

Last hint: She and a female friend recently bought a Capri 14.2. Oh, so now you know. In our next issue we will continue to talk about women in sailing and tell you all about them and their "Friends' Folly".

What's Coming Up at HSA?

Let's begin with this weekend and the 6th Spring weekend in the Spring Series. That puts Charlie Buchert and Ken Wright in the committee saddle. The following weekend of June 24-25 is the second of HSA's Intro to Sailing group class. Racing returns in the form of the July 4th Series on the 2nd and 4th. That puts Bill Molleran and Laura Beebe on duty just before the Camptown Races, HSA's biggest

Sunfish regatta of the year.

July not only starts off with a big event, it continues to be jam packed as junior and ladies camp come on July 10-14.

HSA's first ever Capri Club Championship ends that week on Sunday, July 16. That event officially ends the first half of the HSA calendar before coming back the next week for the Fall Series.

Memorial Day Series Results

Wind R1: 10, 10, 8, 8, 9

R2: 8, 10, 4.5, 7, 15.6

R3: 11.6, 14.3, 9.7, 16.8 10.6

R4: 5.1, 12.2, 12.1, 14.2

Hobbies/Cats

1. Joe and Kelly Buchert	1 1 1 1	4
2. Don Fecher	2 2 DNF 2	10
3. Charlie Buchert	3 3 2 3	11
4. Mike Wier	DNS DNS DNF DNF	18

Y-Flyers

1. Pete Peters/Rose Schultz	3 2 1 2	8
2. Mike Stratton/Cosette	2 4 3 1	10
3. Charlie DeArmon/	4 3 2 3	12
4. Roger Henthorn/Bobbie	1 1 DNF DNS	13
5. Brett Hart/Ryan Servizzi	5 5 DNS DNS	22

Handicap/Sunfish

1. Laura Beebe	1 1 1 1	4
2. Jerry Brewster	3 5 2 2	12
3. Megan DeArmon	2 2 DNS DNS	16
4. Brianna Brewster	5 3 DNS DNS	20
5. Kayla Draper	4 4 DNS DNS	20



Cousins Kayla Draper and Megan DeArmon pose pre-race on Memorial Day . The two kinswomen have been sailing together since the early days of their Junior Camp experiences and before. in a recent Sunfish event, the two were the only ones to stay upright in 15 mph winds. Girl power!

Top Guns Being Challenged

If you thought Kevin DeArmon's Founder's Day regatta win was a fluke, uh-uh. The young ace seems to be coming into his own, besting the field for a second straight weekend, this time in a Spring Series challenge.

In Y-flyers the top three boats sailed as if attached to one another at the hip. In fact, they were on each other's hip the whole day. In the end, the 4th degree sailing black belt Roger Henthorn did not enjoy the kinds of leads he had in the Memorial Day Series, but still won both races by narrow margins.

In DeArmon's case, he followed sensei Laura Beebe to the finish line but both competitors left the fleet behind and turned it into a match race. In race 2, the grasshopper made a deft move at the leeward mark and finished on top with sister Megan also squeezing out Beebe on the last tack to the finish. Five of the seven boats out in the Handicap fleet in race 2 were all in a tight pack for most of the two and a quarter laps on a strong wind day.

Henthorn had to fight and maintain a lead as both the DeArmon boat and the Peters boat took turns leading before he and crew Bobbie Bode asserted themselves, often on the last leg.

Cat masters Joe and Kelly were unopposed sailing eye candy as they flashed their F-16 around the figure eight with skill and grace.

Handicap Fleet

1. Kevin DeArmon	2	1	3
2. Laura Beebe	1	3	4
3. Megan DeArmon	4	2	6
4. Jerry/Darrilynn Brewster	3	5	8
5. Ken Wright	5	4	9
6. Brianna Brewster	6	6	12
7. Callie Miller	DNF	DNF	14