



UPCOMING TBC EVENTS

April 10: Club Race at Windmill Point. Skippers' meeting begins at 12 noon.

April 15-17, 2004 9th ANNUAL FRISCO WOODS WINDFEST (not a TBC-sponsored event)

What you can do at Windfest:

- talk to Industry reps and local shop keepers about the sport and their product line
- demo equipment
- get on the water instruction by US Sailing Certified Instructors - all levels (bring your non-windsurfing friends)
- participate in how-to clinics
- learn kiteboarding: instruction and demos (wide sailing site to provide adequate down wind sailing of windsurfers)
- fun events (to be determined)
- board toss (each year this ever-popular event is sure to add to the evening's entertainment, and is brought to you by *NE Windsurfing Journal*)
- bonfire nightly

Camping reservations recommended.

Frisco Woods Campground
Highway 12, PO Box 159
Frisco, NC 27936
(252) 995-5208
800.948.3942 reservations
252.995.5208 information
252.995.6257 fax
friscowd@pinn.net

Consider also an ABK clinic:

<http://www.abkboardsports.com/>

South Padre Island, Texas	March 25 - 28, 2004	4
South Padre Island, Texas	April 01 - 04, 2004	4
Hatteras, North Carolina	April 23 - 25, 2004	3

Monthly Social resumed in February. Meeting on the THIRD TUESDAY in Out of the Park in Morrisville, starting around 6 p.m. If interested, please e-mail or call Jonathan Phillips jonathan_phillips@ncsu.edu, (919-362-0816) so that he can make arrangements. Children of all ages are welcome at this establishment. The location is between Durham/Raleigh so no one group has to drive too far. Take I-40 to Airport Blvd., Exit 284. Head south/west (away from airport toward prime outlets) on Airport Blvd. for exactly one mile. It is on your right by Remington Grill. For a map go to <http://www.outofthepark.com/>.

Wily Skipper's Corner. There has been a lot of discussion about when and where to hold Club races and how to achieve fairness. Much of this has been done by email through a yahoo listserv group and not on the TBC chatboard. If you are interested in participating in racing or in



following the discussion on the newsgroup, you can subscribe to this group. Send an email to: TBCRACECOM-subscribe@yahoogroups.com [] [] [] [] Meet Aquilo (above left), a personification of the north wind in Roman mythology. Who says windsurfers aren't learned? [] [] [] [] Saturday, Feb. 24, 2004 we had a big blow at Jordan Lake. It blew solid 20 mph. most of the morning and tapered off in the afternoon. The temperatures weren't too bad

either. Photographer Paul Stackhouse was there with his Canon 10D camera and got some really good shots of some TBCers. You can see the shots here: <http://www.paulstackhouse.com/tbc/>. There are shots

of Jake, Adlai, Don Otte, and John R. The pictures will be up until Paul removes them. The photographs are copyrighted, but if you want to use any of them, contact Paul at Paul.Stackhouse@mindspring.com. [] [] [] [] Bill Bradstreet also put some shots on the web. Check 'em out!

Pictures taken at Jordan on March 7 and again on March 21. They can be seen at

<http://public.fotki.com/o2bnme/public/portfolio/windsurfing/>. [] [] [] [] [] A website run by the Army Corps on Engineers will give you the water temperature at Jordan Lake. Go here:

<http://epec.saw.usace.army.mil/bejrept.txt>. It seems to update every day or so. Soon it will be warm enough that we won't even care.

Keen Improver Awards 2003. At the Winter Party Club President Lorraine King announced that the he Keen Improver Award for 2003 would be shared by **Scott Burnside** and **Freddie Maurer**. **Chuck Hardin** of WhiteCap Windsurfing donated gifts for the keen improvers. Freddie Maurer received a manual wind meter; Scott got a mast foot protector.

The nomination for Scott points to an unparalleled career in windsurfing. He started out about two and a half years ago teaching himself to windsurfing at Jordan Lake so that he could sail the PAPER board that NCSU students were making to enter into a national contest. Several people at the lake gave him advice on how to sail. Since then Scott has thrown himself into windsurfing and is frequently seen at the coast and at Jordan Lake. In the short time of two years he is waterstarting and jibing and has done this on a shortboard—he didn't make the traditional progression from longboard through transition to shortboard the way many of us have.

Scott describes his experience in learning to windsurf modestly: "I've been learning to windsurf on a 120L board for almost two years now, two years in February. I weigh 170 and the board floats just enough to uphaul, but it is a balancing act. I do feel that my other sports/hobbies have helped, but windsurfing is a totally different world. For one thing you have to get used to riding "switch stance", and use the sail to turn, not just the rails. After two years I can finally waterstart and get my feet in the straps. But it has been a frustrating experience, although people tell me that they are amazed at how quickly I have learned on such a small board. And I owe a lot of that to the advice I have gotten from the club members and nonmembers. However, the jibe is still illusive and I still fall on my tacks. I'm waiting until I have waterstarts nailed every time and

have the jibe down before I wave sail. ... After learning to use the harness I now feel confident in 20-25 mph wind, but anything above (including gusts) 25 makes me nervous for now. If I were to do it again, I would try to learn on at least a 140L board, especially if I wanted to sail inland on lakes.”

Freddie tried windsurfing for the first time in Maui three years ago. That was about the time the club had purchased a GO board. Liz Workman recommended that he take a lesson in Maui with the GO board. Freddie got his board and small sail together and out he went to deeper water. His slack instructor hung out on the shore and yelled incomprehensible directions to him as the winds picked up more and more throughout the hour. Freddie was floundering and frustrated, not accomplishing anything. The winds didn't let up and neither did his instructor try anything but his ordinary beach bellows. When the lesson ended, Freddie was exhausted, frustrated and humbled, and the Japanese windsurfers were pointing and laughing at his boat of a board. Liz thought he would never give it another shot.

The next year in Maui, Liz managed to get Freddie out on a board again. The winds were light and they had rented the same type of beginner equipment. This time everything seemed to click for him. By the end of the morning, he was sailing out and back, tacking, and managing to stay upwind. A few months later Freddie decided that buying a board would make him learn. So he bought the board that he used in Maui and began making weekend beach trips. Before long, he had all the gear, was rigging his own sails, sailing back and forth, hooking in and mastering the tack. He has gotten a foot in the straps and attempted beach starts. He'll be doing loops next year, he says.

Freddie has only been sailing a short time, but has become very involved with the TBC and holds the position of “recorder” on the TBC board.

BOARD QUIVER PERSPECTIVES

(This is the second of a series in which TBC members explain what boards and sails they have and why.)

Equipment for the One-Board Beginner

by John Flavin

If there is an advantage in being a perpetual beginner/low intermediate sailboarder, it is that you don't feel like you have to always be buying more equipment. Every session on the water reminds you that you are limited more by your own skill set than by the performance of your equipment. For sailors like this, time on the water is a more productive investment than money. However, even though sailors like me don't need a lot of fancy equipment to get their kicks, it doesn't mean that just any equipment will do. Although the equipment need not be “just right” for anything, but it does need to be “adequate” for everything. Therein lies the challenge of equipment selection for the “one-board beginner” (“OBB”) windsurfer like myself. Here's my approach...

The Board

Tired of always having to borrow (and on the best days, wait my turn for) the club gear, I went to the Spring trip of 2002 determined to buy a board early in the trip. I had my sights set on a big, long, fashionably wide, bulletproof, super floaty job with a centerboard. Something that would make a good stable up-haul platform and slog upwind with a big sail in the light breezes of Jordan Lake. Eventually I arrived at Windsurfing Hatteras, where I announced to the proprietor that I intended to buy such a board. He asked me to describe my skill level and what type of sailing I did, and then promptly proclaimed that I didn't need a board, I needed a sailing lesson. Although I was at first put off by his insistence, he wore me down, and a couple hours later after the class I realized just how right he was. Almost all of the reasons I had for wanting the big slab could be overcome in large part just by a little practice and technique, and the range of conditions in which a smaller board

could be aggressively sailed would be far greater. I eventually settled on a Fanatic X-Ray (155 L actual displacement, 170L “virtual”) that day and have been delighted with it ever since. I traded off some of the Jordan Lake low wind, upwind and stable up-haul characteristics for much better Cape Hatteras handling characteristic and a little more incentive to learn to waterstart. Plus, it easier to haul around. It is the perfect board for neither a typical day at Jordan Lake nor a windy day at the coast, but it is quite good (at least for me) for both and will be for quite some time. That’s the whole point for the One-Board Beginner.

To summarize, my advice for picking an “OBB” board is to first go out to Hatteras and take a class specifically designed to push your envelope a little. Then test-sail a range of board sizes ranging from small yachts to near-sinkers. Then pick a board suitable not for the limited skills you’ve already but rather for the sailing you will do over the next few years as you progress.

Sails

When I bought my X-Ray, I also had budgeted for one sail, one mast, one boom etc to go along with it. Although I’ve heard of people doing it, its unrealistic to think that even the OBB is going to be satisfied with only one sail for very long, at least not without having to raid the club gear on a very regular basis. I certainly wasn’t.

Somebody in the club told me early on that for the general-purpose beginner, the secret of sail selection is proper spacing of sizes, 1m2 apart being ideal. They also warned that because each manufacturer tends to measure and “cut” their sails differently, the best way to make sure that you don’t end up with two sails of different area but nearly equal power is to stick with the same manufacturer for all your sails. I’ve found this to be pretty good advice. I bought a new North 7.5 at the same time I bought my board and over the next couple years added a North 6.4 and North 5.5 to my collection. Both sails were several years old, but one had never been sailed, and the other was only

The **ALMOSTSWAPMEET**. We had one of the smallest swap meets ever on March 6, 2004. Only one or two items moved. Only two persons even brought items to sell. The editors urges TBC members to talk to the TBC Board about the future direction of swap meets. Do they need a different venue? Should they be combined with some other TBC event? How can we get better publicity for the swaps? Should we have an alternate date in case there is actually wind? --ed.

Race Plan for 2004

by Paul Scrutton

The TBC Race Committee met on 2/24/2004 at Out of the Park to discuss the upcoming racing for 2004. Discussants included Mark Kernodle, Adlai Niggebrugge, Jonathan Philips, and Paul Scrutton. The conclusions of the committee are as follows:

The plan for 2004 is to have a series of four races. Participants will amass points, and prizes will be awarded at the end of the season at a race ceremony at the Winter Party.

lightly used and in excellent shape. I quite frankly don’t have any idea whether they were intended for free-style, wave, slalom, or whatever type of sailing—the most important thing to me is that they were the right size, condition, and price, so I can be on the water whenever I’m so inclined. I’ll worry about the finer points of sail characteristics after I’m good enough to know the difference. In the meantime, the only time I have to borrow a sail is on good screamer days at Hatteras on the club trips, where I’m diving into the Ezzy pile with everybody else.

My only other advice on buying sails for the OBB would be to stay away from sails requiring non-standard mast diameters and IMCS. Interchangeability of sails/masts/mast feet with your other gear (and your sailing buddies’ gear) is important. Beyond that, don’t get hung up on details. Remember that any type of sail of the right size in your quiver bag is better than the perfect sail that isn’t.

Masts, Booms, etc.

For me, masts and booms have been an after-thought, acquired only as needed in order to rig new additions to the sail collection. I’ve picked the sizes so that for the most part each mast and each boom can be used to rig at least two different sails. This way I can usually have two sails rigged at the same time, or if something breaks I automatically have a spare on hand.

I’ve heard repeatedly that used masts and used booms can break (and take out your favorite sail with it) with no warning, although I think that most of us one-boarders don’t push our equipment hard enough or often enough that we can’t live with the risk. I’m doing just fine so far with a North 460 and a 430 of unknown heritage (both bought used), along with a couple good mast extensions. Booms are a North size A (140-190) and a North size B+ (185-235). Those two—equipped with adjustable harness lines—will rig 90% of anything I’m likely to sail any time soon.

The following races will be organized:

- 1) April 10th (Saturday) at Windmill Point.
- 2) Club Trip – May - Race committee suggests that they race on the first reasonably windy day (steady 15 mph. minimum approximately). If such a race occurs, then the participants will be eligible for entry into the race series, including prizes at the end of the race season. Adlai will be the coordinator for this event.
- 3) June 12th (Saturday), Windmill Point.
- 4) October 16th (Saturday), Island Rigs.

Fleets/Classes:

A pro and sport fleet will continue for 2004 racing. Participants will not transition between fleets until the end of the race series. At the end of the season, the winner and runner-up in the sport fleet will be promoted to the pro fleet. Points will be awarded as follows at the end of each day's racing of the race series, to each of the respective fleets (i.e., pro and sport): 1st place = 5 points; 2nd place = 4 points; 3rd place = 3 points; 4th place = 2 points; 5th place or less = 1 point. No other fleet or class breakdown will be in effect and participants are not restricted in their use of equipment.

Skipper's meetings will be held at noon for all races. This gives the race organizers adequate time to set up and tweak the course. This is an ambitious and diverse race series that offers lots of possibilities. In the past we have had good races at all three locations.

THE WINDSURFING GURU: Dreams of Windsurfing

DREAMER: Master, I am troubled by a recurring dream. In the dream I am always in the same frustrating situation. I have a good view of the water in the distance. I can see whitecaps and usually guys are out there planing. But I can never get to the water. Either I can't find my way to it or something prevents me from getting to it. Occasionally I wake up screaming in frustration. What does this mean?

GURU: Fear not, you are normal—or as normal as windsurfers get. This is actually a common dream among windsurfers. I myself used to have the same dream. After I moved to Windsurfing Paradise it went away and I have not been troubled by it since. You should know, however, that some windsurfers do have positive dreams. They dream of making their jibes or aerials.

DREAMER: Fine for you, you've solved your problem. What about me?

GURU: Take your dream as a sign of your commitment to the sport and treasure it. It's the mental equivalent of a scratch or bruise you got from sailing.

DREAMER: Thank you, Master, for that splendid insight! I am very much relieved. So you don't think I need to see a shrink?

GURU: Oh, now I never said that....

UNFOCUSSED: Guru, I can't get windsurfing off my mind. For example, my boss comes to talk to me about a project. As soon as he starts talking, my mind shifts to windsurfing. Maybe minutes go by—blah, blah, blah—and I realize I haven't heard a thing he said. This could have some negative career implications.

GURU: How well I know the problem! Used to happen to me all the time. I tried Zoloft, now I just "sail off." Heh, heh, heh.

UNFOCUSSED: That is, without a doubt, one of the worst puns I've ever heard.

GURU. Sorry. It is definitely hard to recover gracefully when your attention lapses, especially if you're supposed to have understood what was said and respond intelligently. While it would be honest to admit that your mind had wandered, it's probably not politic. Try this: "I think you have just said something very important, boss. Let's see if we can re-state it in a way that will make everyone in the organization appreciate it." That should lead him to repeat himself word for word without your having to admit fault. You can't use this trick very often though.

DAY DREAMER: Master, is there some way I could simulate the feel of windsurfing when I can't actually be windsurfing? The brain can, after all, recreate quite realistically other primal experiences. Why not windsurfing?

GURU: Meditate for five minutes by focusing only on your breath, cleansing your mind of all thought. Then slowly pull together the features of windsurfing. Remember the way your body feels when you're hooked in and planing. Your brain knows the motion of the water. Next, feel the water flowing over your feet. Allow your brain to remember the apparent wind on your face, the occasional spray.

DREAMER: No, it doesn't work. As soon as I try to remember any one of these things, my mind starts thinking about how to make it happen.

GURU: Nope, it doesn't work for me either. Too bad.

DREAMER: Just as well, Guru. If I could induce the windsurfing state, I'd spend all my time there.

NEWS FROM THE TBC BOARD by Freddie Maurer (TBC Club "reporter")

The TBC Board met early in March. They discussed ways of improving club visibility. Some of the ideas for this include

making flyers to distribute on local college bulletin boards, fitness centers, Dicks Sporting Goods, REI, to Dave Marshall for his students; submitting events to listings in Durham newspaper, Raleigh *N&O*, CitySearch and other recreation newsletters; submitting events to RSOC, Triangle Activities Club, Jaycees, other group calendars. Other suggestions were to energize the website, including putting new photos up and writing an "intro to windsurfing" article. The Club needs to identify events at Lake Wheeler early enough in the year to get them into Ben Hermann's Leisure Ledger.

All club officers and activists should have a few back issues of the *MindJibe* to give out at the beach whenever interest is asked. "Business Cards" were considered, but *MindJibes* were thought to be more effective. The Club could try to get reporters from the local print media out to club events (i.e., "Sky-5" and "Chopper 11" and such) out to the Lake during windy weather for some interest shots during local weathercasts.

Suggestions for fostering new beginners included a summer trip to Hatteras, camping at Lisa's instead of renting a house.

A day trip to Avon in the summer for a class by Sailquick might be helpful. We also should consider some sort of follow-up to Learn to Windsurf days. Randy Dunn might be willing to hold one on May 22. Further, someone suggested holding a

similar LTW day once/month, at a new interesting and not necessarily well known site each time. How about a designated "club sail day". Beginners would have to notify the sponsor, so if none were coming and the weather was bad, the beginner sponsor wouldn't waste a trip.

The Board scheduled races and approved of \$50 to support their efforts.



Drops board and Gun sail (photo by Bill Bradstreet)

Triangle Boardsailing Club Membership Form

please print clearly!

New Member: ___ Renewal: ___

Name: _____

Street Address: _____

City/State/Zip: _____

Phone Day: () _____ Eve: () _____

Email (optional): _____

Make Check Payable to:

Triangle Boardsailing Club

Mail to:

Triangle Boardsailing Club

P. O. Box 662

Cary, NC 27513

Dues: Single: \$15 Family: \$20

_____ Date: _____

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:

Club windsurfing trip to Hatteras
and other windy locations
Club socials
Free instructional clinics
Winter parties
Swap meets
Races

Membership entitles you to:

As many issues of the Club's newsletter *MindJibe* as are published each year
Free classified ad service in *MindJibe* and on the Club webpage
Use of club-owned equipment on a sign-up basis as available
Refreshments at club-sponsored events

In addition, TBC owns and maintains the local Windtalker at Jordan Lake (387-5969).

These shops offer a ten percent discount to members of the TBC:
Avon Sail Shop
Windsurfing Hatteras
Sailworld
Ride Hatteras

(The address

label is your membership card.)



Air time at Jordan Lake (photo by Bill Bradstreet)

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