

*MindJibe* is the newsletter of the Triangle Boardsailing Club. It publishes five or six issues a year. EDITOR-IN-CHIEF: John Rutledge SENIOR CONSULTING EDITOR: Mark Kermodle CONTRIBUTORS: Freddie Maurer, Frank Green, Debbie Hage, John Rutledge, Mark Kermodle PHOTOGRAPHERS: John Anderson Please send contributions to the editor at [jbr@email.unc.edu](mailto:jbr@email.unc.edu). The editor can be reached at 919-489-7863. TBC Homepage: [www.triangleboardsailing.com](http://www.triangleboardsailing.com)

# MINDJIBE



Newsletter of the Triangle Boardsailing Club  
2005

Vol. 23, no. 4

August

ISSN 1540-983X

## UPCOMING EVENTS

### SUMMER PARTY

The Summer party will be held at the Five Oaks Club, Saturday August 13 at 7:00pm. This is the same location as our winter party. URL:

<http://www.fiveoaksclub.com/>. Pass the info on to all club members. Bring any windsurfing DVD's that you would like to see. Freddie will bring a DVD of the Margarita trip. It will be a pot luck so *bring food* and drinks. There is a bar there that we can use. We just need to stock it ourselves, so BYOB. Directions are on the web site. If you have any question or comments, call Fred Maurer at 604-1866.

**Election of Officers.** Those nominated to be TBC club officers will be voted in (or not) at the Summer Party. Those nominated included Erik Staub, Liz Workman, Debbie Hage, and Matt Prior. This is a very promising group. The elections will start at 8 p. m. As per the by-laws, floor nominations will be accepted at that time.

**Auction.** At the Summer Party the Club will auction off the Club's 1987 Equipe XR, a Bic Rock, and several other smaller items. If you have items you would like to donate to the club for auction, bring them along. The goal of the auction is to raise money to purchase more beginning windsurfing equipment for the club. The auction will begin after the elections. Someone (probably the President) will do the auctioning off. In addition, any Club member in attendance can auction off anything windsurfing related (i. e., coolers) in reasonably good condition (no junk please!). All proceeds will go to the Club to help us toward our goal of buying new beginner equipment. Be sure to bring your checkbooks (or loose change from your cars) for this event.

**Directions.** Directions to the Five Oaks clubhouse:

From Raleigh:

Take Interstate 40 going WEST toward Durham/Chapel Hill.

Take EXIT 273A (Hwy 54) toward CHAPEL HILL.

Take First RIGHT onto Farrington Rd.

GO 2.2 Miles and Turn LEFT onto PINE CONE Dr.

GO 0.2 Miles and Turn LEFT onto CLUBHOUSE Dr.

–Freddie Maurer and Frank Green

### Fall Club Trip: October 15 – 22, Avon

Adlai Niggebrugge (now residing in the Bay State) has volunteered to serve as the coordinator for the club trip this fall. He has booked Le Spot in Avon behind Windsurfing Hatteras. Est. cost is \$168/person. This is a prime windsurfing house with good water access and good views, and located in near the center of the windsurfing universe. Priority will be given to persons who want to stay the entire week. Contact Adlai at [adlainx@yahoo.com](mailto:adlainx@yahoo.com).

**Wily Skipper's Corner.** Check out the webpage of the South Texas Windsurfing Association: <http://stwa.aseasyas.com/mission.htm>. The club was formed way back in 2002 as an effort to rejuvenate windsurfing on Matagorda Bay. In contrast to the TBC they seem to concentrate much more narrowly on racing. [ ] [ ] [ ] In this issue, we present a first: a real windsurfing joke. And unlike what passes for humor in the national rag, this one is really funny. Enjoy. [ ] [ ] [ ] Another first in this issue: a citation from T. S. Eliot! Can Shakespeare be far behind? Soon we'll have to go glossy. [ ] One windsurfing spouse reads *MindJibe* cover to cover. She says it should be called "The Secret Life of Men". And helps her understand her addicted spouse.

**NOTICE:** The Club is looking to get a new club board that is good for beginners and experts on light wind days. So, if you know of any good deals out there or have the perfect board in mind, please consult John Harper or Stefan with the details. They are heading up this project.

#### **POLLUTION at JORDAN LAKE**

See this site for a description of the pollution threats to Jordan Lake:

[http://ncconservationnetwork1.org/because\\_you\\_love\\_nc/alert-description.tcl?alert\\_id=3271807](http://ncconservationnetwork1.org/because_you_love_nc/alert-description.tcl?alert_id=3271807) .

The basic threat to Jordan Lake is runoff. Runoff is pollution from roads and rooftops, forests, farms, and office buildings every time it rains. And treated waste water from many communities goes into the lake. The North Carolina Conservation Network makes these points:

- \* Pollution runoff accounts for 68% of the nitrogen and 84% of the phosphorus in the lake.
- \* More than 65 permitted wastewater treatment operations release more than 75 million gallons of waste per day into the watershed.

### **The Windsurfing Guru**

MAGAZINE READER: Master, what do you make of the claim that monofilm sails made windsurfing invisible and that this led to the decline of the sport?

GURU: Piffle. Hogwash. Nonsense.

READER: But I read it in one of the windsurfing magazines.

GURU: I thought as much. This idea is patently false. It is risible and puerile.

READER: You don't agree then?

GURU: No. In fact, I deny the premise. Monofilm made windsurfing slightly less visible perhaps, but not invisible. No, Reader, there are many causes of windsurfing's decline, but monofilm played hardly any role at all.

Did you hear about the two powerboaters that walked into a windsurfing shop?  
You'd think at least one of them would have seen it.

#### **FOLLOW-UP NOTE ON : MY QUEST FOR THE PERFECT USED BOARD VIA THE INTERNET**

Shortly after my note about buying a used board via the Internet in the last issue of this redoubtable rag, Erik Staub found just what I had been looking for on eBay. After anxiously waiting to the very end of the auction to make my bid, I did get an Equipe II for a very decent price. (That prompted my query on the TBC chat board about the best way of shipping something 12' 2" long.) Transportation was complicated by the fact that the seller lives in a very small place in Texas. UPS doesn't handle packages that long. Eventually he found that DHL-USA would pick it up and deliver it to my doorstep. Well, almost. DHL lost track of it. After the board was three days late, Joyce called the

Morrisville station and gave them holy heck and they looked around the station. They found it and we drove over to pick it up immediately rather than risk further delay. We haven't gotten the bill yet, but we have been told that it will only be \$29. Yes, you read it right. Not bad for shipping a longboard from Texas to North Carolina. Perhaps the lesson from all this is that finding something really specialized via the Internet takes longer than I was expecting. Eternal vigilance is required and without Erik's watchful eye, I wouldn't have the board because I had given up the search. The board is in good condition and I have enjoyed cleaning it up. I look forward to tooling around the local lakes with other longboarders—and hopefully dusting the racing competition—in the near future. —John Rutledge

## Injuries in Windsurfing

by Debbie Hage

Only those willing to risk going too far can find out how far they can go. -T.S. Eliot

Studies performed on the biomechanics of windsurfing and associated injuries are very few. The aim of this paper is to summarize past research and enlighten the reader on injuries that occur either acutely or chronically in the sport of windsurfing. According to mainstream thought, windsurfing is considered an “extreme sport”, however it can be performed at a level that makes it extremely safe. One survey discovered a ratio of one injury to every 1000 hours of sailing (1). Another recorded 0.22 injuries per 1000 participant hours (2). Compared to swimming at 0.03 injuries per 1000 hours and football at 3.65 injuries per 1000 hours, windsurfing seems to be somewhat safe (3). Another popular myth is that you have to be young and athletic to perform this sport, but windsurfers, both male and female, come in all shapes, sizes, and ages. Based on a study of professional athletes, it was determined that the best performances occurred in those with a slight ectomorphic somatotype (4). As with any sport, though, you do not have to be a professional to have fun.

### **Windsurfing (Boardsailing)**

The sport of windsurfing has been in existence for nearly 30 years, but did not gain popularity until 1984, when it was first included in the Olympics. It is still considered an “elite” sport, with one survey in 1994 reporting that only 1.1% of the population had tried to windsurf at least once in that past year. In comparison to the 8.4% who claimed to snow-ski and 7.2% that snorkeled, it would certainly be considered a low participant sport (5). Although it has been a decade since that survey, the percentages most likely have not changed much.

The equipment used in windsurfing varies subtly, depending on the type of sailing that is done (i.e., freestyle, wavesailing, slalom). This paper will not go into the differences except to state that certain injuries are sustained more with certain types of sailing. All that is required is a board for stance and a sail, mast, boom and universal joint combination, which allows the sailor to maneuver the rig using aerodynamics of the wind. Specific parts of the rig other than those mentioned that have been known to contribute to injuries, are the footstraps, fin, and harness. Equipment size varies. In general, bigger equipment for lighter winds, smaller for heavier winds. Finesse is more important than strength in a windsurfer, although the larger the sail for current wind conditions, the more force is required to keep the sail under control.

### **Windsurfing Injuries**

Injuries are often sustained in unpredictable environmental conditions. In a survey of 327 windsurfers in Germany, 16% of medically treated injuries were caused by underestimating the weather conditions (6). Acute injuries, according to a survey of 294 windsurfers, were due to windsurfing equipment (64.5%), contact with the ocean floor (12%) or by some other mechanism (20%). They further delineated injuries by the equipment part that was involved and the maneuver that was being performed. The breakdown for injuries involving the equipment was: boom (17.2%), footstrap (16.7%), mast (12.7%), board (8.7%) and fin (8.1%). Jumping accounted for 21% of acute injuries, uncontrolled falls (including catapults) made up 37%, and launching or dismounting contributed to 14% (1).

In comprehensive studies, injuries were primarily (41%, 77%, and 56%) bruises, blisters, sunburn, scrapes, cuts, jellyfish stings, strains and sprains. More serious injuries included dislocations, fractures, torn ligaments, head trauma, disc herniation, and those sustained from collisions with other watercraft, or shark attacks (1,2,7,8).

A breakdown of anatomical location of injuries was included in Nathanson and Reinert's study. Of the 339 injuries, 17.8% were head and neck, 18.5% were of the upper extremity, 16% were of the trunk and the highest injury rate occurred in the lower extremity at 44%, with the foot incurring the most injury overall at 17.7%. The knee and ankle were also the most commonly injured body parts at 9.4 and 8.6%. The most commonly fractured bone was the rib at 44% of all fractures (1).

Of the 150 chronic injuries in this population, 16% had lower back pain, 10% neck pain, 11% elbow tendonitis, 8% wrist tendonitis, 3% shoulder tendonitis and 5% carpal tunnel syndrome. Their study also included a breakdown of injuries due to environmental conditions, with 44% of acute injuries occurring in choppy waters, 25% in flat water, and 31% in ocean surf or swells. At the time of injury, the average wind speed was 23 miles per hour (1).

## Case Studies

Some injuries are common to windsurfing, and others, although rare, are still easily explained by biomechanics and mechanism of injury. Following are individual case studies that represent both acute and chronic injuries due to windsurfing, common and not so common.

**Axillary artery (9):** A 30 year old man complained of numbness, pain and pallor of the right upper extremity. He reported that he fell while windsurfing, several times with his arm abducted; the specific mechanism was not revealed. He had reduced sensation and strength of the right arm limb, with no palpable pulse of the right radial, brachial and axillary arteries. It was determined through an arteriogram and surgery that he had upper extremity thrombosis. This can occur through repeated trauma by a direct blow to an artery or through a malrotation of the upper limb during strenuous exercise. An arteriotomy with thrombectomy corrected the problem and the athlete was able to recover quickly with vasodilation drugs and rest.

**Suprascapular nerve palsy (10):** A 21 year old male complained of sharp pain in his shoulder, while lifting his sail out of the water. The pain subsided; however, he had diffuse pain and weakness days later. He was treated with rest and anti-inflammatory medications. Later, atrophy was noted in the posterior shoulder and the patient presented with shoulder weakness in abduction and external rotation. An EMG detected a suprascapular neuropathy at the suprascapular notch. Again, he was treated with rest and physical therapy and was able to return to windsurfing, symptom-free, in 6 months.

**Lateral antebrachial cutaneous neuropathy (11):** A 19 year old woman complaining of pain, tenderness, and numbness in the right radial forearm after a day of windsurfing with the elbow slightly flexed, and a continuous hand grip. She showed decreased sensitivity, increased hypersensitivity in a specific area on the lateral arm, and pain with palpation at the lateral biceps tendon. Cervical spine motion as well as strength, coordination, reflexes and Tinel's sign of the upper extremity were all normal. Electrodiagnostic studies confirmed a pathology of the right lateral antebrachial cutaneous nerve. The patient was treated with rest and oral steroids. One year later, she was able to windsurf keeping her arm in full extension in order to keep symptoms from recurring.

**Posterior interosseous nerve compression (12):** A study was performed on 23 windsurfers complaining of pain, paresthesia, and weakness in the extensor compartment and various other regions of the forearm while windsurfing. Symptoms were relieved temporarily when the arm was put on a stretch in a position of supination with the elbow and wrist flexed and cross frictional massage was applied at the proximal forearm. Extended relief was achieved when the windsurfers rested for 2 weeks, and received physical therapy including massage and ultrasound. Upon return to windsurfing, they were instructed to hold the boom in a supinated position. Only 5 had recurring symptoms and after being treated with a short period of casting, only one of the athletes had surgical exploration to discover that the posterior interosseous nerve was swollen.

**Pectoralis major muscle rupture (13):** A 28 year old man complained of sharp pain in the anterior shoulder after sailing in strong gusty wind. He continued to have pain, weakness, and bruising. Originally, he was misdiagnosed with a muscle strain. Upon return, the patient presented with a disfigured chest wall and weak shoulder in adduction, internal rotation and flexion. The anterior axillary fold was shifted medially and was clearly defined when the arm was in 90° abduction. Radiographs confirmed a pectoralis major rupture. Most likely, the tear occurred with a heavy gust, while the muscle was fully contracted. This patient had full range of motion 11 weeks post-op, and was pain-free at full range of motion with 96% return of strength by 12 months.

**Lisfranc fracture dislocation (14):** A 33 year old male injured his foot when launched from his board, while his foot remained in the footstrap. He was unable to bear weight on it due to pain. He presented with a deformity of the forefoot being 15-20° lateral to the midfoot. The dorsum of the foot had moderate edema and was painful upon palpation. A radiograph confirmed a Lisfranc fracture of the 2<sup>nd</sup> metatarsal base and a dislocation of the 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> metatarsals. For the fracture and dislocations, the patient went through a closed reduction and percutaneous pinning. No information was available on his recovery.

**Spinal cord injury (15):** Both a 19 year old male and a 30 year old male reported chest and back pain in the mid-thoracic area after windsurfing in rough conditions. Each showed a variety of symptoms which affected the lower extremity, such as weakness, hyperreflexia, clonus, and sensation loss. In addition, the 30 year old had difficulty breathing and absent abdominal reflexes. His x-rays showed a degenerative change at T9/10, while the younger man's radiograph showed a lateral wedging of the T8/9 disc. Both had a normal myelogram, and made a full recovery. It was determined that the symptoms may have resulted from an interrupted vascular supply.

**Knee injury:** A 32 year old male (Charlie) complained of pain and swelling in the knee after having his foot caught in the footstrap in a fall. After treating with ice, anti-inflammatory medications and rest for 1 week, he again went windsurfing. He reported that his knee felt "weird" and that he was experiencing dull pain. During a jump in which he flexed the injured knee while holding the weight of the board, he heard a loud pop and experienced extreme pain. He was unable to bear weight, and the knee was locked in a flexed position. The orthopedic surgeon repaired the medial meniscus which was 75% torn. The patient was non-weightbearing for 6 weeks, and returned to windsurfing at 3.5 months post-op. He currently has 95% range of motion, and complains of tenderness.

## Discussion

The attempt to prevent acute and chronic injuries is simple, once all the mechanisms of injury are understood by the athlete. It is advised that each individual take windsurfing lessons, and those lessons should include a brief introduction on safety issues and injury prevention (See Fig.1). Common sense in choosing appropriate conditions to sail in and continued awareness of those conditions is very important to injury prevention. One must also know the rules of right-of-way for sailing, since windsurfers are considered a sailing vessel.

Protective equipment is available and is suggested. Wearing sunscreen and sunglasses guard from overexposure to the sun. Wetsuits and other available clothing will guard against abrasions, jellyfish stings, and hypothermia. A helmet protects the head from blows to the mast, boom, board, or even the water in high speed falls. A personal flotation device (PFD) is recommended in order to keep an individual from drowning when an injury is incurred or when fatigue sets. Some state laws even require a PFD for windsurfing; North Carolina not included. Many argue that these last two items are cumbersome and interfere with windsurfing; however, modern modifications have made both more aesthetically and functionally appealing.

Acute injuries to the lower extremity can be prevented as well. Booties protect the feet from foreign objects hidden from view by the water. Foot fixation injuries due to footstraps can be minimized by keeping the straps loose with insertion up to the midfoot only. To keep the mast from laying flat to the board and causing crushing injuries to the feet, a soft mast protector and pyramid should be used.

The most important contribution to decrease chronic injury is to wear a harness that hooks on the boom via strategically placed harness lines. The harness allows the athlete to use the weight of his body to hold the sail, instead of upper extremity and back strength. An EMG study confirmed that some of the muscles predominantly used in windsurfing include pectoralis major, deltoid, trapezius, biceps brachii, triceps brachii, brachioradialis, flexor carpi radialis and erector spinae. Although the study reports a low level of average muscular activity (not exceeding 20% of the MIV), that activity may be sustained for hours, with varying loads due to wind and water conditions (16).

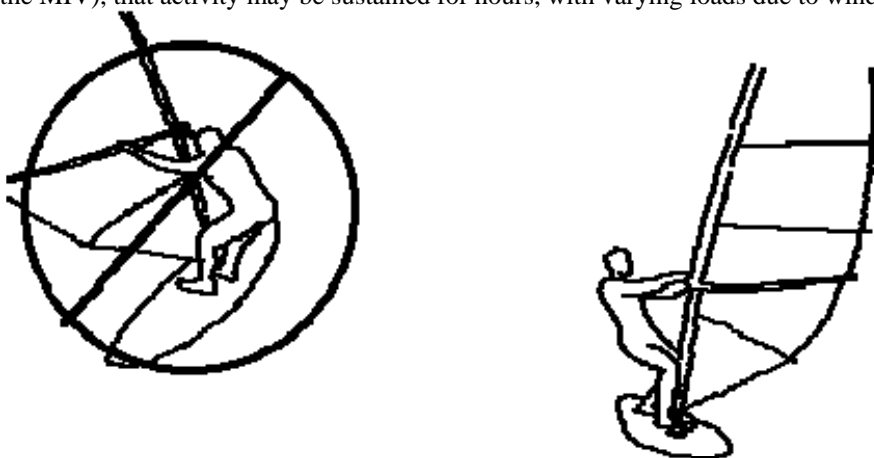


Fig. 1: Avoid back strain by using correct posture.

### Conclusion

The sport of windsurfing has had very few research studies associated with it. Much can still be learned about proper equipment and body mechanics that will decrease the risk of injury. Many changes have taken place over the last 20 years due to discovered mechanisms of injury. These changes include a light hand grip with the arm supinated, quick-release harness hooks, loosened footstraps, PFDs with less bulk, and lighter equipment. For those that want to perform research to decrease chronic back pain in windsurfing, the different types of harnesses and the resulting forces on the body should be examined closely. Also, there is possibly a lot to be learned between gender, in sailing techniques. Most of the information in this paper came from male dominated studies. Those that included women were contradictory, one reported that more women were injured than men, while another stated that men were injured four times as often as women (2,17). Clearly, there is much more to be learned about the sport of windsurfing.

Author's note: After a weekend of windsurfing, it became clear to me that one should not make it a habit of studying possible injuries in one's favorite hobby.

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## TYPES OF WINDSURFING COMPETITION

This is the first installment of a series on windsurfing racing or competition. There is a lot of free information about this topic on the web. The Wikipedia article (Wikipedia.org) on windsurfing has an excellent summary of the types of events.

Windsurfing competition falls into seven more or less distinct categories:

- Formula racing
- Slalom racing
- Wavesailing
- Olympic racing
- Wavesailing freestyle
- Flatwater freestyle
- SuperX

**SLALOM RACING.** Slalom racing is an exciting event in the horse-race sense: spectators can really get excited about tight jibes around the marks or watching a favored contestant overtake another. Then there are the inevitable pile-ups at the jibe mark. It's even better when the finish line is set close to the spectators. Slalom races happen so quickly—maybe three minutes at the shortest—that there isn't time for spectators to get bored. Some serious slalom events will regulate the width of the board (not more than 100 cm.) and the max size of the sail (not bigger than 12.5 m<sup>2</sup>). Only events with aerial tricks are more exciting to watch.

Since recreational slalom boards do not have the upwind (pointing) ability of longboards (12 feet long) or formula boards (95 to 100 cm. wide), amateur slalom racing tends to be BAFing (**back and forth**) on a beam reach, that is, perpendicular to the direction of the wind. Many professional slalom courses feature a faster, scarier off-the-wind course and more upwind, depending on

conditions. Frequently sailors run a figure eight course, although very complicated courses involving many buoys are possible. Each heat consists of one or two runs around fixed buoys, usually starting at an imaginary “start line.” If there is a boat for race officials, the sailors may get a moving start on open water rather than a beach start. In serious slalom competition contestants may be eliminated after scoring low in the early heats. Winners advance to the next “round”. Because slalom boards need at least 9-12 knots to plane, slalom races tend to involve “wind minimums”. Where to set the wind minimum is often the first highly-disputed “heat” because heavier sailors need more wind to get planing than lighter sailors do. If the wind drops below about 3 knots, slalom boards lose much of their directional ability. Professional slalom requires a wind minimum of 12 kts. Often slalom races are abandoned mid-race if the wind drops below the agreed-upon minimum.

On the technical side, the slalom racer has to figure out—before the race—the shortest distance between the start line and the buoy. Figuring out how to out-maneuvre the competition at the jibe mark plays a big role. You’ve got to evaluate how the other sailors are situated as you go into the jibe and figure out how to get ahead, all without falling and without violating the right of way rules. Simply not falling and the inglorious “dry jibe” are very important, because by the time you uphaul, the competition will be far ahead. The straight portions of the course give you a chance to use every trick in your book to sail as fast as you can.

Most TBC races since the early 1990s have been slalom races, although “open class” might be a more accurate term since we often have different types of boards competing. Most of us (amateurs) sail slalom boards now. Only a few of us even have longboards any longer, although the number is growing slightly. Several TBCers have Formula boards. Slalom and formula don’t mix very well because the formula boards usually carry bigger sails than slalom and have much better upwind ability. There’s still hope for us slalom boarders because a race can still be lost at the startline or in the transitions, no matter what kind of board you are on. Most of us prefer a course that prescribes jibes around a mark since the jibe is usually a faster transition than a shortboard tack. —John Rutledge



Lifeguard Beach, photo by John Anderson

# Triangle Boardsailing Club Membership Form

*please print clearly!*

New Member: \_\_\_ Renewal: \_\_\_

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone Day:   ( )   Eve:   ( )  

Email (optional): \_\_\_\_\_

<p>Make Check Payable to: Triangle Boardsailing Club</p> <p>Mail to: Triangle Boardsailing Club P. O. Box 662 Cary, NC 27513</p> <p>Dues:   Single: \$15       Family: \$20</p>
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I, \_\_\_\_\_ as a member of the Triangle Boardsailing Club, do hereby acknowledge that it is impossible to eliminate all risks associated with the sport of boardsailing, and for myself, my executors, administrators, successors and assigns, waive, release and forever discharge any and all rights and claims for damages, whether they arise in tort, contract, equity or otherwise, which may accrue to me against the Triangle Boardsailing Club, its officers, directors, and members (hereinafter referred to collectively as the "TBC"), and which result from, originate and/or arise out of, directly or indirectly, my participation in TBC meetings or events, or use of TBC equipment. I do further indemnify and hold harmless the TBC against any and all liability or responsibility for any injury whatsoever, including but not limited to injury to my person or property, received, incurred, and/or arising out of, directly or indirectly, my participation in TBC events, or use of TBC equipment. My release is also given for the reproduction of any photographs taken of me or including me for use in media coverage. I understand that I am waiving rights, which may otherwise have been mine by law, and I do so of my own free will and consent.

The **Triangle Boardsailing Club** is a non-profit organization dedicated to promoting and preserving the sport of windsurfing. **TBC organizes:** public service activities; Club windsurfing trips to Hatteras; Club meetings and social evenings; free instructional clinics; parties; swap meets; races.

kTBC owns and maintains the local Windtalker at Jordan Lake  
(387-5969).



Triangle Boardsailing Club  
P. O. Box 662  
Cary  
NC 27513

stamp
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mailing label
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