



How to GO FAST





*Craig's opinions not the
opinions of the Club.*

Opportunities

Mentorship (Coach)

"Don't stay on the dock, help someone else win"



DISC Photo Contest



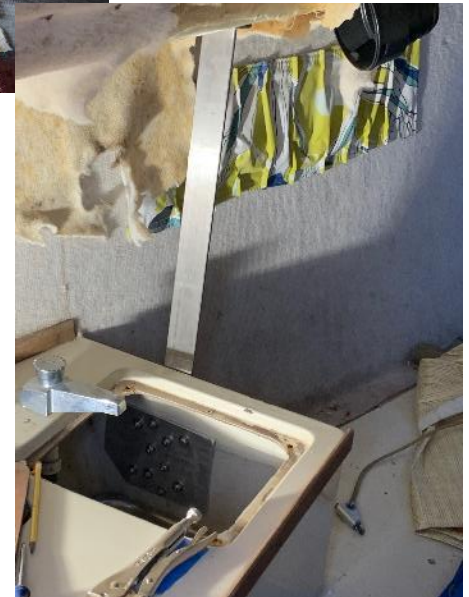
Reality: Often the boat with fewest mistakes wins the race.



Goal: Reduce the number of possible mistakes by planning and preparation

Checklist for improved results

- ☐ Crew: Communicate, invites, etc.
- ☐ Maintenance (includes gas)
- ☐ Boat setup, tuning, load-plan, marking
- ☐ Light and clean
- ☐ Safety gear commo check
- ☐ Launch boat early to beat Murphy
- ☐ Pre-game: Weather, tides, crew verification
- ☐ Crew brief, positions, sail choice, tie down gear
- ☐ Crew dry-run practice, back-brief
- ☐ Verify sail settings
- ☐ Check in, write course down “S-2-5-F”
- ☐ Starting line position
- ☐ 2 clocks



Boat Maintenance: Fix the problem before the race...

Making “Fast” Simpler

- ☐ Dockside rig tension
- ☐ Color code your line
- ☐ Mark deck (blue tape or?)
- ☐ Mark electrical (color code)
- ☐ Mark anchor line
- ☐ Mark tension settings
- ☐ Mark halyards



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- ☐ Write course on bulkhead

S-5-2-5-F

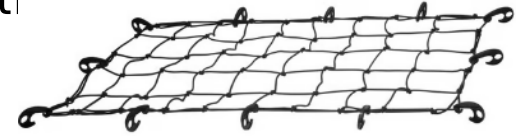
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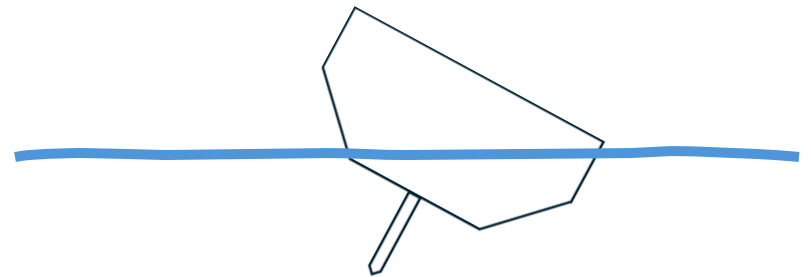
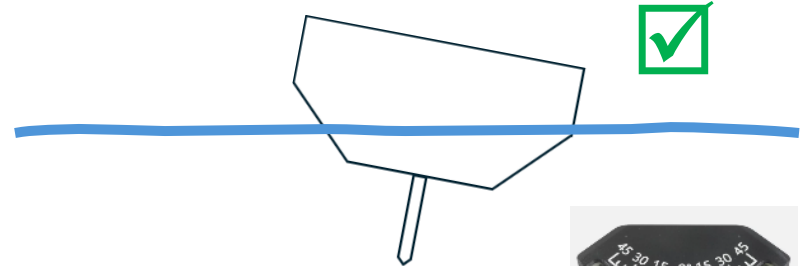
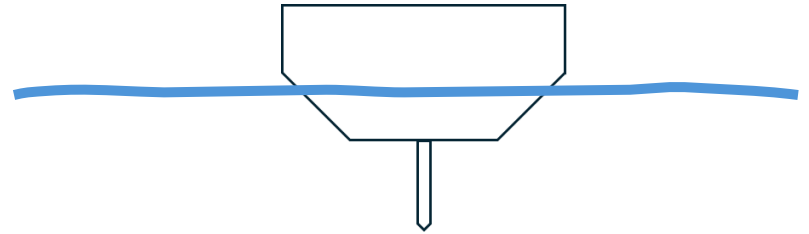
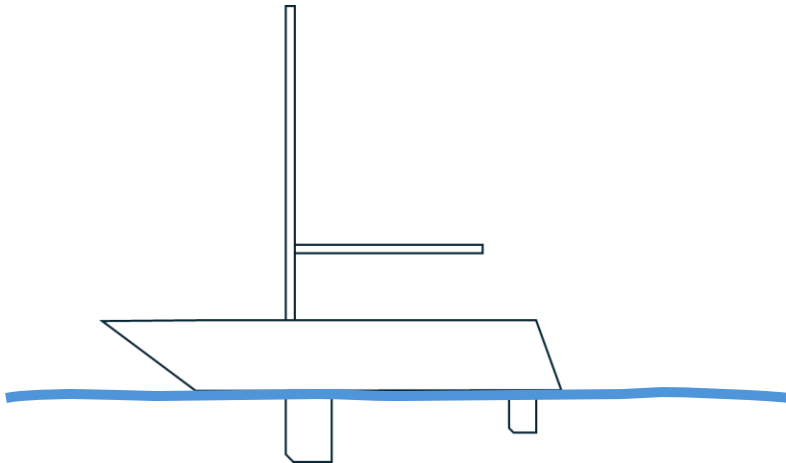
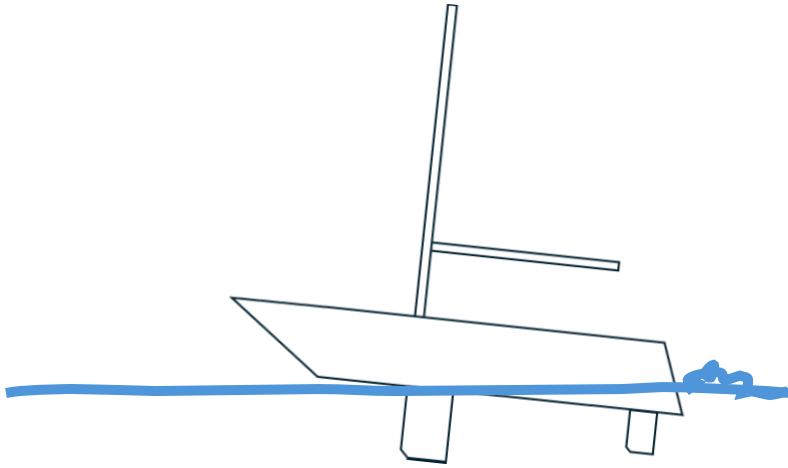
Weight & Preparation



- ☐ Dejunk your boat, Heavy things on the floor near keel
- ☐ Scrub bottom
- ☐ No gear “moves” during race
- ☐ Hiking is “fun” (rail covers) (hip bones inside)
- ☐ Know the tides
- ☐ Know the wind forecast
- ☐ Cassette tape on stays
- ☐ Safety Gear?
- ☐ Talk to crew about what you think will happen on the course
- ☐ Try and get to starting line with time for a sail change
- ☐ Dockside “dry-run” of sail change?
- ☐ Are you registered to the series?



Balance your boat



The Start

- ☐ Be on the favored side in a clear lane with speed
- ☐ Have a bail-out plan
- ☐ Often current beats favored position
- ☐ Watch your blind spot before start
- ☐ Brief a crew to focus on the radio to validate “all clear.” A couple of positions versus a bad race.
- ☐ Watch for the EPIC wind shift
- ☐ Light wind (caution)
- ☐ Tack out of bad air, once underway
- ☐ WATCH YOUR DEPTH GAUGE



The Race

- ☐ Know the course
- ☐ Heavy things on the floor near keel
- ☐ Hiking is “fun” (rail covers) (hip bones inside)
- ☐ Two stopwatches (6m) (5m)
- ☐ Two radios (69) (16)
- ☐ Know when to choose the “safe” route
- ☐ Don’t stop racing, each point counts
- ☐ Weeds?
- ☐ Anchor can be a low-wind weapon
- ☐ WATCH YOUR DEPTH GAUGE
- ☐ Write down time or take a picture of GPS time when crossing



After Action

- ☐ Take pictures of things that went well, settings, crew work.
- ☐ Dry sailed boats, hose off slime after race
- ☐ Turn off electronics / radios
- ☐ Don't vapor lock below deck
- ☐ Check gas vent / level
- ☐ Wet gear plan
- ☐ Note broken or frayed gear
- ☐ After-action: Non retribution talk about improvements and a focus on what went right
- ☐ Roll-Call for next race
- ☐ Review / Verify results (24 hrs)
- ☐ Review online tools, average speed, etc.

