



Carolina Sailing Club Member Information - 2011

The Carolina Sailing Club (CSC) promotes, organizes, and carries out small sailboat racing in central North Carolina. We help people learn to sail and race, we hold socials and cooperate with other organizations to encourage and promote sailing. The Carolina Sailing Club is a member of the [United States Sailing Association \(US Sailing\)](#) and the [South Atlantic Yacht Racing Association \(SAYRA\)](#).

Find out more about CSC and how to join CSC at our website: www.carolinasailingclub.org

Our website is our central point of information and has an up to date calendar of all our events. If you have any questions about the Club or sailing, write us by using the “Contact Us” link. After you submit your membership application and dues, it’s a good idea to register as a User on the website to gain full access to information such as the member listing. Click ”Register Now” in the left column to do so. The webmaster periodically monitors new registrations and based on name or email address, identifies your site login account as a member. Once you are identified as a member, a Members Only Menu choice is available under the CSC Information Menu. **Also, to receive club emails, you need to sign up on the CSC Yahoo Group list. See the link on our home page.**

Who’s Who...

Board Officers:



Commodore:

Jack Griffin
jackg@sprynet.com



Vice Commodore:

Paul Manus
pbmanis@bellsouth.net



Rear Commodore:

Howard Mendlovitz
mendlovitz@email.unc.edu



Secretary/Treasurer:

Jim Howard
jhoward@rti.org

CSC Fleet Captains:

Flying Scot (Fleet 27):	Alan Backus	alanobackus@eaton.com
Isotope:	Joleen Rasmussen	joleenrasmussen@embarqmail.com
Laser (RTP Laser):	Rob Fewkes	rfewkes@gmail.com
Tanzer (Fleet 1):	Paul Manis	pbmanis@bellsouth.net
Thistle (Fleet 155):	Steve Cardoze	steven.d.cardoze@gsk.com
Buccaneer Fleet:	Mike Sigmund	mikesigmund@bellsouth.net
Open Fleet:	Dave Burchfield	dave.burchfiel@sas.com

Carolina Sailing Foundation Coordinators:

Carolina Sailing Foundation:	John Norton, President	john.norton@carolinasailingfoundation.org
Junior/ Opti Program:	John Norton	john.norton@carolinasailingfoundation.org
High School Sailing Team:	Tom David	david.tom34@yahoo.com
Adult Sailing Instruction:	Roy Rysdon	royrysdon@bellsouth.net



Flying Scot



Isotope



Laser



Thistle



Tanzer



Buccanner

CSC Fleet Facts:

All of the CSC Fleets have several things in common; Each Fleet promotes racing and they welcome newcomers to join them, providing support to new and seasoned sailors alike. Participating not only in local CSC regattas, each Fleet often travels together to regional regattas in the Southeast.

Flying Scot: is a 19-foot day-sailor with a deep cockpit that is ideal for family sailing or for racing. A crew of two or three will find the boat competitive at all racing levels. The boat is easily trailered and rigged. The sail configuration consists of main, jib and spinnaker. The Flying Scot remains in active production and there are over 5,900 Scots built, so new and used boats are available. In 1998, the Flying Scot was named to the American Sailing Hall of Fame.

Isotope: Sailing Fast—Having Fun since 1964. Its forward-thinking design and open class rules has kept it the fastest single-handed 16-ft sloop-rig catamaran. Designed for double-handed sailing on inland lakes, with or without crew, the Isotope is a pure joy to sail. With symmetric hulls, pivoting centerboards, and balanced 185 sqft sailplan, it is an excellent learning platform as well as an affordable, high-tech, high performance racing cat. Weighing only 275 pounds, even a Prius can tow it

Laser: The Laser fleet is the newest addition to the Club's fleet roster. The Laser is a fast 14-foot, Olympic class sailboat, with a strict one-design racing pedigree, and is one of the largest one-design classes in the world. There are different rigs for the Laser that makes it suitable for sailors of many different weights and abilities, all

based on the same hull. Many top sailors started out in Lasers, and there are several active Laser groups in North Carolina. This fleet is especially active during Wednesday evenings in the summer and out in numbers during our winter series. Several members from our other fleets have a laser as a second boat.

Tanzer: is a 16-foot center board day-sailor known for its simplicity. The boat can be easily rigged and on the water in less than 30 minutes. A family friendly boat, the Tanzer is both stable and fast. Even though the Tanzer is no longer in production, don't let that deter you from becoming a Tanzer skipper. The used market is very active.

Thistle: is a 17-foot open dinghy designed for racing and recreational sailing. The Thistle can be easily and quickly rigged. Because it has an open design and rounded hull shape, the Thistle is a good light wind boat which will easily plane in 10-12 knots of wind. The sail configuration consists of a main, jib and spinnaker. Of the 100 active Fleets in the country, Thistle Fleet #155 of the CSC is one of the fastest growing.

Buccaneer 18: is a day sailer for pleasure sailing as well as racing, and is sailed in several fleets across North America. Designed in 1966 by Rod Macalpine-Downie and Dick Gibbs, the Buccaneer 18 incorporates classic elements that have made this racing dinghy a consistent performer for over 40 years. Due to its hull design, this boat planes in 8 to 10 knots of wind with features which include: an integrated spinnaker launch tube; a roller furling jib that make it a good two-handed racing dinghy. The Buccaneer 18 is easy to handle and appeals to both seasoned competitors and new sailors alike.

Open Fleet: is a fleet within the CSC that supports the racing of non-fleet boats. Some of the boats represented within the open fleet are: Lightning, Buccaneer, 505, 470, 420, Y Flyer, Daysailor, Fireball, Snipe, Capri, and Hobie Cat. Because the open fleet consists of different boat types, race scoring is done on a Portsmouth handicap rating. So, if you have a boat that doesn't fit into a Fleet described above and you would like to sail or race, this is the fleet for you.

All About CSC Racing:

There are levels of racing available for everybody...

Jordan Lake Winter Series:

Everyone is welcome to continue the season by participating in the Jordan Lake Winter series. In this area of mild winters, some of the best sailing days occur during the winter series. For members that want to just sail in this series, we have a discounted membership rate. This is a great opportunity for boat owners to train crew for competitive racing series or just get out and have fun sailing – a great way to introduce your friends and neighbors to sailing, and a great chance for non-sailors interested in learning to sail to meet experienced sailors who are eager to help them learn the basics. Our Laser Fleet is especially out during the winter.

Races are typically scheduled to take place at Jordan Lake, on the first and third Sunday afternoons of November through March, but be sure to check the calendar on the website. Racers meet and launch at Vista Point. Registration begins at 11:00 am. The Competitors' meeting is at 11:30 am with the first starting gun at 12:30 pm and last race is started by 3:00pm. A social (bring your favorite chili or soup to share) follows the races. This is a great way to spend a Sunday afternoon during our mild southern winters.

Because the weather is often unpredictable during this time of year, the PRO makes a decision before race day and communicates the decision via email and the web. The Jordan Lake automated weather system plus various other weather information sources are used to pick a warm breezy day. Note that if the temperature is below 45 degrees and the wind is over 12 knots, racing will probably be cancelled. This range is extended for the Lasers and 505's. Note: An automated weather system is in place at Jordan Lake that tells you the current temperature, wind direction and speed, as well as the stats for the last hour at Jordan Lake. The number is 919 387-5969 and operates 24 hrs a day.

Wet suits and dry suits are not required but all participants must wear life jackets while on the water. Our objective is to get in as many races as possible each day. The courses are different variations of short windward-

leeward courses - see the sailing instructions. Be sure to check the course posting board on the stern of the committee boat before each race.

Championship Series:

The Championship Series consists of six two-day weekends of racing at Henderson Point on Kerr Lake and six Sundays at Vista Point on Jordan Lake. The race weekends are between April and October. Check the calendar for specific dates. Anyone is welcome to bring their boat and race it for a weekend as a first time guest - no invitation is necessary.

Registration begins at 11:00 am. The Competitors' meeting is at 11:30 am with the first starting gun at 12:30 pm and last race is started by 3:00pm. **This is Club racing at its best!** This is the original CSC racing series, and has been going on as long as the club has been in existence (in 2006, the club celebrated its 50th year !). This series is for those who are interested in competing at the Club level, improving their skills and bringing home the championship trophy for their fleet. This series enables you to develop strategies, tactics and skills that will help prepare you for Invitational Regattas. Trophies are awarded at our Annual Banquet at the end of the year.

Five one-design fleets are currently active: Buccaneers, Flying Scots, Isotopes, Tanzers, and Thistles. Presently, the Lasers only come out as a fleet in the Winter Series. All others race in the Open Fleet, which is scored by Portsmouth Number Handicapping. Trophies are awarded for a 1st half (April-July), 2nd half, (August-October), a Saturday series, a Jordan series, and the overall Championship Series.

Occasional lake-level problems force us to shift to other venues. Consult the CSC website for updates before driving to the lakes.

Invitational Regattas:

Each fleet has its own District-level Invitational regattas, hosted by various clubs on the East Coast. It is not unusual to see crews that have traveled from several states away to compete in these events. It's like a series of family reunions – you see old friends from around the region in new venues that are always great places to visit. You can compete with the top sailors in your class. But a word of caution...these regattas can be humbling. And yet, you will find that these very top sailors are the ones who are often most eager to share their tips for winning. So, the competition is the highest level that most of us see, and the venues are always fun places to visit.

You will have to invest at least a full weekend to compete in most of these regattas, sometimes with travel days on each end. But you will find that there is no better opportunity to learn first hand from the best sailors around, and share a great weekend with friends both from your own fleet and those from far away. Consult the CSC website calendar for a full listing of nearby Invitational regattas.

As a Club, we sponsor the **Governor's Cup** Regatta involving all fleets every year in June at Kerr Lake. We also co-sponsor the **Piedmont Interclub Challenge** with Lake Townsend.

CSC Day Sailors:

In 2010 we are launching an opportunity for local sailors and crew who desire a more leisurely sail to join the club and participate in any of several Day Sailor's events. Day Sailors is a group within CSC that is primarily of a non-racing recreational venue with on the water sail-about, raft-ups, games, dinghy cruising, overnights, picnics, and an occasional coastal adventure. The Day Sailor's boats are generally 20 feet or less with centerboard/daggerboard (no keels). Membership entitles one to sail with the rest of the Club, sail-about in non-racing events and special sailing venues, crew in all racing events and participate in Club socials, the annual party, and all other off the water event.

All members from Associate to Full can participate in the Day Sailor's bracket. Joining at the \$80 Associate Member to be a CSC Day Sailor includes participation in Sail-about events in addition to the basic club land functions and:

- Allows participation in one CSC Championship Series race a year,
- Allows one to sail-about on CSC racing dates with a strict non-interference policy
- Entitles one to sail-about with the rest of the Club Saturdays and Sundays at Jordan Lake and Kerr Lake.

- Includes all Club socials, annual party, and all other off the water events.
- Includes all Club non-racing sailing and special sailing venues
- Entitles one access to the CSC Day Sailors Yahoo communication site.
- Crewing at all racing events

A Yahoo email group has been established to communicate the CSC Day Sailors vision, mission, membership information, and a tentative schedule. You can join this group at: <http://groups.yahoo.com/group/CSCdaysailors/>

Day Sailor boats must meet the general club requirement of 20 feet or less with centerboard/daggerboard (no keels). A Release Form must be signed with your Membership Application. RC (Race Committee) participation is encouraged but optional.

Driving directions:

Kerr Lake: Directions to Henderson Point

From Raleigh:

If taking Route 1 from Raleigh, exit Route 1 in Henderson at Route 39. Turn left onto NC-39 North toward Henderson and Townsville. After 13.5 miles the road forks, stay right. There will be a church in the middle of the fork. Go 3 miles and turn right, there will be a sign for Henderson Point. Once in the Park area, turn left just past the ranger's house to get to the community building on Henderson Point.

From Durham/Chapel Hill:

From Durham, Chapel Hill and parts of Raleigh, take I-85 toward Virginia to the NC-39 exit, number 214. Turn left onto NC-39 North toward Henderson and Townsville. After 13.5 miles the road forks, stay right. There will be a church in the middle of the fork. Go 3 miles and turn right, there will be a sign for Henderson Point. Once in the Park area, turn left just past the ranger's house to get to the community building on Henderson Point.

JORDAN LAKE: DIRECTIONS TO VISTA POINT

From Raleigh:

Take US 64 West toward Pittsboro. You will cross Jordan Lake about 7 miles before you get to Pittsboro. From the traffic light at Wilsonville which is right before you cross the lake, go 3.1 miles and as soon as you have crossed all of the lake, take the first left onto Seaforth Road (state route 1941) - Note this is not the Seaforth launching area. At 2.0 miles on Seaforth, the road will dead-end into another road. Take a left, onto North Pea Ridge Road (state route 1700). Vista Point parking lot will be 1.5 miles after the left turn. The road will dead-end into the parking lot. Just before entering the Vista Point Park, you will see a guard station, where during summer months a fee of \$5 is collected from each car.

From Pittsboro:

Take US 64 East toward Raleigh. About 5.5 miles from downtown, there will be a red light at Griffins Crossroads. Take a right onto North Pea Ridge Road. You will dead end into the Vista Point parking lot in about 2.25 miles.

From Chapel Hill/Durham:

Take 751 south until you intersect with US 64. Take a right on US 64 West to Wilsonville. From Wilsonville follow Raleigh directions.

**Be sure to check the CSC website calendar for racing dates and any last-minute cancellations or changes of venue.*

FAQs:

What if I don't have a boat and don't know anyone to sail with but would like to crew?

The best way to get started is by showing up to one of the Lake Jordan races before 10:30am and look for the committee boats (which will still be on land) so you can speak to someone on the race committee. Let them know that you want to sail but need to know who you might be able to sail with.

If you see a particular boat that you want to crew on, don't hesitate to introduce yourself, ask questions about the boat, and most likely, you will get yourself an invitation to crew for the day. Coming to our monthly socials (see below) is also a good time to arrange a ride. We encourage you to try different types of boats and fleets to determine your preference, then stay involved in a fleet as crew.

What should I bring to the races?

You will want to bring sunscreen, sunglasses, hat, water, a snack, life jacket (if you don't have one, there is always someone with an extra), deck shoes, tennis shoes or water shoes, (avoid black soled shoes), and foul weather gear if it is particularly cool or windy. Have a change of clothes back on shore in case you get wet.

What are the benefits of joining CSC ?

Non-boat owners:

- You can participate in sailing events
- You can participate in social activities after racing.
- You have opportunities to crew regularly.
- You can crew on several different boat designs.
- You can choose the one design boat to learn more about how it sails and races.
- You have many opportunities to sail and to race at increasing levels of skill as you feel comfortable.
- Owners will allow you to skipper in club races or sailing events so that you can learn more about sailing and decide if you would like to get your own boat.

Boat owners:

- It's the best way to learn to sail under various conditions and if you race you will gain experience at all points of sail during a race which you wouldn't typically do on a casual sail.
- If you are learning how to sail your boat, take the adult Learn to Sail course, (see <http://www.carolinasailingfoundation.org/>) and then practice your skills with our daysailors or in our racing series.
- It's safer sailing with a group and if you race the club provides safety boats.
- The other sailors want to help you learn so you can become confident under challenging conditions or you become a better competitor.
- There are social activities after racing.
- They're a great group of people with common interests – a healthy and wholesome activity for the family.
- You'll sail more because it's a scheduled activity. You won't be looking for a perfect day to sail because it's fun to go to the lake even when the wind doesn't cooperate.
- Jordan Lake sailing is closer for most club members, this allows you the opportunity to sail and spend the evening with the family. Most people don't have the "discretionary" time to sail full weekend club and invitational events. The Jordan lake races are single-day "club" races.
- Kerr Lake sailing provides a full weekend of time on the water with up to five races in two days for sailors desiring more competitive racing

My kids are interested in learning to sail. Does CSC have any “learn to sail” programs for kids ?

Yes, the Carolina Sailing Foundation sponsors a Junior Sailing program for kids ages 8 and up. They provide a variety of opportunities for kids to learn to sail, improve their sailing skills, learn to race, and improve their racing skills while having fun and making new friends. See the CSF website for a calendar of events and details about the many opportunities for kids to learn to sail and race: <http://www.carolinasailingfoundation.org/>

Where can I go to find the most up to date information about race schedules and activities?

Check the CSC website for the latest information: www.carolinasailingclub.org

Do you offer structured sailing instruction for adults?

Yes, the Carolina Sailing Foundation sponsors sailing instruction by a certified instructor on a Flying Scot. For more information, visit: <http://www.carolinasailingfoundation.org/Adult%20Sailing.htm>

Race day activities (all CSC venues) :

Sailors begin rigging their boats approximately 45-60 minutes before the competitors' meeting. If you are new to sailing and have found someone to crew with, your help rigging their boat will not only help your skipper out, but you will learn about the boat's set-up and you will get to know your skipper.

The PRO (Principle Race Officer) will sound a horn to alert the sailors to join the competitors' meeting. Sailing Instructions (SI) will be handed out at this time and will include descriptions of race courses. Once the committee and mark boats have gone on the water and have set up the race course, they will display the race course on the stern of the committee boat as MWL (Modified Windward/Leeward), MT (Modified Triangle), WL (Windward/Leeward), etc.

All races utilize the 5-minute starting sequence with a sequence of flags and horns. Races that have a lot of boats will start different fleets at different times, so watch for your class flag at the 5-minute signal.

Race Committee Duties:

All CSC members (except the Supporting Members) are required to serve on the race committee (RC) for a minimum of two race days a year during the Championship Series and one day during the Winter Series, if participating. Jordan summer races are held on only one day a month. Jordan winter races take place twice a month. Kerr Lake summer races include both weekend days. The CSC Governor's Cup weekend is included in the Kerr Lake racing schedule for RC participation. You can select a preferred date and sign up for race committee on the CSC website <http://carolinasailingclub.org/racecommittee/>. If you are new to racing, you will want to sign up as "staff". Also check the boxes indicating whether you are willing to haul a trailer or drive one of the race committee boats.

Don't worry about experience when it comes to assisting on the race committee. The race PRO will contact you several days before the race for which you have signed up. You will be instructed when to be at the lake, where to obtain equipment, and which boat you will be towing to the lake (if you have the ability to tow one). The club uses at least two motorboats; a committee boat and a mark boat, each well equipped with safety gear and two-way radios for coordination. It is important to BE ON TIME. When you arrive for race committee duty, be sure you learn about all the details of the boat you will be operating. There's nothing quite like forgetting one of the plugs in the boat (there are more than one) or accidentally launching the boat onto the concrete ramp – yes, it has happened to a few of us.

If you are assigned to assist the PRO on the committee boat, you will help with timing, raising starting flags and scoring the races. If you are assigned to the mark boat, you will be responsible for helping boats in trouble, placing the race course marks, and removing the marks at the end of the race. These marks are inflatable. You may deflate them as you return to the dock. Be sure equipment is returned in the same condition and order as you found it. Report any problems with equipment to the PRO.

After Sailing Socials:

Breakfasts are usually held at the Glass House on Saturday near the landing during Kerr Lake racing weekends. Socials, sponsored by different fleets are held on Saturday afternoon during Kerr racing weekends. We gather after racing to dry out and cool off on warm summer days, and socialize over a light meal before we head home. Socials are sometimes held after each **Jordan Lake** event. We also hold larger socials at our special events, such as the **Commodore's Bash, Governor's Cup**, and at selected Seminars the club sponsors.

Monthly Socials:

These informal get-togethers are usually held monthly at a local sports bar on a weekday evening, starting at 6:30pm. They are a chance to talk about sailing, meet fellow members, and seek out potential crew/skippers to race with at upcoming events. We often have a short seminar on racing or boat handling. We also occasionally have Potluck suppers at a member's home and movie viewing of popular sailing flicks. Check the CSC website calendar for dates and locations.

Youth Programs:

The Carolina Sailing Foundation was created by CSC in late 2002. Its primary purpose is to teach people how to sail and how to race sailboats. The current focus of the CSC is on youth programs that emphasize safety, having fun, and improving sailing and racing skills. Instructors are certified by US Sailing as Small Boat Sailing Instructors.

After-school "Learn to Sail" classes and summer sailing and racing camps for kids are taught on Lake Crabtree using Optis. Training and coaching sessions and campouts are held in conjunction with CSC race weekends at Kerr Lake. A limited number of Optis are available for charter for these events.

Kids in Optis participate in our racing at most Kerr Lake weekends and at our annual Governor's Cup regatta in June. The annual Jolly Jordan Opti regatta is held for kids from 8 to 15 on Jordan Lake in July.

A regional high school sailboat racing team was formed in 2005. It races 420s in high school regattas across the Southeast.

We also have a "learn to sail" instruction for adults by a certified sailing instructor on a Flying Scot.

For more information, visit:

<http://www.carolinasailingfoundation.org/>

Recommended books about sailing, racing, and racing rules:

"Performance Racing Trim" by Bill Gladstone of North University – Available as a book with lots of illustrations or as an interactive CD. This is a good, semi technical book on what makes the boat go and how to trim sails. Used at the North Sails One-Design seminars

"Performance Racing Tactics", also by Bill Gladstone is a companion book or CD that takes you into the rules and shows how these dictate how we play the games. Lots of examples help you understand the rules we often encounter and should know. Also used at the North Sails One-Design seminars.

"Winning in One Designs" by Dave Perry is an excellent book covering all aspects of the sport from boat prep to boat handling, trim, to rules and tactics.... . In depth.

"Sailing Smart" by Buddy Melges comes highly recommended as an all encompassing book similar in some respects to "WOD" above, but with Buddy Melges personality shining though. A good read to get the juices going.

"Sailboat Racing with Greg Fisher", T. Hubbell, 2000, Hathaway-Jones Publishing – is a conversation between two top Thistle sailors who have been involved in running the coaching clinic at the Thistle midwinters. It is about many aspects of getting your boat (Not class specific I found) ready and competitive. The importance of rigging and tuning the boat so that it's balanced in all conditions is emphasized and emphasized again because of its importance. A topic that does not get the attention it needs because that's what it takes. It takes a lot of attention to the small things.

“Understanding the Racing Rules of Sailing” is, as you can tell from the title, a serious text book for those that really want to understand the rules in depth. Good for someone who frequently hears protest, or wants to stay out of the “room”, or at least surviving the experience. It’s also good for those serious about race management

“The Racing Rules of Sailing 2009-2012”, US Sailing Association <http://www.sailing.org>
Or can be purchased from US Sailing

“Speed & Smarts”, D. Dellenbaugh, bi-monthly newsletter, SpeedandSmarts.com
It has no ads but has 12-14 pages dedicated to a single topic each - 10 issues a year. All articles are well done with great illustrations and photos. Cost \$40/year but it comes highly recommended.

“Sailing World” is an excellent general sailing periodical that covers racing boats of all sizes.
