



www.windsurfbaba.org

BABA Annual Meeting

by Maureen Pritchard, Chair

Our annual meeting/October - Meet at the Beach/sail demo/ racing awards and dinner was held on Sunday, October 28 at Mayo Beach. We had about 30 members in attendance, including the infamous **Farrah Hall**. Surprisingly, Farrah was the last to come in off the water for the day!

Dinner was provided by the Selby Sub Shop and a number of our members provided snacks and desserts. A special thanks is extended to new BABA members **Carsten and Amaresh Boekholt** for handling the beverage duties for this event.

We had a unanimous vote to elect the following for our 2008 officers:

- Maureen Pritchard, Chair
- Colin Pitts, Vice Chair
- Helen VanGelder, Treasurer
- Mike McCormick, Recording Secretary
- Janice Emerling, Clinic Coordinator
- Fred Thomas and Coby Leyden, Hatteras Coordinators
- Daphne Lathouras & Steve Melnick, Web/Newsletter Coordinators
- Ann Jackson, Membership Coordinator
- Tom Sargent, Racing Coordinator
- Marc Rosen, Sponsorship Coordinator (limited)
- Mark Raginsky, Member at Large
- Carsten Boekholt, Member at Large
- Fan Pat, Member at Large

Tom Sargent took center stage to present racing awards and promises that we, ll have a racing season again next year under his fun and capable leadership.



Tom Sargent and Marc Rosen

Marc Rosen was Mr. Popularity, as he was instrumental in securing the fabulous prizes raffled throughout the evening. Special thanks to our sponsors who provided bags, uphauls, t-shirts, harness lines, free subscriptions



Mark Saunders, Helen Van Gelder and Bill Anderson

most extensions and more goodies than I can remember right now: **Aerotech/Exocet - Marty Gotlieb; Chinook/HiFly - Dan Van Hoose; DAKINE - Bill Morissey; Easy Uphaul - Mac Barnes; EZZY Sails - TimOrtleib; NEWJ - Peter Bogucki; KA Sails - Erika**

The Pat Pugh award was presented to **Bill Anderson and Helen VanGelder** for their continuing efforts on behalf of our club. Bill and Helen have been combining forces for several years

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2007 Pat Pugh Service Award

by Marc Rosen

This years recipients for the **Pat Pugh Service Award** goes jointly to **Helen Van Gelder and Bill Anderson**. Helen and Bill have been on the BABA scene both here in the Chesapeake region and on the road. Helen and Bill have spent several dozen hours working on incorporation and non-profit status of the club and have devoted time to running Hatteras trips and managing the treasury. It is a rare BABA event where the two of them do not show up. Helen also established BABA's Meet at The Beach- a program where experienced BABA windsurfers host a day at the beach and offer encouragement and support to novice windsurfers.

On hand to present the award was **Mark Saunders of East of Maui** who also presented Helen and Bill with a \$50 gift certificate from his shop.

Congratulations, Helen and Bill- BABA appreciates the work you've done for the Club and the sport as a whole!

BABA Mission Statement

The Baltimore Area Boardsailing Association (BABA) is a network of Northern Chesapeake Bay windsurfers. Our purpose is to promote the sport of windsurfing through seasonal racing, instructional clinics, social events and group travel to windsurfing destinations. The club is an advocate for windsurfer access to clean, safe launch sites. Our events focus on an enjoyable social experience while developing further windsurfing skills.

For Membership information contact
Ann Jackson at (410)315-8481 or
ajax.tmm@verizon.net,
 or any member of the BABA Steering Committee.

www.windsurfbaba.org

**BABA Winter
 Party
 Saturday
 January 26
 More info
 on page 9**



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Annual Meeting & Racing Awards 2007

Racing with BABA in 2007

by Daphne Lathouras

We had another great season of racing under the leadership of Commodore Tomaso Sargent. More than 40 racers competed in 8 events held over the course of the season at our favorite venues - Gunpowder, Rocky Point and Mayo Beach, with two 2-day events that included dinner and camping under the stars. Many thanks to Tomaso and all the volunteers who make the racing season happen, including **Mark Raginsky, Jack Ames, Fan Pat and Colin Pitts, Ann Jackson, Mike McCormick, Rich Knox, Marc Rosen, Tom Caswell, Janice Emerling, Helen Van Gelder, Bill Anderson and Albert and Maureen Pritchard**. We'd also like to thank **Dary Lofgren and Anne Arundel Parks and Rec/Mayo Beach** for hosting BABA 4, the East Coast Championships and the Annual Meeting and Racing Awards Dinner.

For those who made it out early on October 28, we had a warm, windy day with 7.5 conditions for the guys and 6.0 for the women (and as usual, the early birds got more wind). At least 20 sailors were on the water prior to dinner and the meeting in the pavilion. Olympic hopeful Farrah Hall was last off the water - more about her campaign on p 14.

2007 Season Results

Formula

1. Alan Bernau
2. Tom Caswell
3. Dave Kashy

Women 7.5 Limited

1. Fan Pat
2. Daphne Lathouras
3. Helen Van Gelder

Men 7.5 Limited

1. Albert Pritchard
2. Jack Ames
3. Tom Sargent

Open

1. Kevin Gaston
2. John Contos
3. Colin Pitts

Novice

1. Kay Fennell
2. Rob Smith
3. Tom Hickey



FORMULA - Farrah Hall accepts the first place medal for Alan Bernau, and Tom Caswell, 2nd place



MEN 7.5 LIMITED - Albert Pritchard 1st, Tom Sargent 3rd



OPEN - Colin Pitts accepts the 3rd place medal from Tom Sargent

Annual Meeting & Racing Awards 2007

Annual Meeting continued from p 1

to coordinate Hatteras trips, they started the Gunpowder "Family Fun Day" and have recently volunteered to coordinate a couple of our "Meet at the Beach" days. Helen also serves as the BABA treasurer.

BABA will sponsor at least 2 Hatteras trips next year and those duties will be handled by **Fred Thomas and Coby Leyden**. See page 13 for information about the May trip, and watch your e-mail and future issues of the newsletter for more information about 2008 trips.

We have a wonderful group of members who work together and play together. Thanks to all of you for a great year.

Maureen Pritchard



*WOMEN 7.5 LIMITED
- Helen Van Gelder (3rd),
Fan Pat (1st), Daphne
Lathouras (2nd)*

Amaresh and Carsten Boekholt



Fan Pat and Collin Pitts



Janice Emerling



Kay Fennell, Bob Tanev, Ann Jackson and Mike McCormick

East Coast Championships - A Belgian on the Scene

by Chris Waerzeggers

Before leaving Belgium for my 7-month stint in DC I did some internet research on the local windsurfing scene. Quite quickly a spot (Mayo Beach) and a group of windsurf enthusiasts (BABA) emerged – this would be my windsurfing scene for the upcoming season! Some gear selection on the basis of stats and race reports and I was set to go, hauling across the Atlantic my F2 FXIV and SX Small boards, 11.0, 9.5 and 7.0 Maui Sails TR2s, two booms, 3 masts and the usual small stuff.

The first time I hit the US waters was the last weekend of April at Mayo Beach. Purchased a launch permit (unknown concept in Belgium; it's anyone's beach!) and was off on the formula and 11.0.

One of the last times I sailed US waters, the before last weekend of September this time, was again at Mayo Beach. By that time the BABA locals had long accepted me as one of theirs, and I was no longer “the Belgian” but “Chris, the Belgian”.

The East Coast Championships came at exactly the right time: I had to leave the US the following weekend, and had been training formula with **Dave Kashy** and **Alan Bernau** for the weekends running up to the event. Dave and Alan

were training for the Formula Worlds, and I was just... training I guess. We were all ready for it!

The wind was not, unfortunately, and the first day was spent on the beach, or pumping race boards around the course. Despite the favorable conditions the thermal did not kick in in the afternoon, so no formula racing.

The forecast for Sunday was more promising: a 10 knot breeze from the north would come through early morning. Skip-



Chris Waerzeggers passing the committee boat

and returned to the beach after a couple of runs to pull a bit more downhaul in the 11.0. It was definitely stronger than 10 knots. Perfect racing conditions!

The racing committee set out a course in no time and sent us out to make the most of the morning breeze. The start of the first race was a bit chaotic, but everyone got away clean with

one of the Florida racers out in front, and me right behind him. He over stood the upwind mark, which I rounded in first. I went as deep and fast as I could for the downwind mark, never looking behind. While rounding the downwind mark I saw that I had a considerable lead on Dave K, but knowing his speed I had to keep the pedal down. I did, and I took the bullet.

After a short break we were sent back out for race #2. I missed my start somewhat but made up for it by

the time I had to tack for the upwind mark. Unfortunately I understood the mark, had to tack again and both Alan B (who appeared out of nowhere at the mark) and Dave K raced pass me. Dave took the lead on the downwind with his amazing speed,

Alan was tailing him and I was in third. We rounded the bottom mark in that order. Dave was out of reach, but I passed Alan before tacking for the finish line and took second.

By that time the wind had decreased, and those who had them rigged their 11+



Skippers Meeting

pers meeting was rescheduled and after some amazing lasagna most of us had an early night.

Sunday morning I was rigging as the sun rose over Mayo: the forecasted wind was there! I was the first out on the water,



Longboard Start

cont. on p 6

continued from p 5

sails. I did not, so I stayed on my trusted 11.0 but backed off some downhaul.

By the time the gun went off for the start of the 3rd race, no one was planning over the starting line. After a couple of meters most of us managed to pump away, but it was clear that it had become very light. It became a matter of getting the right puff to get or to keep going. I reached the upwind mark in first. By then it was in the bag: sailed to the downwind mark with my sail all bagged out, and then upwind again. Crossed the line with almost a 10 minute lead. Once everyone was back in and the race committee came ashore we learned that the race had been called off. Too bad. As a result I was tied with Dave K for first, each with a bullet and a second place, and Alan B in third. What a coincidence: the training group of the last couple of weekends!

The following weekend, 2 days before flying back to Belgium, Dave and I did a real long distance trip around Hampton Roads – another story altogether, but it was without doubt the longest trip ever... Maybe more on this next time. In the meantime, let's see how Dave and Alan perform at the Worlds in Brazil.

All the best from Saudi Arabia (haven't stopped traveling...), and thanks to all of you from BABA for the great windsurfing time on the East Coast.



Chris Waerzeggers, Dave Kashy (tied for first) and Alan Bernau (2nd place) at the 3rd Annual BABA East Coast Formula Championships



Dave Kashy (USA 9) racing strong in Brazil and keeping off Danish champion Jesper Vesterstrom (Den 111)

Formula World Championships - Fortaleza, Brazil

BABA Members **Alan Bernau** and **Dave Kashy** went to Brazil to compete in the Brazillian Open and the Formula World Championships held November 23 - December 2. More information about the event can be found at www.formulawindsurfing.org or www.windbrasil.com/ing/.

American competitor Steve Bodner (riding Kashy fins) blogged the entire event and his site includes course diagrams, videos, stills and lots of detail about the racing. <http://stevebodner.blogspot.com/>

Hopefully we'll have Dave and Alan's first hand accounts of the event and their trip to Brazil for the next issue of the newsletter.





Rocky Point Ripping - Late Season Sailing is Here!

by Roger Fitzgerald

Rocky Point offered some excellent winds in November, especially for those who like the really windy days. On the sixth of November the winds started in the 6.0 range early, then built to 5.0 later in the day. Fred Hylla, Paul Cudone, Sandy Rollins, Mike Dzamon, Craig Heffner, Tom Hollowell, Nick Bertolini, Matt, and I sailed in pleasant 55 degree air and water. The best wind was from 1:00 to 3:00 in the afternoon, with sails from 4.7 to 5.5 working best. There is dredging barge in the middle of the river, but fortunately it is upwind from our usual sailing track, and far enough away to not block the wind too much. Fred and I sailed upwind of it for a while in the afternoon, but mostly we sailed straight out from the launch site to the far shore, the river is about one mile wide here.

The NWS put up big "Gale Warnings" for Thursday, November 15th, but we didn't really get much wind, just lots of rain. Friday the 16th was cool and windy, with scattered clouds and temperatures in the mid-40's. This cut the number of sailors down considerably, just four showed for some solid 4.7 and 5.0 sailing. Mike Dzamon said: "this is the best 5.0 day ever at Rocky Pt." He appreciated the fact that the wind held fairly steady from 11 am until 3:30. Craig Heffner, Mike Dzamon and Mark Weinman joined me for a really nice session. Craig and I shot some video so we can look back at the fast sailing through the frigid winter season. This was my third day sailing my new Exocet Cross II 84 liter board and I felt that I had really dialed it in, with a max speed of 35.2 mph. Mark Weinman had some nice jumps and made the conditons look tame as he usually does. Craig captured Mike's duck jibe on the video and had some excellent speed runs on the water. We alternated shooting the video while we were warming up our hands. This was a day where I planed almost the entire day on an 84 liter board- perfect sailing conditions at my favorite spot for West and Northwest winds.



Fred Hylla



Sandy Rollins, Paul Cudone and Mike Dzamon



A Tribute to Gordon Palmer

by Roger Fitzgerald

Gordon Palmer, BABA member and good friend to many of us, died on October 9th from injuries he sustained in a fall from his mountain bike. Gordon was riding at Schaeffer park in Germantown with Fred Hylla when he had his accident. Gordon was 69 and an active biker, big boat sailor, and windsurfer to the end.

All my memories of Gordon include his cheerful smile and optimistic and enthusiastic attitude. He took up shortboard sailing in his 60's, and worked to improve while sometimes causing anxiety among his fellow sailors at Rocky Point when he sailed in conditions beyond his abilities. One of Gordon's adventures a few years ago included a TV news helicopter spot-lighting Gordon's sail after dark- he had gone out on a 6.0 when the conditions called for a 5.0 or smaller! I remember getting some calls that night from friends who knew that I was sailing- who was that sailor that was rescued after dark? Gordon was used to adventure and risk, so this incident did not deter him, he just bought a 4.5 sail so that he was ready for the windier days and continued to go out and ride the wind. Gordon was a regular sailor at Rocky Point, he was there for almost all of the windy days over the last four or five years.

Gordon's other activities included extensive sailboat racing and cruising, he was an excellent sailor who won many regattas here on the Chesapeake. He was a life member of the NSHSA, the Northern Star Hunter Sailing Association, and captain of the Windependent. The obituary posted on the Evans Funeral Chapel site includes many details on Gordon's life: <http://www.evansfuneralchapel.com/> enter "Gordon Palmer"

Gordon will be missed by all of his friends, we were privileged to know him and share in his adventures.

Memorial contributions in his memory may be made to: Eastern Shore Land Conservancy, P.O. Box 169 - Queenstown, Maryland 21658

Ed Note: On behalf of all BABA members, BABA made a contribution in memory of Gordon to the Eastern Shore Land Conservancy.



Fran Conway with Gordon (r) at the 2005 April Fools Wave Bash and Hot Dog Roast at Rocky Point

WINDSURFING CLINICS AND INSTRUCTION

ABK Boardsports

www.abkboardsports.com

no phone number - they're always on the road!

ABK conducts camps in our area in spring and fall

Annapolis Wind

Stuart Gray

301-464-3443

www.annapoliswind.com

Stuart Gray conducts group clinics and is available for private instruction

East of Maui Boardshop

Annapolis, Maryland

410-573-WIND (9463)

www.eastofmauiboardshop.com

Windsurfing lessons and rentals available.

Petra Kanz

www.petrakanz.com

Petra Kanz conducts clinics along the East Coast and is available for private instruction.

Ultimate Watersports

Gunpowder State Park:

Hammerman Area

Essex, Maryland

410-335-5352

www.ultimatewatersports.com

Ultimate Watersports is one of the oldest and largest certified windsurfing schools in the US. Group and private lessons. Windsurfing rentals available.

BABA's Mid-Winter Party!

The Date – **Saturday, January 26, 2008**. The Place – **Chuck & Jackie Schnee's** home in Glen Arm, about 8 miles north of Towson off Dulaney Valley Road. Do mark your calendars now for this traditional, annual BABA event.

BABA's mid-winter GALA will get under way at 6:30 PM and continue until whenever! BABA will provide the main course as well as beer and soft drinks (bring your own special poison!). The side dishes that you bring - salads, pasta, veggies, deserts, your special recipes - are the things that make this event a gastronomic delight. Hot dishes that have cooled can be easily warmed up for you. BABA will also provide the main course.

There will be a drawing for a 7.2 **KA** sail at this event making is worthwhile to put on your woolies in the January chill and come out for a "not-to-miss" evening. (See the drawing entry form and rules on page 19 - for electronic subscribers to the newsletter, the form will be in the Membership Roster that you received as an attachment to the e-mail announcing the newsletter.) If you have questions or special talents you'd like to share at the party, please contact Maureen Pritchard at 410-798-5091 or mopritchard@comcast.net. See you there.



Directions

Chuck & Jackie Schnee's
17 Holly Branch Court
Glen Arm, MD 21057
410-592-7681
CSchnee@comcast.net



- 1) Baltimore beltway (US695) Towson exit #27 north (MD Rte 146) Dulaney Valley Rd
- 2) 3.7 miles to Loch Raven Reservoir bridge
- 3) Cross bridge and take right fork marked Dulaney Valley Rd.
- 4) Turn left at Peerce's Plantation restaurant (1.7 miles) - this is still Dulaney Valley Rd.
- 5) Another 1.7 miles to Holly Knoll community (on left).
- 6) After entering community, turn right on to Holly Branch Court. Continue downhill to end of cul-de-sac and down driveway to house in woods (No. 17 on mailbox.)

from the Hunt Valley area

- 1) Ashland Rd/Paper Mill Rd to Jacksonville (Four Corners).
- 2) Continue straight (Sweet Air Rd) turning right at traffic light (about 1 1/2 miles) onto Manor Rd.
- 3) At stop sign (about 2 1/2 miles) turn right onto Dulaney Valley Rd.
- 4) After 4/10th of a mile turn right into Holly Knoll community and proceed as in No.6 above.



October Hatteras Trip – Taking Wind Out Of Our Sails



By Coby Leyden,
Dedicated Follower of
BABA

Courting the wind is like having an affair with a difficult mistress. The more you want her, the more she seems to want to spend time somewhere else. As dedicated followers of BABA, such is our

on Friday night...a full tank of gas. Excitement ran high, as did expectations (This is the trip we were finally going to do a water start, master a carved jibe, make it to the reef...depending.)

But then, dear dedicated followers of BABA, the plot



Freestyle class



Eric Ehrenreich

desperate and uneven fate. Sometimes we are shown favor, and the joy of wind fills our sails. Sometimes we couldn't get a puff out of a wind tunnel. It's a roll of the dice, really – and sometimes they come up snake eyes.

If you're a lover of Shakespeare's tragedies, you will appreciate this humble

thinned. Our mistress forgot her part, and exited the stage. As the curtain rose and we rolled IN...the wind rolled OUT. And apparently the understudy was out of town. What to do? Oh sure, there were days when you'd find the body builders among us out on our BIG sails (8.0 plus)...but mostly the muscle power was used to



Albert Pritchard

at the office. It was great to visit with our club buds, settle in to a good read on a becalmed deck, and soak up the Petra-tips (Petra Kanz was along to advise us in every aspect of the sport) along



Coby Leyden

account of BABA's October trip.

The stage was set ...perfectly. We picked the right time of year– October, when the winds seldom fail. We had all the players assembled, all in their proper houses, and all the props in place. Sails, boards, booms, fins, harnesses, wet suits were packed and stacked...and in every car

hold up those sails, not hang back against their force. And well, yes, light wind days ARE good for learning a little free-style technique.



Tomaso Sargent

And they even tell me that one day about 5 am, sounds of planing were heard (just hearsay by breakfast). But in truth, we were only salvaging our days, not discovering the real treasures that lie within tightly folded iso-bars. It seemed there was little we could do to draw our fair maiden back...so improvising along new lines (not harness lines), we sang the blues and drank our beers (which were a little too salty from the high tear content).

Don't get me wrong. A bad day NEXT to the water still beats a good day



Jean Nonemacher

with 80 degree temperatures. It's....it's just that we also wanted a little more romance with the wind.

Note: In the "hope springs eternal" category, as a BABA trip coordinator, I'm offering a guarantee of more and better wind on our Late Spring Trip (May 3-

10...see the enclosed description and sign up sheet on p 13). That's right, for any day the wind is less than 12 mph...each house gets FREE BEER. Just come get me on the deck...I'll be reading Shakespeare.



Fred Thomas and Tomaso Sargent will be calling you on the beer offer!



Al Marani and Larry Ake



Mark Weinman

Warren Evans



Carsten Boekholt



Fred Thomas riding a Starboard Serenity



Petra Kanz



Jibe class with Petra Kanz



Hatteras Thanks!

by Daphne Lathouras

I begged **Coby Leyden** to write a blurb for the Hatteras story at the last minute so, the first thank you goes to him.

Now, everyone who was in Hatteras knows we got a little wind. I remember riding a 5.8 at least a couple of times (but that translates to a 7.5 for most of the guys). And the early birds got a good blast of wind on Friday morning when the meter finally went above 20 - but it died by 10am. **Warren Evans** had the most time on the water by my count - he was out in all conditions - on a big sail and big board or his sculling boat, and I think he was on the water at dawn on Friday so he got to use his small stuff too.



Joe Wingard and Petra Kanz

The air and water were so warm that wetsuits didn't come out until the NW winds came on Friday.

The ocean was an unusual playground for October - I had never gone in without a wetsuit on past fall trips, and we had some pretty nice waves for surfing and boogie boarding.

Maureen Pritchard and all of her housemates at Island Dawn hosted TWO parties. The Monday Meet and Greet has become the BABA Chilli Cook-off, with many cooks bringing pots of chilli, some providing dessert, and BABA (that means Maureen did the work!) providing the beer, sodas and the usual condiments, salads, etc. Thank you to the Island Dawn folks including **Maureen and Albert Pritchard, John and Jean Nonemacher, Tom Whittemore Gil Wright and Gordon Wells** for hosting the parties and cleaning up, cleaning up again, and cleaning up even more. They also hosted a Mexican night on Thursday. Maureen pulled out all the stops and made delicious quesadillas, fajitas, etc. We were also treated to **Tomaso Sargent's** hand chopped salsa made from ingredients he brought from his organic garden back home.

Thursday we enjoyed a beach barbecue - thanks go to **Carsten and Amaresh Boekholt, Caroline Schmidt, Gil Wright and John Nonemacher** for shopping and cooking, and to **Lorin Droppa** who hauls a lot of stuff in his trailer, including a gas grill that made the cooking much simpler.

Thank you to **Helen Van Gelder** - as treasurer, she takes care of bank deposits, bill payments, reimbursements, etc. involved in the trip.

Marc Rosen, our resident **Ezzy/Chinook/HiFly** rep was on the scene with lots of great demo sails and boards for folks to try out.

Mark Weinman hosted the Wednesday night bonfire - I think some of the guys were up until the wee hours - 2 or 3 am? And I credit him with bringing the wind on Wednesday too.

I hope I haven't forgotten anyone because everything we do depends on volunteers to make it happen.

There wouldn't be Hatteras Trips without all the work of reserving houses, collecting money, assigning rooms, reassigning rooms, recruiting volunteers, and many, many more tasks - **THANK YOU FRED THOMAS!**



Mitra Fard and Maureen Pritchard

Helen VanGelder and Rusty Gowland



Tom Welsh and Tom Whittemore



Fran Conway, Fred Hylla and Larry Ake





SPACE LIMITED? BABA'S MAY HATTERAS TRIP

by Coby Leyden, May Trip Coordinator

Sign up NOW to avoid being shut out of windsurfing's best kept secret!

Dedicated Followers of BABA:

Picture this. It's the first week in May, 2008. The flowers are blooming, the trees are greening, and you are pacing your room and frothing at the mouth. Why? Because, after a long winter, you are ready, Ready, READY to hop on your board and sail.

But, there's a problem. Here in the Baltimore/DC area, the AIR may have lost its winter chill, the WATER can still too cold.

Of course, BABA has the solution. A May Get-away to Hatteras Island in the Outer Banks. There, the water, the air, everything but the beer is WARM. Plus the days are LONGER, the jellyfish are still hibernating (or whatever they do when they've checked out), and Pamlico sound is warm enough for your shorty, or your bathing suit, or however you care to express yourself (suffice it to say that Spring Fever can make things HOT, HOT, HOT).

Ah, but what about the WIND?

Well, that's Hatteras' best kept secret.

April may have the reputation, but May still packs in those close isobars, especially around the first week. For example, last year, we actually had too much wind (is there such a thing?)...for 3 days straight people were wishing they brought their 2.7 sails.

All this may sound great, but alas, there's a catch.

You see, last year all but one of our Island Creek houses were sneakily reserved by others (we suspect kites) for this year. We are scrambling to get more, but at this point, all we can hope is that there are cancellations.

Why take chances with something as important as your Spring Sanity? Get your reservation in pronto. From our e-mail membership survey, it looks like more people may want to come than we have space available...but if we have enough reservations now, we won't hesitate about grabbing another house if there's a cancellation. On the other hand, if you wait 'til later, there may not be any space left for you. We will do our best to reserve an additional house if we have the demand, and IF a house becomes available.

Background for newcomers: BABA rents houses at Island Creek in Avon, NC (Hatteras Island in the Outer Banks). This is a primo windsurfing location! The houses are very spacious, have hot tubs, great launch sites on the Pamlico Sound, grassy rigging areas with ample room for equipment, under-cottage sail storage, and nice gathering areas. Usual club activities include free clinics from Ocean Air windsurfing shop, a club dinner, a BBQ lunch, and whatever else we dream up.

The prices this year are \$210 for a shared room (double occupancy) and \$420 for private room, some with private baths. All trip goers must be current, paid-up BABA members – If you're not already a member, no problem! There's a membership form at www.windsurbaba.org

To guarantee a space, fill in the reservation form below, and mail with your check payable to BABA to:

Coby Leyden

BABA Spring Trip Coordinator

2642 N. Rockingham St.

Arlington, VA 22207

We will send you confirmation upon receipt. If you have questions or need more info, e-mail Coby at cobysm3@msn.com

BABA Hatteras Trip: Sat. May 3-10, 2008

Reservation Form:

Name _____

Email _____

What accommodation do you want? _____ *Private room, king or queen bed: \$420*

_____ *Shared room, single bed: \$210*

Note: BABA will provide you a full refund if you must cancel up to 60 days before the trip date. After that, any refund is contingent upon someone else signing up for your space.

Olympic Update: Continuing Training

by Farrah Hall

I have just arrived in Cyprus for a planned training session with the Polish team and other European sailors in preparation for the RS:X World Championships. The World Championships will take place in New Zealand January 10-20. After a short break for Christmas at home, I fly to New Zealand right after New Year's. My goal at these World Championships is to be the top USA finisher and score high enough to qualify the US Women's RS:X spot at the 2008 Olympic Games. Even though the jury at the US Trials moved Nancy from second to first place, and gave her the lone spot on the Olympic team, I feel it is important that the US is not locked out of having the Women's RS:X representative compete at all, and am looking forward to competing. At the same time, I am pursuing a grievance with US Sailing and the US Olympic Committee to investigate the jury's behavior and actions after the last race of the US Trials. Therefore, the training continues, full steam ahead. Read on.

For the first time in four years, I was home in Annapolis for more than 2 weeks at once! The question was how to optimize training and fun? Naturally the answer was to go back to school. St. Mary's College (www.smcm.edu) is located in southern Maryland on a beautiful bend in the St. Mary's River, which opens to the Potomac and then the Chesapeake Bay. Often I think that this rural place in Maryland is more my home than anywhere else in the

world. So many lessons I learned there and I can say this place is permanently a part of my character.

I had been away for so long that although I knew that my college windsurfing club was going strong, I hadn't really met any of the new members, or seen the new facility that is being built on the site of the old boathouse. I was immediately very pleased to learn that the guys had seized a corner of the new rowing center as the heart of the windsurfing club, the gear storage, and that the spot was fully tricked out. When I purchased a shed (aka the "Surf Shanty") for the club six years ago, I thought that to have a special spot for gear storage and as a meeting point was pretty great. However, the new building ("Shanty Deuce") outshines it by a hundred times. With three garage doors, expansive board racks, carpet, a radiator, and a barbeque, it is almost like a little house. It has proved to be the soul of the club this year, as it gives everyone a place to meet and hang out, and improvise projects of all kinds. Needless to say, it was great to have plenty of space to put the RS:X and a very convenient launch! Not only did these guys have an awesome place for the equipment, they are awesome sailors too. I had the pleasure of sailing with them multiple times at Point Lookout, the southern tip of the western shore of Maryland, which gets great wind from almost any direction. In all my time down there, I have never seen so many people out at once and at such

an advanced level of sailing. They truly love the sport. The club is everything I hoped it would be from its very conception, and for that I have no words to describe how proud and happy I am. Aside from seeing my old friends



Farrah Hall and Coach Piotr Myska

again (and meeting new ones), I wanted to return to school for the great new sports facilities and ease of training logistics. I needed to build my cardio for the upcoming season, so I practiced with the college swim team, which was another rewarding experience. It was interesting being thrown back into the pool after almost 7 months of no swimming, but after the initial physical suffering, I could feel the speed returning. Interestingly enough, my cardio was actually at a high level and there was only muscular exhaustion. I swam 6 days a week for close to 3 weeks. I really enjoyed being back with the swim team, which has a lot of talent this year. The team has grown a lot. Thanks to coach Andre Barbins for letting me participate! After swimming I would then head down to the river and sail for a few hours. Since I had nobody to train with, I focused on technique and board handling exercises, with a lot of drills and pumping. When the wind came up I went shortboarding, usually with the guys from the club. We had a lot of windy days those weeks and it was great to get some cross-training on the little board after being only on the RS:X for so long in Europe. Apart from all the swimming and sailing, I had time for a few great long bike rides and running. I felt really invincible those few weeks! I was having fun with training, life, and being in the place I love the most. Being happy translated itself into having a lot of energy! Also keep posted for updates on the the Olympic Trials. Not too much action right now, but there will be soon!

Ed Note: If you'd like to read more about Farrah's Olympic Campaign go to <http://www.farrah-hall.com/>



Farrah Hall (USA 3) at the US Olympic Trials in Long Beach. photo by Rick Roberts

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